

Charity registration number 265087

Company registration number 01082980 (England and Wales)

**CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE
(CPSL) MIND LTD**

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	A Tait (Chair)	
	A Grosbois (Vice Chair)	
	M Huber (Treasurer)	
	D Biswas	
	C Clarke	
	S Gilfoyle	
	A Granta	
	A Page	
	D Richards	
	D Allum	(Appointed 4 April 2023)
	K Smith	(Appointed 4 April 2023)
Chief Executive	M Hammond	(Appointed 11 August 2023)
	A Paylor	(Appointed 5 September 2023)
	S Jessup	(Appointed 26 September 2023)
Charity number	265087	
Company number	01082980	
Registered office	Barrere House 100 Chesterton Road Cambridge Cambridgeshire United Kingdom CB4 1ER	
Auditor	Azets Audit Services Ruthlyn House 90 Lincoln Road Peterborough Cambridgeshire United Kingdom PE1 2SP	
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent United Kingdom ME19 4JQ	

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

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CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

Charity Name

Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind Ltd is known as CPSL Mind.

Trustees/Directors

The Trustees are pleased to present the Trustees' Report together with the financial statements of the charity for the year ended 31 March 2023, which are also prepared to meet the requirements for a Directors' Report and accounts for Companies Act purposes. Members of the Board of Trustees are 'Directors' for the purposes of company law and 'Trustees' for the purpose of charity law. They will be referred to as Trustees throughout this document and for the purposes of the financial statements.

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)".

Vision, mission and goals

Our **vision** is a society in which everyone has positive mental health and feels part of a connected community.

Our **mission** is to:

- Support those with poor mental health to live well, whatever that means for them.
- Enable people to maintain positive mental health, especially those who are going through tough times.
- Inspire connections and eliminate stigma within our diverse communities, for the benefit of everyone's mental health.

Our values: Compassion, Inclusivity, Empowerment, Integrity, Respect and Courage.

Our beneficiaries

CPSL Mind continues to work predominately with adults (18-plus) who are experiencing mental health challenges and living in the areas of Cambridgeshire, Peterborough and South Lincolnshire. We also promote positive mental health for all, via projects, campaigns, training and awareness-raising.

Our services

CPSL Mind delivers services that range from early intervention/prevention through to crisis support. Services delivered during 2022/23 were:

- Chai and Chat (co-delivered with the Lantern Initiative)
- Changing Lives talking therapies*
- Community Personality Disorder Service
- Discharge Buddy Service
- Good Life Service, including Good Life Cambourne, Good Life University, Good Life Rural Peterborough and the Good Life Fund
- HMP Peterborough wellbeing support
- Community perinatal services
- Sanctuary crisis support
- South Lincolnshire services:
 - Good Mood Café
 - Night Light Café
- STOP Suicide campaign and training
- Training and Consultancy (workplace wellbeing)

** Unfortunately, a change to the rules related to delivery models of NHS-funded Talking Therapies for Anxiety and Depression (formerly known as Improving Access to Psychological Therapies – IAPT) meant that we had to bring this service to a close this year.*

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

During this year we also agreed funding for:

- Community Connector Service
- Victim and Witness mental health support
- VCSE Influencing Manager (hosted on behalf of Cambridgeshire and Peterborough ICB)

Achievements and performance 2022/23

During **2022/23** we supported more than **4,800** people by providing approximately:

16,500 hours of one-to-one support to more than **3,100** people.

3,400 hours of group activities for **1,300** people.

2,150 hours of online support to **680** people via the digital service provided by Qwell.

180 hours of ad hoc listening support via our general enquiries telephone line.

530 hours of training and workshops attended by **2,800** participants, including more than **1,150** people trained in suicide prevention skills, spanning **25** diverse local organisations.

We have also:

- Supported **28** community-led wellbeing activities via our Good Life Fund.
- Raised public awareness of mental health issues, our services, our training and fundraising with more than **35 interviews** and features by staff and fundraisers on local radio; two interviews on local television by staff and five press articles.
- Reached more than **6,000** people with information and resources available on our STOP Suicide website: <https://stopsuicidepledge.org/>

Overview

This has been a year of continued growth, both in terms of income and services. As a result, we have increased the diversity of our service offer and our reach across the communities of Cambridgeshire, Peterborough and South Lincolnshire.

This growth has been closely aligned to our strategic goals, underpinned by collaboration and co-production and delivered by our multi-skilled team of staff and volunteers.

Key developments, to date, against these goals are listed below:

Strategic goals 2022-25	Activity
1. Increase the reach and accessibility of community-based mental health support across the diverse populations of Cambridgeshire, Peterborough and South Lincolnshire.	Development and mobilisation of the Cambridgeshire Community Connector Service We worked alongside partners at the Greater Peterborough Network (GPN), Primary Care Networks, Cambridgeshire and Peterborough Foundation Trust (CPFT) and Integrated Care Board (ICB) to create the new Community Connector Service. This service is designed to meet the needs of individuals whose mental health needs could not met by the Talking Therapies for Anxiety and Depression services (formerly IAPT), but who would also not reach the threshold for secondary care. Partners worked collaboratively to develop a working model of delivery – ready to begin taking referrals in March 2023.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Strategic goals 2022-25	Activity
	<p>Support for victims/witnesses of crime</p> <p>During the first quarter of 2023 we mobilised a new specialist mental health Victim and Witness Support Service which is funded by the Office of the Police and Crime Commissioner. Covering Cambridgeshire and Peterborough, the service offers short-term telephone support to victims and witnesses whose mental health and wellbeing has been negatively impacted by crime. Support provided includes personalised wellbeing plans. Working in partnership with the Victim and Witness Support Hub, this service enables CPSL Mind to reach individuals who may have never accessed mental health services before at a time when they need support the most.</p> <p>Good Life Fund</p> <p>Our Good Life Fund supported 28 different community groups with wellbeing-focused activities across Cambridgeshire and Peterborough during this year, with grants amounting to more than £23,000. The Good Life Fund encourages residents to utilise their own strengths and passions to be able to provide something unique for their community. This fund has helped us reach out to residents across our diverse communities, supporting local people to deliver activities ranging from an LGBTQ+ community group to a senior gardening group, and Eastern European walk and talk group to a Black women and family group.</p> <p>Personality disorder peer support</p> <p>Working in partnership with Cambridgeshire and Peterborough Foundation Trust (CPFT) we have supported local individuals seeking support with symptoms associated with personality disorder, by delivering peer support groups as part of the new Personality Disorder pathway in Cambridgeshire and Peterborough. This activity has increased accessibility and choice for those accessing support.</p> <p>Discharge Buddy Service</p> <p>We have expanded the referral pathway to accept referrals from the Liaison Psychiatry Service, for individuals who have been assessed and discharged by Accident and Emergency, and also now spend time based in A&E departments across the county to meet people as they are discharged from A&E.</p>
<p>2. Use strength-based, holistic and trauma-informed approaches to support people with mental health problems to connect to others, enhance their wellbeing and facilitate peer to peer support.</p>	<p>Night Light Café, South Lincolnshire</p> <p>We are one of a network of providers that now deliver Night Light Cafés across Lincolnshire, providing safe spaces for people to drop in if they are finding life difficult. Our café, in Long Sutton, opens every Wednesday and Thursday evening from 6pm to 10pm. The approach is strengths-based and encourages peer support as well as connections to the wider community.</p> <p>Perinatal support for Muslim mums</p> <p>Working in partnership with The Lantern Initiative - www.thelanterninitiative.co.uk - we delivered the new co-produced 'Starting Well' service (Connecting Muslim Mums) for Muslim mums living in Peterborough. This service was developed using human-centred service design approaches and includes one-to-one support, peer support groups and courses inclusive of faith-based content.</p>

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

	<p>Trauma-informed approaches</p> <p>Our Sanctuary, Discharge Buddy and Victim and Witness support teams were the first to receive training in trauma-informed approaches by specialist provider One Small Thing - www.onesmallthing.org.uk an approach we plan to extend across our frontline services.</p>
3. Challenge the attitudes and behaviours that prevent open conversations around our mental health.	<p>STOP Suicide campaign</p> <p>Alongside our day-to-day mental health awareness communications, we devised and delivered the latest phase of our STOP Suicide campaign: <i>I'd Ask, Would You?</i> to raise awareness of the warning signs of suicide; increase knowledge and understanding around conversations about suicide and equip our local community with suicide prevention skills.</p> <p>Highlights included:</p> <ul style="list-style-type: none"> · an estimated reach of the campaign to more than 270,000 people. · the campaign being displayed more than 550,000 times on social media. · a campaign promotional audio airing more than 250 times on local radio. · an additional 741 new visitors to the www.stopsuicidepledge.org website during the first four weeks of the campaign.
4. Support local employers to create mentally healthy workplaces.	<p>Menopause and mental health</p> <p>In response to an identified local need, our training service worked alongside staff at Cambridge University Press and Assessment (CUPA) to co-produce Menopause and Mental Health Awareness Training for the workplace. This was launched on World Menopause Day (18th October 2022) and is now part of our core Workplace Wellbeing offer.</p> <p>Collaborating to support workplace wellbeing</p> <p>This year saw our Training and Consultancy Service work in partnership with:</p> <ul style="list-style-type: none"> · Cambridge Biomedical Campus (CBC) to develop a suite of mental health training webinars for the CBC YouTube Channel, covering topics including Men's Mental Health, Improving Sleep, Self Esteem and Confidence, Coping with Worries, which was available to 21,000-plus people who work on the campus as well as anyone in the local community. · Communications Workers Union Eastern No.5 branch to deliver training to 441 people which was organised by one of their representatives who works at Royal Mail. · Living Sport to deliver three cohorts of the highly regarded, co-produced Wellbeing Together Programme. This course is designed for volunteers and staff from community and third sector organisations to gain the understanding and skills to support others, while also caring for their own wellbeing. This project was subsequently showcased by Living Sport at the East of England Mental Health in Sport & Physical Activity conference in March 2023. · Shift Momentum (Shifties) to co-produce a 'Wellbeing in the Workplace' promotion video. This was shared on our YouTube channel and shared on social media.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Alongside these goals we have set ourselves three strategic development priorities of 'Inclusivity, Innovation and Influence', all of which are underpinned by our commitment to Caring for the Environment. Our activity against these priorities is outlined below:

Strategic priority	Activity
Inclusivity	<p>During 2022/23 we have:</p> <ul style="list-style-type: none"> pro-actively diversified our Board so that it is more representative of the communities we serve. continued partnering with Muslim mental health organisation The Lantern Initiative, to deliver a ground- breaking, co-produced perinatal mental health service in Peterborough. developed a partnership with Barnardo's and The Raham Project (a local community organisation) to collaboratively undertake co-design approaches with Black, Asian and Mixed Ethnicity families to design a community maternity hub. undertaken two pieces of research using Mind's human-centred Service Design Toolkit – one focused on the mental health inequalities experienced by people who migrate to Boston, Lincolnshire, from other European countries; and the other with older people (65 years-plus) in Peterborough - to understand the barriers to accessing talking therapy services. partnered with local charity The Kite Trust to upskill our teams around the needs of LGBTQ+ communities.
Innovation	<ul style="list-style-type: none"> As described elsewhere, we used innovative human-centred service design techniques in a variety of ways to open up conversations and find innovative, co-produced solutions that address unmet needs across our communities. As part of our Sanctuary service activity, we tested new, focused ways of working with individuals who experience regular periods of significant mental health crises. We researched and co-produced a new 'Menopause and Mental Health' training for workplaces.
Influence	<ul style="list-style-type: none"> We provided voluntary sector representation on a wide range of strategic, system-wide boards and committees across Cambridgeshire, Peterborough and South Lincolnshire, spanning crisis care and suicide prevention through to community perinatal mental health support and prevention/early intervention. Our work with Muslim communities influenced the development of a new partnership with Barnardo's and the Raham Project, securing additional funding from Barnardo's Innovation Hub. Barnardo's Innovation Hub funding supports Black, Asian and Mixed Ethnicity mothers, birthing people and their partners, as a means to addressing significant health inequality which leads to poorer maternal outcomes. We secured funding to host a new Voluntary, Community and Social Enterprise (VCSE) sector influencer post, which will work with VCSE providers across the local mental health, learning disability and autism sector and represent them on the Mental Health, Learning Disability and Autism Partnership Board. Continued working alongside colleagues on the Fullscope Collaboration www.fullscopecollaboration.org.uk to support the mental health and wellbeing of children and young people in Cambridgeshire and Peterborough.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Environment	<p>During 2022/23 we:</p> <ul style="list-style-type: none">· recruited a member of staff to a new Environment Champion role.· set out our environmental commitment in our new Environment Policy Statement.· committed to the Investors in the Environment standard - www.iie.uk.com
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Our Impact

Below is just some of the feedback we have received this year, demonstrating the impact of our services and projects on those we support:

'I can be myself and not feel alone.'

Attendee of Chai and Chat

'I find such sessions incredibly beneficial, with these reminding me of my self-worth and finding alternative coping strategies when my anxiety and depression can take hold.'

Client, Changing Lives talking therapy

'I look forward to coming because I don't talk to anyone about these things.'

Peer support group member, Community Personality Disorder Service

'My Buddy gave me that time slot to sit and have that conversation and exchange ideas, which for someone who has social problems can be hard but still needed.'

Individual accessing Discharge Buddy Service

'My Good Life Facilitators have supported me in my recovery from alcohol addiction by attending the CGL (Change Grow Live) service. . I couldn't go on my own, as I was too anxious, but the Good Mood Facilitators have helped me gain confidence. . . by accompanying me for the first six weeks. Now I go on my own and have made a few friends through the service.'

Individual accessing Good Life one-to-one support

'I always go home feeling better!'

Individual accessing Good Life - Cambourne

'Never having anything in our village like this before it's become very popular. I have met a lot of new people who are now friends. We all look forward to seeing each other each week.'

Participant, Good Mood Cafe in rural Peterborough

'I do worry about grades and stress myself, but this session helped me get out of this gloomy cloud of frustration and worry and think about the beauty of nature that usually calms me.'

Participant, University Calm Space

'You gave me a better understanding as to how my brain works and why I was feeling like I felt....You encouraged me to make positive changes on how I process my thoughts.'

Resident accessing HMP Peterborough Wellbeing Service

'The course was amazing lifted me out of the trenches and made me see that life is no longer black and white but is colourful again.'

Participant, Mums Matter course, Perinatal service

'It's a welcoming, safe space where I feel I can be real and honest about how I am feeling without being judged.'

Peer support group member, Perinatal service

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

'The Sanctuary is an invaluable service and the people that work there are truly incredible. They really care, listen, offer support and advice for those in a crisis or needing somebody to talk to. I used their daytime, evening and proactive calls during a difficult time in my life and I really can't thank them enough for taking the time, patience and care to be there for me.'

Sanctuary visitor

'Since coming to the group, I go out more. I didn't used to leave the house at all but now I walk my dog every day.'

Attendee, South Lincolnshire Good Mood Cafe

'Five years ago, I reached out to the STOP Suicide campaign, having just lost my brother. You gave me encouragement to join ... as a Campaign Maker. This in turn helped me process the loss of my brother and to promote the importance of openly talking about suicide, something I continue to do socially and in the workplace.'

STOP Suicide Campaign Maker

'Active listening is the one thing I think about now. I really think about it when I see people. I had a 1:1 with someone who had cancer and I just listened. We are so conditioned to reply. I let him talk and I asked questions. Last time I went out with friends I just listened, and it felt really good.'

Attendee, Wellbeing Together course, delivered in partnership with Living Sport

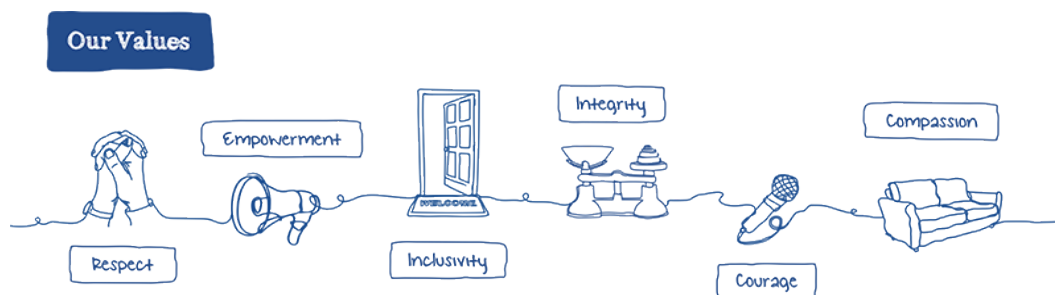
'I found the last six sessions really useful in figuring out how I want to move forward in supporting my ever-evolving brain and in feeling more secure in the coping skills I have.'

Individual accessing Qwell online service

More information and examples of the impact we have had across our communities over the past year will be shared in our Annual Impact Report 2022-23, available later this year. As ever, the Board of Trustees would like to extend its sincerest thanks to everyone involved; in particular our staff, volunteers and Campaign Makers; our co-producers and delivery partners; our funders and fundraisers.

Values-based practice

CPSL Mind is a values-based organisation and our six values, illustrated below, are at the heart of everything we do:



CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

We work hard to ensure our behaviours and decision-making across the organisation reflect these values:

- We believe that everyone, whatever their role in CPSL Mind or our local community, brings strengths, skills and talents that should be both recognised and valued.
- We recognise that everyone has mental health and that we all have ups and downs in life that may impact on our daily lives, including our work/volunteering lives.
- We acknowledge the vital role that those with lived experience of mental health issues can have in supporting others and actively invest in opportunities for peer support including opportunities for volunteers and paid staff.
- We work collaboratively with other stakeholders across the community and are mindful of the need to respect and acknowledge all our partners and co-producers.
- We believe in the value of genuine co-production and seek to engage a diverse range of opinions and ideas when developing our projects and services.
- We seek to be open, honest and accountable, especially if we get things wrong. Our ethos is one of transparency and we strive to create a reflective, learning culture.

Co-production and engagement

Co-production across CPSL Mind has taken many forms this year and we are particularly proud of our increasing use of human-centred service design as a way of researching and designing services to meet the specific needs of groups identified as being underserved by mainstream mental health services. In particular, we have continued to work with our local Muslim communities around perinatal support. We have also used Mind's Service Design Toolkit to better understand the needs of the migrant communities in Boston, Lincolnshire, and to identify ways of making the Talking Therapies for Anxiety and Depression service (formerly Improving Access to Psychological Therapies – IAPT) more accessible to older adults.

In addition, over this year we have supported the development of 28 community groups and activities across Cambridgeshire and Peterborough, thanks to our Good Life Fund.

'We have been able to create a relaxed, comfortable space away from the day-to-day ups and downs to simply unwind and enjoy some friendly company doing an activity, not only for the community to attend but for ourselves as well to enjoy and feel good about ourselves.'

Applicant/awardee, Good Life Fund

'I love coming to the group because I like the social aspect of it: passing on my knowledge and skills to others in the group when I was teaching; and learning new skills from others teaching me and others who came to the group.'

Participant, group supported by the Good Life Fund

Volunteer impact and community support

This year saw more than 3,100 volunteer hours and more than 1,950 hours of direct service delivery from our volunteers.

Volunteers play a key role right across the organisation in roles including: Supporting facilitation of our many Good Mood Cafes, providing additional administration support for frontline services, maintaining our lovely garden space in Cambridge, providing fundraising support and overseeing the charity as a Trustee.

We also have significant wider community support from our STOP Suicide 'Campaign Makers', who support our campaign by helping us develop and share our suicide prevention messages; and from our many community fundraisers who have undertaken incredible events and challenges to raise thousands of pounds for CPSL Mind this year.

As ever, a huge 'thank you' goes to everyone who has given up their time to support our work during this year. We could not do what we do without you.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Quality and service development

We seek to continuously improve the quality of all our services and are proud of our learning culture.

This year we have been undertaking our own internal audits against the Mind Quality Mark (MQM) guidance, in readiness for our next MQM assessment which will take place in 2024. This commitment to continuous improvement is further supported by our approach to co-production and our proactive response to both formal evaluation and informal feedback which supports our continuous quality improvement ambitions.

The fact that 2022/23 has resulted in an underspend has meant that we can further our Equality, Diversity and Inclusion ambitions by investing in a new Influence and Participation team. This will enable us to continue increasing engagement, reach and service accessibility across our diverse communities. We are also recruiting two new Information and Enquiries Co-ordinator roles, with a view to ensuring a consistent, high quality and values-based response to anyone contacting us via our busy 0300 telephone line and enquiries inbox.

Structure, governance and management

Trustees

CPSL Mind's strategic direction is led by its Board of Trustees. The full Board meets at least quarterly, supplemented by designated Working Groups.

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:

A Tait (Chair)	
A Grosbois (Vice Chair)	
M Huber (Treasurer)	
L Adcock	(Resigned 12 August 2022)
D Biswas	
C Clarke	
S Gilfoyle	
A Granta	
E Orekogbe	(Resigned 2 December 2022)
A Page	
D Richards	
R Young	(Resigned 14 November 2022)
D Allum	(Appointed 4 April 2023)
K Smith	(Appointed 4 April 2023)
M Hammond	(Appointed 11 August 2023)
A Paylor	(Appointed 5 September 2023)
S Jessup	(Appointed 26 September 2023)

Appointment of Trustees

Trustees are sourced from current CPSL Mind members, on the basis of recommendation or from public recruitment campaigns. New Trustees are required to complete an application form, undertake a Disclosure and Barring Service check and are interviewed by members of the Board of Trustees.

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TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Trustee Induction and Training

Trustee induction and training includes one-to-one sessions with the Chair and Senior Leadership Team and visiting CPSL Mind's services, together with external training such as Governance and Management Training and Away Days.

CPSL Mind Members

Our members are individuals or corporations who have paid the minimum subscription fee, as stipulated by CPSL Mind, for a year. Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up.

Remuneration Policy

The Trustees consider the Board of Directors, who are the charity's Trustees, and the Senior Leadership Team comprising the key management personnel of the charity, to be in charge of directing and controlling, running and operating the charity on a day-to-day basis. All Trustees give of their time freely and no Trustee received remuneration in the year. The pay of the CEO and Deputy CEO is set by the Trustees, benchmarking against pay levels in other charities of a similar size and type.

Management

A Chief Executive Officer is appointed by the Trustees to manage the day-to-day operations of the charity. The Executive Board expect the Chief Executive Officer to undertake both strategic and operational decisions based on their formal ratification of the Business Plan and Annual Budget. The board expects the Chief Executive Officer to ensure that all decision making is within the remit of CPSL Mind Policy and Procedures.

Public Benefit

CPSL Mind has paid due regard to the published guidance from the Charity Commission on the operation of the Public Benefit requirement under the Charities Act 2011.

Risk Management

The management of risks within CPSL Mind is undertaken within a framework comprising:

- a. a defined Risk Management Policy and Appetite Statement.
- b. governance processes.
- c. identification, evaluation and management of significant risks.
- d. assurance and audit processes.
- e. CPSL Mind's policy framework.

The overall responsibility for managing risk within the organisation lies with our Board of Trustees, with day-to-day operational responsibility delegated to the Senior Leadership Team.

Our Board of Trustees consistently reviews the major risks to which the charity is exposed, in line with the organisation's risk appetite and risk management strategy. This includes:

- a quarterly review of any new, high or escalating risks.
- an annual review of both the organisation's Risk Appetite Statement and organisational Risk Register.
- established systems and procedures to manage those risks identified in the Risk Register.

This approach takes into account the continuing changes to the organisation and to the range of services as the charity's work grows and develops.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Financial review

The Trustees continue to meet regularly and receive reports in order to review the charity's financial position.

The charity recorded a surplus for the year of £88,622 compared to a surplus in the previous year of £119,230. Total income from the year increased from £2,808,852 in the previous year to £3,433,345 in the current year. Reserves at the end of the year increased from £1,294,348 to £1,382,970, of which £326,662 were held in restricted funds (2022: £160,648).

CPSL Mind is not liable for Corporation Tax and the surplus has been transferred to reserves for the year.

CPSL Mind's reserve strategy is formalised within the Finance Policy and revisited annually by the Trustees at the point of ratification of the annual budget. This forms part of the annual organisation risk review.

Disaster Fund - as at 31 March 2023 the Disaster Fund had a balance of £225,000. This represents approximately 1 months operating costs in the event that funding for services is lost.

Building Reserve - a fund set aside for significant repairs. As at 31 March 2023 the balance on the Building Reserve stood at £20,000.

At 31 March 2023 the charity had free reserves of £387,380.

Funding Sources

CPSL Mind has been fortunate to gain funding from the following sources:

Cambridgeshire County Council
Peterborough City Council
Cambridgeshire and Peterborough Clinical Commissioning Group
National Mind
A range of community partners

We thank all our funders for their continued support of our work.

Investment policy and performance

Funds are held by CPSL Mind in accordance with the Finance Policy and the Business Plan. Bank Interest received was £9,506.

Auditor

In accordance with the company's articles, a resolution proposing that Azets Audit Services be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The trustees' report was approved by the Board of Trustees.

A Tait (Chair)

Trustee

Dated: 12 December 2023

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2023

The trustees, who are also the directors of Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind Ltd for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

Opinion

We have audited the financial statements of Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind Ltd (the 'charity') for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above and on the Financial Reporting Council's website, to detect material misstatements in respect of irregularities, including fraud.

We obtain and update our understanding of the entity, its activities, its control environment, and likely future developments, including in relation to the legal and regulatory framework applicable and how the entity is complying with that framework. Based on this understanding, we identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. This includes consideration of the risk of acts by the entity that were contrary to applicable laws and regulations, including fraud.

In response to the risk of irregularities and non-compliance with laws and regulations, including fraud, we designed procedures which included:

- Enquiry of management and those charged with governance around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance;
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the entity through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Mr Mark Jackson FCA DChA (Senior Statutory Auditor)
for and on behalf of Azets Audit Services

14 December 2023

Chartered Accountants
Statutory Auditor

Ruthlyn House
90 Lincoln Road
Peterborough
Cambridgeshire
United Kingdom
PE1 2SP

Azets Audit Services is eligible for appointment as auditor of the charity by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes						
Income from:							
Donations and legacies	3	201,156	-	201,156	172,819	-	172,819
Charitable activities	4	1,540,156	1,682,527	3,222,683	1,512,593	1,123,198	2,635,791
Investments	5	9,506	-	9,506	242	-	242
Total income		1,750,818	1,682,527	3,433,345	1,685,654	1,123,198	2,808,852
Expenditure on:							
Raising funds	6	71,565	-	71,565	70,351	-	70,351
Charitable activities	7	1,751,195	1,521,955	3,273,150	1,404,821	1,222,572	2,627,393
Total resources expended		1,822,760	1,521,955	3,344,715	1,475,172	1,222,572	2,697,744
Net gains/(losses) on investments	11	-	-	-	(1,825)	-	(1,825)
Net (outgoing)/incoming resources before transfers		(71,942)	160,572	88,630	208,657	(99,374)	109,283

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Notes						
Net (outgoing)/incoming resources before transfers	(71,942)	160,572	88,630	208,657	(99,374)	109,283
Gross transfers between funds	(5,442)	5,442	-	(42,720)	42,720	-
Net (outgoing)/incoming resources	(77,384)	166,014	88,630	165,937	(56,654)	109,283
Other recognised gains and losses						
Actuarial (loss)/gain on defined benefit pension schemes	(8)	-	(8)	9,947	-	9,947
Net movement in funds	(77,392)	166,014	88,622	175,884	(56,654)	119,230
Fund balances at 1 April 2022	1,133,700	160,648	1,294,348	957,816	217,302	1,175,118
Fund balances at 31 March 2023	1,056,308	326,662	1,382,970	1,133,700	160,648	1,294,348

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.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	13	287,941		303,681	
Investments	14	2,017		2,017	
			289,958		305,698
Current assets					
Debtors	15	500,270		94,225	
Cash at bank and in hand		1,451,892		1,167,317	
			1,952,162		1,261,542
Creditors: amounts falling due within one year	16	(814,362)		(267,996)	
Net current assets			1,137,800		993,546
Total assets less current liabilities			1,427,758		1,299,244
Creditors: amounts falling due after more than one year	17	(41,667)		-	
Provisions for liabilities	18	(3,121)		(4,896)	
Net assets			1,382,970		1,294,348
Income funds					
Restricted funds	20	326,662		160,648	
<u>Unrestricted funds</u>					
Designated funds	21	668,928		755,907	
General unrestricted funds		387,380		377,793	
			1,056,308		1,133,700
			1,382,970		1,294,348

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

BALANCE SHEET (CONTINUED)

AS AT 31 MARCH 2023

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023, although an audit has been carried out under section 144 of the Charities Act 2011.

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 under the requirements of the Companies Act 2006, 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 December 2023

A Tait (Chair)

Trustee

Company registration number 01082980

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Cash flows from operating activities					
Cash generated from operations	25		280,471		204,646
Investing activities					
Purchase of tangible fixed assets		(5,402)		(46,421)	
Purchase of investments		-		(20)	
Investment income received		9,506		242	
Net cash generated from/(used in) investing activities			4,104		(46,199)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			284,575		158,447
Cash and cash equivalents at beginning of year			1,167,317		1,008,870
Cash and cash equivalents at end of year			1,451,892		1,167,317

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind Ltd is a private company limited by guarantee incorporated in England and Wales. The registered office is Barrere House, 100 Chesterton Road, Cambridge, Cambridgeshire, CB4 1ER, 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 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 and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes.

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

Investment income, gains and losses are allocated to the appropriate fund.

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.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributable to particular activities they have been allocated on a basis consistent with the use of the resources. Expenditure includes any VAT which cannot be fully recovered.

1.6 Tangible fixed assets

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

All assets costing more than £250 are capitalised by the charity.

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:

Freehold land and buildings	2% per annum straight line
Leasehold improvements	Over the life of the lease
Furniture and equipment	25% per annum straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Investments are stated at market value at the balance sheet date. The statement of financial activities includes the net gains and losses arising on revaluations and disposals throughout the year.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.10 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.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

The company contributes to a defined benefit pension scheme for the benefit of 2 senior employees. The scheme is a multi-employer scheme where it is not possible, in the normal course of events, on a consistent and reasonable basis, to identify the share of underlying assets and liabilities belonging to individual participating employers. Therefore, as required by FRS102 'Retirement benefits' the company accounts for this scheme as if it was a defined contribution scheme. The amount charged to the statement of financial activities represents contributions payable to the scheme in respect of the accounting period.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.13 Volunteers

The value of services provided by the volunteers is not incorporated in these financial statements. Further details of contributions from volunteers can be found in the Trustees' Report.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2023 £	2022 £
Donations and gifts	199,396	170,939
Subscriptions	1,760	1,880
	<u>201,156</u>	<u>172,819</u>

4 Charitable activities

	2023 £	2022 £
Mental Health Services	<u>3,222,683</u>	<u>2,635,791</u>
Analysis by fund		
Unrestricted funds	1,540,156	1,512,593
Restricted funds	1,682,527	1,123,198
	<u>3,222,683</u>	<u>2,635,791</u>

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

5 Investments

	Unrestricted funds	Unrestricted funds
	2023 £	2022 £
Interest receivable	9,506	242

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2023 £	2022 £
<u>Fundraising and publicity</u>		
Other fundraising costs	21,020	25,274
Staff costs	50,545	45,077
	<u>71,565</u>	<u>70,351</u>
Fundraising and publicity	71,565	70,351
	<u>71,565</u>	<u>70,351</u>

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

7 Charitable activities

	Mental Health Services 2023 £	Mental Health Services 2022 £
Staff costs	2,573,247	2,031,695
Depreciation and impairment	21,142	20,763
Staff costs (excluding wages and salaries)	82,242	46,117
Training delivery costs	20,122	17,762
Telephone and website	65,575	76,654
Printing postage and stationery	29,668	21,369
IT costs	52,020	36,421
Travel	48,711	31,045
Office, accommodation and other costs	362,793	326,629
	<u>3,255,520</u>	<u>2,608,455</u>
Share of support costs (see note 8)	17,630	18,938
	<u>3,273,150</u>	<u>2,627,393</u>
Analysis by fund		
Unrestricted funds	1,751,195	1,404,821
Restricted funds	1,521,955	1,222,572
	<u>3,273,150</u>	<u>2,627,393</u>

8 Support costs

	Support costs £	Governance costs £	2023 £	Support costs £	Governance costs £	2022 £
Accountancy and financial advice	3,418	-	3,418	3,704	-	3,704
Auditors' remuneration	7,560	-	7,560	6,000	-	6,000
Professional fees	3,172	-	3,172	2,257	-	2,257
AGM & Annual report cost	-	-	-	1,296	-	1,296
Trustees' meetings and other expenditure	3,480	-	3,480	5,681	-	5,681
	<u>17,630</u>	<u>-</u>	<u>17,630</u>	<u>18,938</u>	<u>-</u>	<u>18,938</u>
Analysed between Charitable activities	<u>17,630</u>	<u>-</u>	<u>17,630</u>	<u>18,938</u>	<u>-</u>	<u>18,938</u>

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or were reimbursed expenses during the year (2022: 2 trustees were reimbursed travel expenses of £128).

10 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Project workers and administrative staff	103	98

Employment costs

	2023 £	2022 £
Wages and salaries	2,361,187	1,882,221
Social security costs	204,810	148,370
Other pension costs	57,795	46,181
	2,623,792	2,076,772

Key management personnel benefits totalled £306,573 in the year (2022: £261,816).

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2023 Number	2022 Number
£60,000 to £70,000	1	-

11 Net gains/(losses) on investments

	Total Unrestricted funds	
	2023 £	2022 £
Revaluation of investments	-	(1,825)

12 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.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

13 Tangible fixed assets

	Freehold land and buildings £	Leasehold improvements £	Furniture and equipment £	Total £
Cost				
At 1 April 2022	460,203	39,437	96,930	596,570
Additions	-	-	5,402	5,402
	<u>460,203</u>	<u>39,437</u>	<u>102,332</u>	<u>601,972</u>
At 31 March 2023	460,203	39,437	102,332	601,972
Depreciation and impairment				
At 1 April 2022	208,338	3,944	80,607	292,889
Depreciation charged in the year	9,205	3,944	7,993	21,142
	<u>217,543</u>	<u>7,888</u>	<u>88,600</u>	<u>314,031</u>
At 31 March 2023	217,543	7,888	88,600	314,031
Carrying amount				
At 31 March 2023	<u>242,660</u>	<u>31,549</u>	<u>13,732</u>	<u>287,941</u>
At 31 March 2022	<u>251,865</u>	<u>35,493</u>	<u>16,323</u>	<u>303,681</u>

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

14 Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2022 & 31 March 2023	2,017
Carrying amount	
At 31 March 2023	2,017
At 31 March 2022	2,017

15 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Trade debtors	442,768	60,177
Other debtors	7,725	12,630
Prepayments and accrued income	49,777	21,418
	500,270	94,225

16 Creditors: amounts falling due within one year

	Notes	2023 £	2022 £
Other taxation and social security		139,604	39,514
Deferred income	18	558,924	146,823
Trade creditors		32,509	31,257
Other creditors		16,096	7,886
Accruals and deferred income		67,229	42,516
		814,362	267,996

17 Creditors: amounts falling due after more than one year

	Notes	2023 £	2022 £
Deferred income	18	41,667	-

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

18 Deferred income

	2023 £	2022 £
Other deferred income	600,591	146,823

Deferred income is included in the financial statements as follows:

	2023 £	2022 £
Current liabilities	558,924	146,823
Non-current liabilities	41,667	-
	600,591	146,823

19 Retirement benefit schemes

TPT Retirement Solutions - The Growth Plan

The company participates in the scheme, a multi-employer scheme which provides benefits to some 638 non-associated participating employers. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004 which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards issued by the Financial Reporting Council, set out the framework for funding defined benefit occupational pension schemes in the UK.

The scheme is classified as a 'last-man standing arrangement'. Therefore the company is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2020. This valuation showed assets of £800.3m, liabilities of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

From 1 April 2022 to 31 January 2025: £3,312,000 per annum (payable monthly)

Unless a concession has been agreed with the Trustee the term to 31 January 2025 applies.

Note that the scheme's previous valuation was carried out with an effective date of 30 September 2017. This valuation showed assets of £794.9m, liabilities of £926.4m and a deficit of £131.5m. To eliminate this funding shortfall, the Trustee asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions

From 1 April 2019 to 30 September 2025: £11,243,000 per annum (payable monthly and increasing by 3% each on 1st April)

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

19 Retirement benefit schemes

(Continued)

The recovery plan contributions are allocated to each participating employer in line with their estimated share of the Series 1 and Series 2 scheme liabilities.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

PRESENT VALUES OF PROVISION

	2023 £	2022 £	2021 £
Present values of provision	3,121	4,896	19,872

RECONCILIATION OF OPENING AND CLOSING PROVISIONS

	2023 £	2022 £
Provision at the start of the period	4,896	19,872
Unwinding of the discount factor (interest expense)	91	115
Deficit contribution paid	(1,783)	(5,029)
Remeasurements - impact of any change in assumptions	(83)	(112)
Remeasurements - amendments to the contribution schedule	-	(9,950)
Provision at end of period	3,121	4,896

INCOME AND EXPENDITURE IMPACT

	2023 £	2022 £
Interest expense	91	115
Remeasurements - impact of any change in assumptions	(83)	(112)
Remeasurements - amendments to the contribution schedule	-	(9,950)

ASSUMPTIONS

	2023	2022	2021
Rate of discount (% per annum)	5.52%	2.35%	0.66%

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

In the event that CPSL Mind withdraws from the multi-employer defined benefit pension scheme, they must by law pay their share of the deficit, calculated on a statutory basis known as the buy-out valuation basis. This was last estimated on 30 September 2022 where the cost of withdrawal was £29,223.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

20 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			
	Balance at 1 April 2021	Incoming resources	Resources expended	Transfers	Balance at 1 April 2022	Incoming resources	Resources expended	Transfers	Balance at 31 March 2023
	£	£	£	£	£	£	£	£	£
The Sanctuary	53,070	500,934	(484,004)	-	70,000	570,502	(593,483)	-	47,019
Prison Training	-	30,225	(30,112)	-	113	30,691	(32,309)	1,505	-
Suicide Prevention Trailblazer	36,373	-	(36,373)	-	-	-	-	-	-
Building Mentally Healthy Universities	-	26,644	(30,650)	4,006	-	-	-	-	-
Discharge Buddies	87,177	38,821	(124,800)	-	1,198	378,363	(195,442)	-	184,119
Papworth Trust	6,385	6,463	(13,648)	800	-	-	-	-	-
Community Personality Disorder Service	2,698	100,000	(81,356)	-	21,342	158,333	(137,931)	-	41,744
University Good Life Service	8,900	8,676	(15,490)	-	2,086	16,053	(11,735)	-	6,404
Cambourne Good Life Project	5,420	12,500	(17,920)	-	-	-	-	-	-
Perinatal and Empowering Women	17,517	107,290	(111,372)	12,500	25,935	110,019	(139,245)	3,291	-
South Lincs Development	-	7,746	(32,860)	25,114	-	3,400	(3,400)	-	-
South Holland Good Life Project	-	22,494	(12,430)	-	10,064	50,638	(60,702)	-	-
Racial Equality	-	39,584	(19,188)	-	20,396	3,958	(18,991)	-	5,363
Rural Peterborough	-	80,336	(70,822)	-	9,514	64,269	(74,429)	646	-
Starting Well	(238)	141,485	(141,547)	300	-	175,700	(154,042)	-	21,658
Community Connectors	-	-	-	-	-	39,446	(38,848)	-	598
Victim and Witness Support	-	-	-	-	-	10,510	(5,101)	-	5,409
Night Light Cafe	-	-	-	-	-	26,625	(20,717)	-	5,908
Crowland Good Mood Cafe	-	-	-	-	-	9,528	(9,528)	-	-
Holbeach Good Mood Cafe	-	-	-	-	-	9,882	(9,882)	-	-
Boston Good Mood Cafe	-	-	-	-	-	24,610	(16,170)	-	8,440
	217,302	1,123,198	(1,222,572)	42,720	160,648	1,682,527	(1,521,955)	5,442	326,662

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

20 Restricted funds

(Continued)

The Sanctuary - The Sanctuary provides a safe place for individuals experiencing an emotional or mental health crisis out of office hours. It is open seven days a week from 6pm to 1am and works as part of the county-wide First Response Service. The Sanctuary is funded by Cambridgeshire and Peterborough Clinical Commissioning Group (CCG) and has also developed a phone-based Sanctuary Daytime service.

Prison Training - An annual grant for the fiscal year is agreed with and paid by Sodexo Ltd for the Prison Wellbeing Service, which provides support for both male and female residents of HMP Peterborough. Delivered via one-to-one sessions and workshops for each resident group, the grant is sufficient to cover the deliverer's salary costs and the small amount of materials required.

Suicide Prevention Trailblazer - As part of a broader Mental Health Transformation programme, this project completed in early 2021.

Building Mentally Healthy Universities - Funded by National Mind from an ultimate income source of Goldman Sachs. This project ran through 2020/21 and, meeting the majority of its objectives and completed in 2021.

Discharge Buddies - A pilot project in 2020/21 funded by the Cambridgeshire and Peterborough CCG to provide short term support to individuals being discharged from Cambridgeshire and Peterborough Foundation Trust mental health inpatient wards and crisis teams. This project has now been extended until March 2024.

Papworth Trust - CPSL Mind worked with the Papworth Trust (PT) in a time limited £10k project to support PT's Work & Health programme participants with self-declared mental health issues. Additional funding was secured to extend the project, which completed in 2021.

Community Personality Disorder Service - Providing peer support as part of the new Personality Disorder pathway across Peterborough and Cambridgeshire. This service is delivered in partnership with the Cambridgeshire and Peterborough Foundation Trust as part of the Community Mental Health Transformation work in Peterborough. Longer term funding has now been secured to enable a future expansion of the project.

University Good Life Service - Delivering services to Students at Anglia Ruskin University (ARU) via Good Mood Cafes, enabling students to connect with their peers, supported by Information Sessions, providing practical tools and skills to improve mental health and wellbeing. Additional funding from ARU and the Evelyn Trust has allowed this project to continue to August 2022.

Cambourne Good Life project - Funded locally, via the NHS and delivering a weekly Good Mood Café, Open Door calm space and monthly information session. This project completed in March 2022.

Perinatal and Empowering Women - This is an expanding area for CPSL Mind. The core project has transferred funder from Peterborough City Council to Barnardo's. Alongside this service, the CCG funded Peer Support project continued for a second year up until March 2022 and will extend beyond that date. Trust fund grants and specific donations continued to benefit the service with continued support from the Evelyn Trust, the Pye Foundation and others.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

20 Restricted funds

(Continued)

Starting Well - A £350k multi-annual Starting Well project aimed at supporting mums in Muslim communities was launched in early 2021 and produced a well-received impact report after its initial period of operation. Funding is received directly from the Department for Health & Social Care.

South Holland Good Life Project – Funded by the Cooperative, via National Mind and working with isolated communities in South Lincolnshire. Using an asset-based model to deliver support based upon the Good Mood Café model.

South Lincs Development – Funding has been received, to deliver a programme using the Good Mood Café model. This is a pilot in 2021/22 funded by Lincolnshire CCG.

Racial Equality – Funded by Pears, via National Mind. CPSL Mind working closely with the Lantern Initiative to educate and raise awareness of mental health issues in the Muslim Community.

Rural Peterborough – A project funded by the Cambridgeshire & Peterborough CCG, running until Autumn 2022 and building on the Good Life model to deliver support services to those in isolated rural communities around Peterborough.

Transfers between funds relate to expenditure funded from general unrestricted funds.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

21 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds					Movement in funds			
	Balance at 1 April 2021	Incoming resources	Resources expended	Transfers	Balance at 1 April 2022	Incoming resources	Resources expended	Transfers	Balance at 31 March 2023
	£	£	£	£	£	£	£	£	£
Fixed Asset Fund	261,070	-	(20,763)	63,374	303,681	-	(21,142)	5,402	287,941
Building Reserve	20,000	-	-	-	20,000	-	-	-	20,000
Disaster Fund	169,000	-	-	56,000	225,000	-	-	-	225,000
Charitable Services Fund	155,134	1,510,821	(1,444,362)	(14,367)	207,226	1,518,646	(1,642,170)	52,285	135,987
	<u>605,204</u>	<u>1,510,821</u>	<u>(1,465,125)</u>	<u>105,007</u>	<u>755,907</u>	<u>1,518,646</u>	<u>(1,663,312)</u>	<u>57,687</u>	<u>668,928</u>

Fixed Asset Fund - The Fixed Asset Fund represents the net book value of fixed assets held by the charity.

Building Reserve - The Trustees have set aside £20,000 to cover the costs of any unexpected maintenance costs for property.

Disaster Fund - The Trustees have set aside £225,000 to cover approximately 1 months operating costs in the event that funding for the services is lost, and the charity has to be wound up. These costs exclude the costs of staff redundancy, which has been considered separately.

Charitable Services Fund - The charity receives funding for the provision of services to people with mental health problems in and around Cambridgeshire. The charity records the direct costs incurred in providing these services and charges administrative and overhead expenses to the funds. The projects covered are as follows:

- The Good Life - This major project amalgamated the legacy Wellbeing and Support to Recovery programmes into one overarching activity which commenced on 1/9/2019 for a three-year initial contract amounting to £3.118m over that period. This is jointly funded by Cambridgeshire County Council and the Cambridgeshire & Peterborough NHS Clinical Commissioning Group.
- Changing Lives - Improving access to psychological therapies and counselling.
- STOP Suicide – Suicide prevention campaign.
- Training - Mental health related training and workshops.

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

22 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:						
Tangible assets	287,941	-	287,941	303,681	-	303,681
Investments	2,017	-	2,017	2,017	-	2,017
Current assets/(liabilities)	811,138	326,662	1,137,800	832,898	160,648	993,546
Long term liabilities	(41,667)	-	(41,667)	-	-	-
Provisions and pensions	(3,121)	-	(3,121)	(4,896)	-	(4,896)
	<u>1,056,308</u>	<u>326,662</u>	<u>1,382,970</u>	<u>1,133,700</u>	<u>160,648</u>	<u>1,294,348</u>

23 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2023 £	2022 £
Within one year	31,111	29,986
Between two and five years	62,510	92,215
	<u>93,621</u>	<u>122,201</u>

24 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

25	Cash generated from operations	2023	2022
		£	£
	Surplus for the year	88,630	109,283
	Adjustments for:		
	Investment income recognised in statement of financial activities	(9,506)	(242)
	Fair value gains and losses on investments	-	1,825
	Depreciation and impairment of tangible fixed assets	21,142	20,763
	Difference between pension charge and cash contributions	(1,783)	(5,029)
	Movements in working capital:		
	(Increase) in debtors	(406,045)	(26,346)
	Increase/(decrease) in creditors	134,265	(27,145)
	Increase in deferred income	453,768	131,537
	Cash generated from operations	280,471	204,646
26	Analysis of changes in net funds		
	The charity had no debt during the year.		