



Charity Number: 294535

Company number: 02002508

Islington Mind

Report and financial statements

For the year ended 31 March 2025

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For the year ended 31 March 2025

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For the year ended 31 March 2025

Charity Information

Company number: 02002508

Charity Number: 294535

Trustees: Trustees who are also directors under company law, who served during the year and up to the date of this report were as follows:

Gwen Williams – Chair

Anna Macgillivray – Secretary

Oliver Bond – Treasurer – Appointed February 2025

PJ Samuels

Roman Podolczuk

Lisa Haywood

Brenda Kabaseke

Rob Jessett – Resigned February 2025

Annette Verebelyi – Resigned February 2025

Key management personnel:

Sigal Avni – CEO

Gemma Watts – Head of Service and Quality

Gerry Turley – Head of Finance, HR and Resources – Resigned January 2025

Bindu Karnany – Finance and Resources Manager – Appointed December 2024

Pat O'Driscoll – Integrated Community Support Manager – Appointed Early Intervention and Prevention Manager in November 2024

Ossi Ron – Structured Intervention Support Manager – Appointed Structured Intervention and Specialist Services Manager in November 2024

Bankers: Lloyds Bank
273-275 Kentish Town
London
NW5 2LP

Auditor: Sayer Vincent LLP
Chartered Accountants and Statutory Auditors
110 Golden Lane
London
EC1Y 0TG

The trustees present their report and the audited financial statements for the year ended 31 March 2025.

Reference and administrative information set out on Page 1-2 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirement of a directors' report as required under company law, and the Statement of Recommended Practice – Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and Activities

The trustees review the charity's vision, purpose, values, objectives and activities every year, referring to the Charity Commission's general guidance on public benefit. The trustees consider how planned activities contribute to the aims and objectives.

Our Vision

We are Islington Mind, an independent charitable organisation, part of the Mind network. We want everyone in Islington to get the respect and support they need to improve their mental health and wellbeing.

Our Purpose

Islington Mind provides early, proactive mental health support in the community, focusing on people's strengths rather than diagnoses. We help individuals build strong connections with themselves, others, and their communities, be empowered to grow and live more independently. Co-production and collaboration are at the heart of our work, promoting a more integrated and supportive community.

Our Values

- **Respect** - We listen with care, respect and offer reassurance.
- **Equality** - We are committed to ensuring equal access to mental health support for everyone in Islington.
- **Strength orientated** – We amplify people's voices, and we focus on skills and assets.
- **Lived experience and Co-Production** – We develop and deliver services with the people we support.
- **Challenging Stigma and Discrimination** - We work to influence and improve mental health services, challenging stigma and discrimination in Islington.
- **Community Cohesion** - We actively seek opportunities for collaboration, working together with stakeholders within the community.

Our Objectives

We believe that everyone has a right to good mental health. We are here to safeguard and promote the mental health and wellbeing of all adults (18+) Islington residents.

We support people experiencing mental distress to lead fulfilling, empowered lives by:

- Improving self-esteem and confidence.
- Progressing towards living independently in their communities.
- Reducing the need to access secondary mental health services, so that mental health crisis and hospital admissions are reduced.
- Increasing social inclusion.
- Improving their capacity to represent their own needs and making their voices heard.
- Improving interdependence, financial security, and resilience.

We also aim to build a more cohesive community and raise awareness of mental health issues, contributing to local integrated care. This report outlines our achievements, key outcomes, and the impact of our work during the reporting period.

In the 2024–2025 reporting period, the charity delivered the priorities set out in our 2022–2025 strategy, as outlined below:

1. Equity, Diversity and Inclusion (EDI)

We focused on identifying and addressing the needs of the most disadvantaged and underrepresented residents, advancing equity and inclusion in Islington and across London.

Our EDI Champion finalised the LGBTQI+ chapter of the Islington Progressing Equalities Toolkit in collaboration with Healthwatch Islington. This chapter was presented across the borough to statutory, LBI, and VCFSE partners, helping shape best practices in LGBTQI+ inclusion. We also co-delivered borough-wide EDI Pledges events.

To strengthen workforce diversity and inclusion, we:

1. Amended our recruitment processes, resulting in successful appointments of staff and trustees from global majority backgrounds—including a senior leadership role previously held only by white staff.
2. Updated our Equal Opportunities, Diversity, and Inclusion Policy with input from Experts by Experience, particularly enhancing trans inclusion content.
3. Invited staff to apply to be Neurodiversity Champions and to form staff-led EDI working groups.
4. Reviewed our Wellbeing at Work policies and conducted an EDI Impact Assessment. As a result, one staff member felt confident to share their mental health challenges with the full team, reflecting our supportive culture.

In 2024–2025, we expanded our reach to marginalised communities:

- 814 clients (46%) were from ethnically diverse communities
- 496 clients (28%) identified as LGBTQ+
- 33% were under 35

2. Strength-Based Approach and Co-Production

Our strategic Co-Production Group (CPG) continued to grow. This year the group have been involved in some large projects this included:

- Supported Islington Mind with shaping elements of the Mental Health Recovery Pathway tender
- Contributed to the London Borough of Islington strategic co production standards
- Contributed to Islington Mind 5-year strategy
- Supported the implementation of new Mental Health Recovery Pathway – listening to SU and raising concerns at the CPG, discussing solutions such as partnership work to increase hot meals which was implemented.
- 2 CPG members took a lead role in the LBI project group- creating a vision for mental health services in Islington. The whole group supported and contributed to the process. This project included facilitating 4 workshops, analysing feedback, creating feedback, co-chairing borough wide meetings and 2 workshops.

Other co-production practices included:

- 50% of trustees have lived experience of mental health service use
- 70% of trustees, staff, and volunteers have lived experience
- Co-production is a standing item on all Board agendas
- Regular service user meetings for every project
- Peer volunteering, tailored to individuals' needs
- Suggestion boxes, feedback forms, and an Open Door Policy
- A clear Complaints and Compliments Policy
- An Annual Survey

3. Quality of Services

We used a 'Test and Learn' approach, drawing on data about service outcomes, KPIs, achievements, and challenges to identify lessons and inform improvements. Reports and improvement plans were reviewed quarterly and annually by management and the Board. We monitored a three-year implementation plan for our co-produced strategy.

We maintained and reviewed our policies under Mind's Quality Mark Framework and ensured staff and volunteer voices were heard through team meetings, supervision, and client feedback mechanisms.

Our core service remained the Mental Health Recovery Pathway, commissioned by Islington Borough Council, delivered from three council buildings and supported by additional wrap-around specialist services.

In October, our Team Leader established a Task and Finish group to review and strengthen our risk and assessment processes. As part of this work, we introduced the DIALOG+ outcome tool in November. This evidence-based tool enables structured, person-centred conversations, helping clients to set goals, track progress, and shape their own recovery journeys.

4. Financial Sustainability in Uncertain Times

Senior management and the Board conducted quarterly risk reviews and updated mitigation plans. We automated key financial processes to improve efficiency.

Collaboration remained key - we worked with VCFSE partners to enhance service delivery and access specialist support. We adapted our fundraising priorities to respond to emerging needs and service gaps while actively managing our Live Funding Risk Log, ensuring continued delivery of vital services.

We have now completed our 2025–2029 strategy, co-designed with service users, staff, trustees, volunteers, and partners. This will be a live document, guiding our operational decisions in the coming years.

Performance and Achievements

In 2024–2025, we processed and welcomed 1,369 referrals, a slight increase from (1,362 referrals) the previous year. Between April 2024 and March 2025, we supported a total of 1,774 individuals.

We provided in-person services across four sites: Isledon Road and Ashley Road centres in central Islington, and Despard Road and Wedmore Street in the north of the borough.

The Mental Health Recovery Pathway (MHRP)

The MHRP contract with the London Borough of Islington remains our core service and primary income source.

During the 2024–2025 reporting period, the MHRP was retendered and relaunched in November 2024 with updated specifications, focus, and priorities. We are pleased to have secured the new contract and to continue delivering this vital service under the revised model.

The previous contract (June 2019 to October 2024) combined four key elements: Day Opportunities, Crisis Café, Reablement, and Psychosocial Support. The renewed service reflects a redesigned structure, scope, focus and budget, with a stronger emphasis on group-based activities, reduced - up to six weekly - one-to-one support, and limited lunch provision integrated into training programmes.

Following retendering, the Crisis Café became an independent service, novated to the Integrated Care Board. Unfortunately, Islington Mind was unsuccessful in its retendering bid for the Crisis Café, which was awarded to Hestia in November 2024.

Day Opportunities

Our daily programme offers a consistent, inclusive, and welcoming space for therapeutic, social, and skills-based activities that promote mental health and wellbeing. Activities include:

- **Creative and Therapeutic Activities:**
Music therapy (one to one therapy sessions, group drop-ins, jamming, drumming), visual arts workshops, jewellery making, drama therapy, and access to art, music, and computer rooms.
- **Movement and Mindfulness:**
Yoga, meditation, Qi Gong, men's gentle exercise group, gardening, and herb growing projects.
- **Recreational and Social Activities:**
Film club, bingo, board games, computer gaming, and community outings to encourage social engagement.
- **Skills Development:**
IT and computer lessons, cooking classes.
- **Peer Support and Group Work:**
Hearing Voices group, Paranoia and Unusual Beliefs group, peer-led psychosis group, bereavement group, Men's Resilience project, anxiety and coping skills group.

Additional offerings included subsidised communal lunches, mental health support and advice from experienced staff, and regular trips to local green spaces, the seaside, and community venues to reduce isolation and boost connection.

To better meet the needs of our diverse community, we offered specialist support to specific groups, including:

- **LGBTQI+ Programme:** Inclusive activities and support for LGBTQI+ individuals (see below).
- **Young People's Project:** Creative, social, and therapeutic activities for ages 18–35.
- **Women-Only Space:** A safe, supportive environment with resources and groups exclusively for women.

A total of 960 individuals benefitted from these activities.

Client feedback:

"Islington mind really helps me personally to be more comfortable, confident, independent and really gave me the time I required to express myself"

"Music therapy has brought me a lot of joy and healing"

"The welfare benefits advisors are amazing"

"The volunteers are very supportive and understanding"

Implementing the New MHRP: Current State and Evolving Practice

Partnership and collaboration are central to the new MHRP model.

We work with six subcontracted partners:

- The Maya Centre: Co-delivering the Women Only Space, now at Despard Road.
- The Stuart Low Trust: Leading nature and cultural outings.
- Key Changes: Providing music sessions.
- Nafsiyat Intercultural Therapy Centre: Delivering Women Arabic Speakers and Men Refugee groups.
- Manor Gardens Welfare Trust: Conducting outreach to minoritised communities, especially refugees.
- Jannaty: Delivering outreach to women from minoritised communities.

We also collaborate closely with primary and secondary health providers (e.g., North London NHS Foundation Trust, Public Health), the Integrated Care Board (ICB) (e.g., Recovery College), and various VCFSE organisations including Hillside Clubhouse, Help on Your Doorstep, and Age UK Islington.

Policies, including referral and assessment procedures, have been reviewed to align with the new service specification.

As part of the new MHRP we have also integrated the client-led outcome tool, DIALOG+, into our needs assessment process.

The new service was rolled out in phases, with full delivery beginning January 2025. Since then, the MHRP has supported 565 individuals - 225 attended drop-in and group activities, and 49 received one-to-one support.

Structured Intervention Support Services

The Reablement Service - April and November 2024

This service helped 229 individuals resettle in their homes and reconnect with their communities between April and November 2024.

The Structured Psychosocial Support (PSS) Programme - April and November 2024

This service provided regular one-to-one key working sessions for up to 12 months, supporting 57 clients in managing challenges such as housing, finances, food security, family relationships, employment, and antisocial behaviour while helping them achieve emotional, social, and practical goals.

The Psychosis Therapy Project (PTP) - April and November 2024

PTP provided 35 individuals with access to psychotherapeutic treatment from a team of psychoanalytically trained practitioners specializing in psychosis.

The Out of Hours Crisis Café - April and November 2024

The Crisis Café operated weekday evenings and weekends from our Despard Road Centre until the contract ended in November 2024. During this time, it supported 179 Islington residents at risk of crisis, helping to prevent hospitalisation by offering an out-of-hours drop-in space. The team worked closely with the North London Mental Health NHS Partnership's Crisis Team.

Activities included:

- Creative sessions, including visual arts and specialist art therapy
- Music listening sessions
- Board games, quizzes, and the Living Well group
- A Sensory Room for relaxation and refocusing
- Therapeutic support from five placement psychotherapists

Key Performance and Achievements – Additional Services

The Enablement Service

Supported by the National Lottery, the Enablement Service assisted 246 clients in re-engaging with community resources, treatments, training, education, and voluntary or employment opportunities. It helps clients better manage daily life and develop self-reliance.

Following an initial assessment, clients are offered a personalised 8-week support programme designed to be flexible, holistic and aligned with their individual goals. Trained supervised volunteer mentors provide both practical assistance and emotional support, helping clients reconnect with local services, access treatment, explore education or volunteering opportunities, manage everyday tasks and build sustainable coping skills.

The Enablement Service also addresses cost-of-living challenges, helping Islington residents solve immediate problems while building long-term resilience.

Additional funding from Islington Giving supported housing-specific services, including:

- Tackling homelessness risk factors such as debt and gambling
- Referrals to specialist support services
- Assistance settling into new accommodation, including utility setup, grant applications, health registration, and accessing local resources
- Addressing clutter, hoarding, repairs, and decorating needs
- Support with emergency cost-of-living grants and financial guidance

Client Support Breakdown:

- **Housing:** 31% received support with tenancy sustainment, housing options, hoarding/cluttering, and signposting; some were indirectly supported to maintain tenancies.
- **Welfare & Finance:** 66% explored welfare benefits and poverty-related issues; 25% accessed emergency grants; 55% received financial support, including budgeting assistance.
- **Essential Goods:** 20 clients obtained clothing and furniture through a partnership with Cloudesley.
- **Health & Wellbeing:** 27% were supported to access health services, including health checks and accompaniment to medical appointments.

Counselling Service/Talking Therapies Clinic (TTC)

Supported by Cloudesley, the Counselling Service offers 10- and 20-week one-to-one, face-to-face therapy sessions. These help clients explore memories and emotions while developing strategies to manage challenges such as low mood, anxiety, trauma, bereavement, loneliness, isolation, and family difficulties. The service supports Islington residents from diverse backgrounds who face barriers to mainstream mental health care due to cost or discrimination. In the past year, 103 clients accessed the service.

Our dedicated team includes nine accredited or final-year trainee volunteer counsellors, consistently supporting around 100 clients annually. Thanks to new partnerships with Age UK, Outcome, and funding from Islington Giving, the service has expanded access to vulnerable groups including Age UK's Carer's Hub, the LGBTQIA+ community, and generic carers. An additional nine volunteer counsellors now support an estimated 80+ extra clients per year.

Client feedback:

"I've found these sessions incredibly helpful. Having a regular space to talk and reflect has made a real difference in managing day to day life. The support has helped me feel grounded and better equipped emotionally and practically. My counsellor's attentive and gentle guidance has given me insight and tools I use beyond therapy. Consistent support has reduced my anxiety and overwhelm. This service is invaluable, and I hope it continues to be funded as it provides care that's hard to find elsewhere."

Core team Central – VCSE key-working

Subcontracted by Age UK Islington we provided the VCSE key working element in Core Team Central. Our two keyworkers in the Core Team Central supported approximately 65 clients with their psychosocial needs alongside clinical team, including support with housing, finance/grants, and integration into community services across the borough, with several clients linked into Islington Mind groups and activities for ongoing open access support, e.g. specifically drop-in, creative therapies, specialist services.

Supported Self Help (SSH)

Supported Self Help is a Mind initiative designed as an early intervention model and entry point for those seeking mental health support - particularly individuals interested in therapy and counselling. The programme offers timely, accessible support to people across the UK and our local community.

It empowers individuals to build personal coping strategies, boost confidence, and gain greater autonomy in managing their mental health. Over the past year, we supported 80 individuals with tailored interventions.

By adapting our approach to individual needs - including specialised support for neurodiverse participants – we have created a more responsive, person-centred environment. Many participants not only benefited personally but also shared tools and techniques with friends and family, extending the programme's impact.

Service user feedback:

"The service was helpful and gave me tools and strategies I'll use in the future."

"I'd definitely recommend it to anyone needing mental health support. [The practitioner] was kind, understanding, and non-judgemental. He helped me explore and positively channel my emotions. He reminded me that I'm human, and to love myself."

Outcome LGBTQI+ Support

Our Outcome service is a London-wide specialist LGBTQI+ mental health provision, run by LGBTQI+ staff and volunteers. Open every Tuesday and Wednesday, it provides a safe, inclusive space for LGBTQI+ individuals to socialise, access support, and take part in holistic activities. Outcome is client-led, with clients involved in daily operations and long-term planning through peer-volunteering and regular house meetings.

In 2024, Outcome supported 325 individuals to overcome challenges such as social exclusion, domestic abuse, homelessness, and destitution.

Activities included: creative writing, singing and walking groups, peer-led trans-inclusive sessions, signposting. Short term one to one support with practical issues like housing and benefits is also offered to clients. Events and outing included: LGBTQI+ Women's Day and a cultural outing to Kenwood House, Migrant Queer Fest, celebrating LGBTQI+ migrant identity, Refugee Week cultural food sharing event, led by clients, Live theatre visits, ecology walks, and kitchen volunteering placements, and participation in Islington Mind's EDI Pledges event, with clients sharing lived experiences directly with decision makers

In the reporting period, Outcome also published four feature articles in *Diva Magazine*, showcasing client experiences and the service's impact. Three LGBTQI+ clients were supported in gaining asylum, and others received bikes through The Bike Project, improving mobility and social inclusion.

New initiatives included therapy sessions, group discussions, and a six-month art therapy programme. Outcome continues its partnerships with NHS CLASH (monthly in-house sexual health advice) and Solace Women's Aid (domestic abuse support and referrals for all genders).

In October, Outcome was delighted to welcomed Islington Council's Chief Executive, Victoria Lawson.

Funding from the Rayne Foundation and Sir Halley Stewart Trusts support Outcome's next phase - integrating LGBTQI+ best practice campaigning, training and education at regional and national levels alongside our existing specialist service delivery.

The Freedom From Fear to Love (FFFTL)

FFFTL, a core project within Outcome, supports LGBTQI+ people seeking asylum and refugees through the trauma of persecution and the challenges of the UK asylum system. The project focuses on two critical transitions:

1. Navigating the asylum process
2. Adjusting to life post-status (Move-On period)

Support includes emotional and practical help - therapy, basic goods, housing advice, employment support, welfare guidance, and social/cultural inclusion.

In 2024, FFFTL supported 419 individuals, ran over 180 peer-led groups and activities (e.g. women's asylum seeker group, yoga, therapy), and offered one-off or ongoing one to one support to 144 individuals.

Initially funded by City Bridge, FFFTL secured five years of National Lottery funding in October 2024, with further support from the Rayne Foundation and Sir Halley Stewart Trust for campaigning and education efforts.

The Rainbow Suicide Prevention Program

Over the past year, the RSPL programme - funded by the Department of Health and Social Care - provided talking therapies and an outreach and education programme focused on suicide prevention within LGBTQI+ communities.

The RSPL clinic delivered up to 20 one to one counselling sessions to 280 LGBTQI+ individuals, focusing on three key groups:

- Trans and non-binary people
- LGBTQI+ people seeking asylum and refugees
- Young LGBTQI+ adults (ages 18–25)

In addition to therapy, the programme ran targeted campaign work, including outreach, training, workshops, and resource sharing. The RSPL Influencing Coordinator trained 252 participants across 80 organisations - far exceeding the original goal of 15. This expansion reflects the quality of the training, Islington Mind's strong reputation, and the urgent need for suicide prevention support in LGBTQI+ communities.

ArtSpace and WE Heal @ Outcome

ArtSpace was a six-month programme of weekly creative sessions for LGBTQI+ women who are asylum seekers or refugees. Funded by the *WE Heal Islington Women's Arts, Health and Wellbeing Grants Fund*, the project responded to client-identified needs for informal, emotionally supportive community spaces tailored to this highly marginalised group.

Participants often face multiple barriers to support, including trauma, gender inequality, care responsibilities, and financial hardship. The group was led by an LGBTQI+ woman with lived experience of the asylum process.

A total of 31 women attended, 77% (24) of whom were Islington residents. All identified as from Black, Asian or other minoritised ethnic backgrounds and faced multiple disadvantages, including lack of access to public funds.

Young Persons Project

Supported by Compass Wellbeing, the Young People's Project runs three days a week, providing early intervention and community outreach to ethnically diverse young adults under 25 in Islington—including care leavers, LGBTQI+ youth, and young people with SEND.

Support is offered through tailored one-to-one sessions and client-led group activities, shaped by participants' interests and needs. Sessions focus on emotional wellbeing, confidence, and life skills.

In the past year, the project supported 52 young adults, helping them build resilience, reduce isolation, and access education, employment, and support networks. By offering a safe and inclusive space, the project empowers young people to take positive steps toward recovery and long-term wellbeing.

The Mental Health Welfare Benefits Clinic (WBC)

Funded by the Fishmongers' Company, the WBC supported 74 Islington Mind clients in navigating the welfare benefits system—often their sole source of income.

The clinic offers tailored assistance with claims for Personal Independence Payment (PIP), Employment and Support Allowance, and Universal Credit. Clients receive up to three one-hour one-to-one appointments, including help with form completion, gathering evidence, and practical and emotional support before, during, and after assessments or tribunal hearings.

In 2024/25, most support was for PIP claims. All but one client received a successful outcome, and that individual is now being supported to challenge the decision. All appeal cases were successful. Notably, the WBC helped clients recover significant back payments from past PIP decisions, including awards of £10,657, £13,760, £17,388, and £17,678.

The WBC also supports clients being transitioned to Universal Credit, a government shift due to complete by the end of the year. This change has caused widespread anxiety among clients, and WBC's support has proven essential during this transition.

The Mother to Mother Project

Funded by Islington Giving, the *Mother to Mother* project has been a lifeline for 50 women caring for adult children with mental health challenges. It offers a safe, confidential space to share experiences, explore emotions, and develop coping strategies.

The programme delivers tailored therapeutic sessions, including specialist therapy groups, and a range of wellbeing focused activities such as weekly communal lunches and regular outings to reduce isolation.

Trustees' annual report

For the year ended 31st March 2025

Ad-hoc emotional and practical support ensures personalised care and empowers participants to support themselves and one another.

Participants said:

"The group therapy was amazing."

"It makes me feel valued and cared for."

"Being among a supportive group that understands has really helped me feel less alone."

The Hand in Hand Project

Hand in Hand is a peer buddy scheme supporting Islington residents with mental health challenges. Volunteers with lived experience are recruited, trained, and supported to accompany clients to appointments, activities, green spaces, and events across the borough.

Delivered in partnership with North London NHS Foundation Trust, the project promotes inclusion and helps clients stay connected to services, treatment, and community life. In the past year, 69 individuals received support through one-off or weekly sessions, typically lasting three months.

Client feedback:

"My buddy helped me gain confidence to get on the bus with a walker."

"They were on time and texted before the appointment, which helped me feel calmer."

Volunteer feedback:

"I wake up thinking, 'Oh, I'm doing this today,' and I'm happy about it."

"It motivates me."

Events and Highlights

Campaigning, Events, and Outings this Year Included:

- Christmas Celebrations: Supported by Islington Councillors' Local Initiative Fund, our Christmas events brought festive cheer to our centres through shared meals, games, and music, hosting specialist projects such as Mother to Mother and Outcome.
- LGBTQI+ Awareness: We delivered dynamic events across the year, including Pride Month, Migrant Queer Fest, LGBTQI+ History Month open days, and a dedicated LGBTQI+ Women Only Day in May. These inclusive gatherings celebrated identity and visibility, welcoming approximately 55 new clients and service professionals into our community.
- Outcome celebrated queerness and community on Valentines Day. Hosted by Migrants' Rights Network and Queer Migrant Mutual Aid.
- Black History Month: Marked by a vibrant celebration at our day centres, Black History Month featured music, food, storytelling, and moments of shared reflection—honouring the culture, achievements, and contributions of Black communities.
- Men's Mental Health Engagement: Our Building Men's Resilience group continued to thrive with well-attended workshops. These sessions provided safe spaces for emotional expression and peer support, helping men across Islington to build strength and resilience.

- **International Women's Day:** We proudly participated in an inspiring International Women's Day event in collaboration with the Maya Centre. This occasion celebrated the strength and resilience of women and marked the beginning of an exciting new phase in our Women's Day partnership.
- **Cost of Living Support Event:** In response to ongoing financial hardship, we hosted a well-attended Cost of Living Support Event at our centre. Delivered in partnership with Octopus Community Network, Help on Your Doorstep, and Age UK Islington, the event provided direct access to vital support services, expert advice, and referral pathways for those most in need.
- **Bright Lives Housing Network:** We actively engaged in the Bright Lives housing support network, exchanging insights and strengthening partnerships with local providers to improve housing outcomes for vulnerable individuals across the borough.
- **Health Education with UCL:** In September, we hosted an informative in house health session with University College London, focused on bowel health. The talk equipped service users with practical knowledge, empowering them to take preventative action and advocate for their own wellbeing.

Collaborations

We work closely with hundreds of local statutory and voluntary health and care providers to support Islington residents with mental health challenges. We also collaborate with the wider Mind network to strengthen our local voice and advance our strategic priorities.

Key partnerships include:

- **Subcontracting arrangement under Age UK Islington** to jointly deliver the VCS key working role within the North London Mental Health NHS Partnership / Camden and Islington NHS Foundation Trust's three Core Teams.
- **Delivering a counselling service** for Age UK Islington's Carers' Hub clients.
- **Joint development of the Islington Progressing Equalities Toolkit** with Healthwatch Islington, with Islington Mind leading the LGBTQI+ chapter.
- **Subcontracting six VCSFE organisations** (see above) as part of the Mental Health Recovery Pathway (MHRP) delivery.

We also collaborate with a wide range of other organisations and continue to benefit from participation in local, NCL and regional strategic platforms and groups, including: All Age Mental Health Partnership Board, Bright Lives Alliance Partnership, Voluntary Action Islington Advisory Group, the Community Partnership Board, the NCL Suicide Prevention Group, NCL Mental Health Network Group, and others.

Grants to Individuals

Through partnership arrangements (e.g. the Cloudesley Partners grants), and the generous support of trusts and foundations such as the National Lottery, Islington Giving/Cripplegate Foundation, and National Mind (as part of the Cost-of-Living fund) as well as the generosity of private donors, we were able to offer Cost-of-Living welfare grants to help individuals access essential goods such as food, fuel or household appliances. A total of 119 welfare grants were awarded to our clients this year with a total value of £25,080.

Our Team

This year Islington Mind employed average number of 46.3 highly skilled, trained and dedicated staff members (27.4 FTE). We provide regular one-to-one supervision sessions, team meetings and debriefs to each member of staff. We have an Employee Assistance Programme in place. We have improved HR systems and processes and are integrating wellbeing check and plans into our supervision and appraisal processes.

Each staff member has a personal development program which combines mandatory and voluntary training sessions. Mandatory training includes safeguarding and health and safety training/annual refresher (provided by London Borough of Islington), fire awareness, manual handling and DSE.

This year we also offered:

- Making Every Contact Count Training (MECC)
- Inclusive practices – Trans, non binary and gender non conforming
- Charity log training for the new MHRP contract
- 4 Team days with in-house safeguarding practices and Dialog+ training

The Role and Contribution of Volunteers

Our volunteers provide valuable support in one-to-one and group settings. Their enthusiasm enriches all our services. We supported 80 volunteers in total, proving an average of seven hours per week each. This is an approximate value of £355,000 a year if employed staff undertook the same task.

Advice and Information

Our offices took an average of 33 calls from clients, carers and members of the community every day – over 12,000 calls in the year. Many of these calls are from people seeking advice and information about mental health issues in general, and about mental health services in the borough. Through the provision of the above services the issues we aimed to tackle were:

- loneliness and isolation
- poor mental health
- poverty and deprivation
- employability
- stigma of living with a mental health problem
- the distress associated with being a carer
- over dependence on statutory services
- information, signposting, advice

Financial Review

Our primary source of income - the Mental Health Recovery Pathway contracts - now operates on a reduced budget and a shorter-term basis (2 years, with an option for a 2-year extension).

We continue to pursue alternative funding opportunities, though they remain highly competitive and often short-term. Meanwhile, the cost-of-living crisis presents ongoing challenges, driving up expenses and affecting our clients, staff, and volunteers.

In response to rising demand, we are expanding early, community-based mental health support. However, volunteer recruitment and retention remain difficult, as many community members seek paid opportunities.

Reserves Policy

Our reserves policy states that we should aim to secure six months' running costs for the organisation should a substantial amount of our statutory funding cease. Six months running costs would be £837,740. We currently hold £955,979 in free unrestricted reserves, an increase of 46.23% from the end of 23-24. We also have £20,810 of restricted funds for a range of charitable activities.

Principal Funding Sources

Our principal funding sources have been Islington Clinical Commission Group/London Borough of Islington.

Successful Fundraising

During the year 2024-2025, we were fortunate in being awarded a number of grants from various grant making organisations.

Organisation	Confirmation	Award
Camden & Islington NHS Foundation Trust	June 2024	£74,557
LBI Warm Space	Jan 2025	£4,997
Islington Giving: Carers' Fund (Cripplegate foundation for M2M)	April 2024	£8,000
National Mind: Continuation Funding for M2M	August 2024	£10,000
Cloudesley Health Grant: Talking Therapies (2 years)	December 2024	£70,000
National Mind: Get Active Connect	July 2024	£10,000

Islington Council: Local Initiatives Fund (Christmas and Summer)	August and December 2024	£3,833
Rayne Foundation (3 years)	April 2024	£58,890
Sport England	March 2025	£13,500
Nafsiyat Suicide Prevention	April 2024	£20,096

Additionally, Islington Mind was grateful to receive £24,384 in donations.

- We received over £16,861 in general donations
- We received £1188 donation from specific donors
- We claimed Gift aid on last 3 year's donations amounting £4335
- We received £2,000 from the Second Chances charity shop in Archway.

Risks and Uncertainties

The Board holds ultimate responsibility for risk management. The Senior Management Team reviews the organisation's Risk Register quarterly, and the Finance and Resources Manager and the treasures monitor and report key risks to the Board each quarter. The full Board conducts an annual Risk Register review. At year-end, the Finance Manager prepares the budget and a going concern assessment for Board approval.

Risks are assessed across seven areas: governance and policy, HR, operations, finance, external, personal safety, premises/facilities, and crisis/emergency. Each risk is evaluated for likelihood and severity, with controls reviewed and additional mitigation assigned, including responsible persons and deadlines.

Key Risks in the reporting period:

1. Financial Risk and Uncertainty

Sustainability remains the primary financial risk. Although we secured the Mental Health Recovery Contract with LBI (covering approx. 55% of income), it comes with a reduced budget and shorter term (2 years plus optional 2-year extension). This has led to redundancies and salary cuts, affecting morale and stability. Loss of the Crisis Café tender and nearing ends of specialist grants increase funding pressures amid rising operational costs due to the Cost-of-Living Crisis and a competitive funding environment.

Our Response:

- Strengthen ties with local/national trusts and foundations
- Leverage our reputation to attract new funding
- Demonstrate impact via robust monitoring and evaluation

- Collaborate with partners to ensure effective service delivery
Focus remains on securing sustainable income to safeguard services, support staff, and ensure long-term stability

2. Increased Demand vs. Resources

The Cost-of-Living Crisis worsens client hardship and mental health, driving rising referrals and complex needs amid staff turnover and slow recruitment. High demand and complexity are expected to continue through 2025/26 despite funding cuts.

Our Response:

- Collaborate with statutory and voluntary partners to enhance integrated care, specialist access, and referral pathways
- Use peer support, volunteers, and internal services (drop-ins, activities) to support waiting clients
- Structured Intervention Manager oversees screening, triage, signposting, and client communication.

3. Staff and Volunteer Turnover and Retention

High demand, limited resources, and funding uncertainty increase burnout and low morale risks. To address this, internal communication has improved via newsletters and events, alongside multiple all-staff training sessions.

Our Response:

- Commit to fair employment with competitive salaries, benefits, and support
- Strengthen partnerships to promote vacancies and broaden outreach
- Increase recruitment of volunteers with lived experience.

Fundraising Policy

Our fundraising activities reflect the organisation's values and principles and closely align with Islington Mind's strategic priorities. We have recently updated the Fundraising Policy to align with the new 2025–2029 organisational strategy. Any expenditure to generate income is assessed for return on investment to support informed decision-making. The Board of Trustees reviews and approves the policy annually.

Islington Mind is the primary brand for fundraising, with supporters playing a key role in our efforts. We commit to transparency, ethical practices, and maintaining a diverse funding base to ensure sustainability.

We continuously monitor the evolving fundraising regulatory landscape and adapt accordingly. Suppliers and agencies must be registered with relevant regulatory bodies and undergo due diligence during procurement. As of 31 March 2025, no fundraising complaints have been received.

Our Ethical Fundraising and Investment Policy ensures donations and investments align with our values. Registered with the Fundraising Regulator, we strictly adhere to its Code of Fundraising Practice, overseen by senior managers and the CEO.

We accept voluntary donations from individuals, companies, and organisations, applying funds consistent with donors' intentions, operational constraints, and strategic priorities.

Our Fraud Prevention and Bribery Prevention Policies ensure compliance with laws including money laundering, the Bribery Act, Charity Commission guidance, and regulations on terrorism and political activity.

Fundraising complaints are recorded, monitored, and reported annually to trustees, and vulnerable people are protected through our safeguarding policy.

Financial statements comply with statutory requirements, governing documents, and the Charity SORP (FRS 102).

Plans for the Future

We have now co-developed with service users, staff volunteers, partners and our trustees an ambitious **2025–2029 strategy** centred around four key strategic priorities:

1. **Equity, Diversity, and Inclusion**
2. **Lived Experience**
3. **Early Intervention and Prevention**
4. **Sustainability and Partnerships**

Our Operational Priorities include -

We will continue to:

- Ensure our services, resources, and events are accessible to a broad range of individuals, with a strong focus on underrepresented and marginalised communities.
- Expand outreach to marginalised and underserved groups, maintaining specialist services such as our London-wide LGBTQI+ program and bespoke services for women, carers, and young adults.

- Take a leadership role in promoting equality, reducing stigma, and increasing mental health awareness, particularly within minoritised communities.
- Embed lived experience in all decision-making through a wide range of co-production methods.
- Create opportunities for individuals with lived experience to share their stories, while investing in training and support to strengthen our peer support network.
- Provide activities that enhance skills, wellbeing, and independence.
- Deliver targeted suicide prevention programs for high-risk communities.
- Conduct quarterly risk assessments with the Board of Trustees and maintain a proactive financial risk strategy to prepare for various funding scenarios.
- Collaborate with local VCFSE partners to ensure effective service delivery and access to specialist support.
- Work closely with National Mind, Mind in London, and Mind in NCL, supporting the 'Federation First' strategic priority.
- Actively engage in key strategic platforms, boards, and meetings across Islington and North Central London (NCL).

New Initiatives planned for 2025–2026

- Expanding outreach to underserved communities through grassroots partnerships.
- Establishing targeted support services where gaps exist (e.g., for middle-aged men).
- Refining recruitment processes to prioritise diversity and training service users to participate in recruitment panels.
- Developing peer-led, co-delivered service models.
- Enhancing support for residents with mild mental health needs, including those in employment.
- Implementing a robust impact measurement system to track and report outcomes consistently.
- Diversifying funding sources to ensure long-term sustainability.

This strategy reflects our commitment to innovation, inclusivity, and long-term impact, ensuring we continue to meet the evolving needs of our community.

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 20 March 1986. We were registered as a charity on 21 October 1982.

The company was established under a memorandum of association that established the objects and powers of the charitable company and is governed under its articles of association. These Our Memorandum and Articles of Association and our Scheme of Delegation were revised and updated in February 2019.

Islington Mind is governed by a Board of Trustees who are elected at our AGM. All Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note seven to the accounts.

The Trustees are responsible for the policy direction of the organisation and key personnel decisions, the employment of new staff and disciplinary procedures. The day-to-day operational issues are delegated to the CEO who in turn delegates operational issues to individual Project Managers.

Appointment of Trustees

New trustees are recruited from a variety of sources. We maintain a complement of 50% of our trustees having lived experience of mental health problems and of using mental health services. We advertise for trustees in the local press and through other voluntary project networks. The trustees decide which skills are needed on the committee and people with those skills are targeted for recruitment. Each prospective Board/Management Committee member is asked to attend three management committee meetings after which they can be co-opted on to the committee by the existing management committee. They can then stand for election at our AGM.

Trustee Induction and Training

Each new trustee is provided with an induction pack and an induction programme, which introduces them to our various projects and our staff team. Each new trustee is inducted into the legal responsibilities of their role and training about such roles is provided either from external training organisations or from the organisation's key staff. Training needs are reviewed regularly, and trustees are offered training where necessary, particularly in relation to changing policy regulations.

Related Parties and Relationships with Other Organisations

Islington Mind is an independent charitable organisation affiliated to "Mind, the Mental Health Charity". Membership depends upon meeting the Mind Quality Mark's standards, which include standards of service delivery, personnel management, and appropriate policy implementation. Our quality standards were last reviewed in July 2018.

Islington Mind procures service contracts from Islington Clinical Commissioning Group/London Borough of Islington and Camden Clinical Commissioning Group/London Borough of Camden, which are accompanied by rigorous monitoring procedures related to service delivery, staff welfare, equal opportunities, and vulnerable adult protection procedures.

Remuneration policy

Islington Mind is committed to equality of access to employment opportunities.

We aim to recruit talented people with the skills, experience and personal qualities which will contribute to a thriving, diverse and inclusive organisation. Our recruitment practices aim to be fair and inclusive to all.

Islington Mind's salaries are benchmarked internally and externally annually.

All salary increases must be approved by the Chief Executive (and in the case of the Chief Executive any salary increase must be approved by the Chair of the Board of Trustees).

Annual salaries review and uplifts are approved by the Finance Committee, the CEO and the Board of Trustees as part of setting the budget for the organisation.

In line with the Hutton Fair Pay Review recommendation on executive pay; the salary of the highest paid employee is no more than four times the median salary of the organisation.

Statement of responsibilities of the trustees

The Trustees (who are also the Directors of Islington Mind for the purposes of company law) are responsible for preparing the Trustees' Annual Report including the Strategic 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. 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 and statements of recommended practice 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 charitable company 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

We thank all Islington Mind's dedicated staff and volunteers for working above and beyond their roles to support our clients during a year of challenges and uncertainty. We also thank our funders who supported us in providing the vital services that we offer.

Auditor

Sayer Vincent LLP were re-appointed as the charitable company's auditors during AGM this year and have expressed their willingness to continue in that capacity.

The Trustees' Annual Report has been approved by the Trustees on 4 December 2025 and signed on their behalf by

Gwen Williams

Chair

Independent auditor's report

to the members of

Islington Mind

Opinion

We have audited the financial statements of Islington Mind (the 'charitable company') for the year ended 31 March 2025 which comprise the statement of financial activities, balance sheet, 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 FRS 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 2025 and of its incoming resources and application of resources, including its income and expenditure for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- 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 charitable company 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 Islington Mind'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 trustees' 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, except to the extent otherwise explicitly stated in our report, 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.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the trustees' annual report, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The trustees' annual report, been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of trustees' remuneration specified by law are not made; 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 set out in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes 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.

Independent auditor's report

to the members of

Islington Mind

In preparing the financial statements, the trustees are responsible for assessing the charitable company'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

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management and the finance and audit committee, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.

Independent auditor's report

to the members of

Islington Mind

- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

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 is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

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

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members 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 charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Noelia Serrano (Senior statutory auditor)

10 December 2025

for and on behalf of Sayer Vincent LLP, Statutory Auditor

110 Golden Lane, LONDON, EC1Y 0TG

Statement of Financial Activities (incorporating an income and expenditure account)

For the year ended 31 March 2025

	Note	Unrestricted £	Restricted £	2025 Total £	2024 Total £
Income from:					
Donations and legacies	3	24,384	–	24,384	10,840
Charitable activities	4				
Support Services		1,115,612	71,919	1,187,531	1,251,248
Age UK		169,230	–	169,230	62,074
COVID Enablement		–	111,431	111,431	132,323
Outcome Support Groups		–	159,203	159,203	88,607
Mother 2 Mother Group		–	42,200	42,200	23,438
Welfare Benefits Clinic		–	26,792	26,792	25,762
Miscellaneous projects		–	132,359	132,359	97,437
Total income		1,309,226	543,904	1,853,130	1,691,729
Expenditure on:					
Raising funds		31,060	–	31,060	42,580
Charitable activities				–	
Support Services		824,116	74,120	898,236	1,146,823
Age UK		169,230	–	169,230	68,748
COVID Enablement		–	134,821	134,821	109,248
Outcome Support Groups		–	215,511	215,511	53,620
Mother 2 Mother Group		–	42,200	42,200	36,312
Welfare Benefits Clinic		–	26,792	26,792	31,048
Miscellaneous projects		–	157,629	157,629	114,408
Total expenditure	5	1,024,406	651,073	1,675,479	1,602,788
Net income for the year		284,820	(107,169)	177,651	88,941
Transfers between funds		18,578	(18,578)	–	–
Net movement in funds		303,398	(125,747)	177,651	88,941
Reconciliation of funds:					
Total funds brought forward		656,232	146,557	802,789	713,848
Total funds carried forward		959,630	20,810	980,440	802,789

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 16 to the financial statements.

Islington Mind

Balance sheet

Company no. 02002508

As at 31 March 2025

	Note	2025 £	2024 £
Fixed assets:			
Tangible assets	11	<u>3,651</u>	<u>3,452</u>
		3,651	3,452
Current assets:			
Debtors	12	104,129	103,396
Cash at bank and in hand		<u>1,028,688</u>	<u>880,693</u>
		1,132,817	984,089
Liabilities:			
Creditors: amounts falling due within one year	13	<u>(156,028)</u>	<u>(184,752)</u>
Net current assets		<u>976,789</u>	<u>799,337</u>
Total net assets		<u>980,440</u>	<u>802,789</u>
The funds of the charity:	16		
Restricted income funds		20,810	146,557
General funds		<u>959,630</u>	<u>656,232</u>
Total unrestricted funds		<u>959,630</u>	<u>656,232</u>
Total charity funds		<u>980,440</u>	<u>802,789</u>

Approved by the trustees on 4th December 2025 and signed on their behalf by

Gwen Williams
Chair of trustees

Statement of cash flows

For the year ended 31 March 2025

Reconciliation of net income to net cash flow from operating activities

	2025 £	2024 £
Net income for the reporting period (as per the Statement of Financial Activities)	177,651	88,941
Depreciation charges	2,498	3,904
(Decrease) in debtors	(734)	(32,958)
(Decrease)/Increase in creditors	(28,724)	47,079
Net cash provided by operating activities	150,691	106,966

	2025 £	2024 £
Cash flows from operating activities		
Net cash provided by operating activities	150,691	106,966
Cash flows from investing activities:		
Purchase of fixed assets	(2,696)	–
Net cash used in investing activities	(2,696)	–
Change in cash and cash equivalents in the year	147,995	106,966
Cash and cash equivalents at the beginning of the year	880,693	773,727
Cash and cash equivalents at the end of the year	1,028,688	880,693

Analysis of cash and cash equivalents and of net debt

	At 1 April 2024 £	Cash flows £	At 31 March 2025 £
Cash at bank and in hand	880,693	147,995	1,028,688
Total cash and cash equivalents	880,693	147,995	1,028,688

1 Accounting policies

a) Statutory information

Islington Mind is a charitable company limited by guarantee and is incorporated in England & Wales. The registered office address is Unit 4, Archway Business Centre, 19–23 Wedmore Street, Islington, London, N19 4RU.

b) Basis of preparation

The financial statements have been prepared in accordance with 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) – (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has received the service, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the Trustees' Annual Report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

1 Accounting policies (continued)

g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services, other activities undertaken to further the purposes of the charity and their associated support costs

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

j) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity.

Support and governance costs are re-allocated to each of the activities on the basis of the proportion of each project's funding which is specifically for core costs.

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

l) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the balance sheet.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- | | |
|-------------------------|---------|
| ● Fixtures and fittings | 5 years |
| ● Website redesign | 5 years |
| ● Computer equipment | 5 years |

1 Accounting policies (continued)

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account. Cash balances exclude any funds held on behalf of service users.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

p) Pensions

One staff member previously employed by the NHS are in the NHS defined benefit pension scheme. Further detail of this is given in note 19. All our other qualifying staff are enrolled in a Friends Life defined contribution scheme.

2 Detailed comparatives for the statement of financial activities

	Unrestricted £	Restricted £	2024 Total £
Income from:			
Donations and legacies	10,840	–	10,840
Charitable activities			
Support Services	1,187,478	63,770	1,251,248
Age UK	–	62,074	62,074
COVID Enablement	–	132,323	132,323
Outcome Support Groups	–	88,607	88,607
Mother 2 Mother Group	1,438	22,000	23,438
Welfare Benefits Clinic	–	25,762	25,762
Miscellaneous projects	–	97,437	97,437
Total income	1,199,756	491,973	1,691,729
Expenditure on:			
Raising funds	42,580	–	42,580
Charitable activities			
Support Services	1,076,206	70,618	1,146,823
Age UK	–	68,748	68,748
COVID Enablement	–	109,248	109,248
Outcome Support Groups	29,516	24,104	53,620
Mother 2 Mother Group	2,034	34,278	36,312
Welfare Benefits Clinic	–	31,048	31,048
Miscellaneous projects	–	114,408	114,408
Total expenditure	1,150,336	452,452	1,602,788
Net income for the year and net movement in funds	49,420	39,521	88,941
Reconciliation of funds:			
Total funds brought forward	606,812	107,036	713,848
Total funds carried forward	606,812	107,036	713,848

3 Income from donations and legacies

	Unrestricted £	Restricted £	2025 Total £	Unrestricted £	Restricted £	2024 Total £
Gifts	24,384	–	24,384	10,840	–	10,840
	<u>24,384</u>	<u>–</u>	<u>24,384</u>	<u>10,840</u>	<u>–</u>	<u>10,840</u>

4 Income from charitable activities

	Unrestricted £	Restricted £	2025 Total £	Unrestricted £	Restricted £	2024 Total £
Islington & Camden CCG/LBI	1,097,808		1,097,808	1,187,478	–	1,187,478
Other income from Support Services	17,804	71,919	89,723	–	63,770	63,770
Sub-total for Support Services	1,115,612	71,919	1,187,531	1,187,478	63,770	1,251,248
Age UK	169,230	–	169,230	–	62,074	62,074
COVID Enablement	–	111,431	111,431	–	132,323	132,323
Outcome Support Groups	–	159,203	159,203	–	88,607	88,607
Mother 2 Mother Support Group	–	42,200	42,200	1,438	22,000	23,438
Welfare Benefits Clinic	–	26,792	26,792	–	25,762	25,762
Miscellaneous projects		132,359	132,359	–	97,437	97,437
Total income from charitable activities	1,284,842	543,904	1,828,746	1,188,916	491,973	1,680,889

Notes to the financial statements

For the year ended 31 March 2025

5a Analysis of expenditure (current year)

	Charitable activities								Governance costs £	Support costs £	2025 Total £	2024 Total £
	Cost of raising funds £	Support Services £	Age UK £	COVID Enablement £	WBC £	M2M £	Outcome £	Misc. £				
Salaries (note 7)	31,060	497,075	75,210	89,047	13,838	14,804	99,483	97,276	-	171,359	1,089,151	1,063,245
Agency	-	26,323	-	-	-	3,598	1,000	331	-	3,170	34,421	36,890
Recruitment	-	1,408	-	-	-	-	-	-	-	11,230	12,639	668
Volunteers	-	2,034	-	490	-	-	253	1,134	-	1,660	5,571	5,946
Training	-	1,278	4,063	-	190	-	7,743	7,107	-	75	20,456	12,273
Activities	-	69	-	-	-	2,136	1,908	759	-	819	5,691	-
Travel	-	1,297	-	-	-	-	1,010	-	-	50	2,357	90
Catering	-	282	-	-	-	1,740	5,287	400	-	41,174	48,883	51,415
Premises	-	187,026	-	28,413	-	-	39,438	-	-	47,465	302,341	285,884
Equipment/maintenance	-	1,621	-	2,034	-	-	492	-	-	29,620	33,768	25,513
Depreciation	-	-	-	-	-	-	-	-	-	2,499	2,499	3,905
Phone and internet	-	3,659	-	-	-	-	-	245	-	14,710	18,614	26,893
Printing, postage and stationery	-	240	-	1	-	-	300	11	-	7,234	7,786	7,264
IT maintenance/software	-	4,016	-	-	-	-	10	-	-	20,713	24,739	31,651
Publications & subs	-	215	-	-	-	-	48	1,642	-	3,865	5,770	7,688
Professional fees	-	9,564	-	-	-	-	-	-	13,940	1,498	25,002	23,006
Sundry expenditure	-	1,067	-	49	-	-	205	40	295	9,059	10,715	4,495
Grants to users	-	25,079	-	-	-	-	-	-	-	-	25,079	15,961
	31,060	762,253	79,272	120,034	14,028	22,278	157,178	108,944	14,235	366,200	1,675,481	1,602,787
Support costs	-	42,850	87,288	11,229	12,319	19,033	55,218	138,263	-	(366,200)	-	-
Governance costs	-	-	2,670	3,558	445	890	3,114	3,558	(14,235)	-	-	-
Total expenditure 2025	31,060	805,103	169,230	134,821	26,792	42,200	215,510	250,765	-	-	1,675,481	-
Total expenditure 2024	42,580	1,146,823	68,748	109,248	31,048	36,312	53,620	114,408	-	-	-	1,602,787

5b Analysis of expenditure (prior year)

	Cost of raising funds £	Charitable activities							Governance costs £	Support costs £	2024 Total £
		Support Services £	Age UK £	COVID Enablement £	WBC £	M2M £	Outcome £	Misc. £			
Salaries (note 7)	42,580	532,932	53,690	66,840	25,094	25,272	41,712	92,470	-	182,655	1,063,245
Agency	-	19,809	-	-	-	2,426	-	-	-	14,655	36,890
Recruitment	-	668	-	-	-	-	-	-	-	-	668
Volunteers	-	4,634	-	-	-	-	265	-	-	1,047	5,946
Training	-	5,662	1,853	-	-	-	-	-	-	4,758	12,273
Travel	-	8	22	-	-	-	-	-	-	60	90
Catering	-	47,417	-	121	-	1,651	1,361	-	-	865	51,415
Premises	-	224,542	-	21,122	-	-	-	-	-	40,220	285,884
Equipment/maintenance	-	24,296	-	216	-	-	-	-	-	1,001	25,513
Depreciation	-	-	-	-	-	-	-	-	-	3,905	3,905
Phone and internet	-	18,585	-	-	-	-	-	-	-	8,308	26,893
Printing, postage and stationery	-	2,935	-	-	-	-	-	-	-	4,329	7,264
IT maintenance/software	-	25,377	-	-	-	-	-	-	-	6,274	31,651
Publications & subs	-	420	-	-	-	-	-	-	-	7,268	7,688
Professional fees	-	-	-	-	-	-	-	-	9,000	14,006	23,006
Sundry expenditure	-	3,675	-	-	-	-	-	-	-	820	4,495
Grants to users	-	15,961	-	-	-	-	-	-	-	-	15,961
	42,580	926,921	55,565	88,299	25,094	29,349	43,338	92,470	9,000	290,171	1,602,787
Support costs	-	213,289	12,786	20,318	5,774	6,753	9,972	21,278	-	(290,171)	-
Governance costs	-	6,613	397	631	179	210	310	661	(9,000)	-	-
Total expenditure 2024	42,580	1,146,823	68,748	109,248	31,048	36,312	53,620	114,408	-	-	1,602,787

Notes to the financial statements

For the year ended 31 March 2025

6 Net income for the year

This is stated after charging:

	2025 £	2024 £
Depreciation	2,498	3,904
Operating lease rentals:		
Property	229,428	54,197
Auditor's remuneration (excluding VAT):		
Audit	10,300	8,400
	231,926	66,505

7 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2025 £	2024 £
Salaries and wages	990,145	956,230
Social security costs	77,366	84,907
Employer's contribution to defined contribution pension schemes	21,640	22,108
	1,089,151	1,063,245

One employee earned between £60,000 and £70,000 during the year (2024:1).

The total employee benefits including pension contributions of the key management personnel were £265663 (2024: £281,508).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2024: £Nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £Nil).

No trustees were reimbursed for travel expenses in the year (2024: £0).

8 Staff numbers

The average number of employees based on average head count of staff employed (full-time equivalent) during the year was as follows:

	2025 No. Head Count (FTE)	2024 No. Head Count (FTE)
Support Services	15.65(7.95)	17.1 (12.4)
Covid Enablement	3.25(2.50)	2.5 (1.9)
Outcome Support Groups	7.5(3.8)	4.5 (1.5)
Mother2Mother Group	1.9(0.5)	1.0 (0.2)
Welfare Benefits Clinic	1(0.4)	1.0 (0.4)
Miscellaneous projects	9.2(6.65)	3.8 (2.9)
Support	7.8(5.6)	6.2 (4.3)
	46.3(27.4)	36.1 (23.6)

9 Related party transactions

There are zero related party transactions to disclose for 2025 (2024: none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

Notes to the financial statements

For the year ended 31 March 2025

10 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

11 Tangible fixed assets

	Fixtures and fittings £	Website redesign £	Computer equipment £	Total £
Cost or valuation				
At the start of the year	19,775	3,696	21,152	44,623
Additions in year	–	–	2,698	2,698
At the end of the year	<u>19,775</u>	<u>3,696</u>	<u>23,850</u>	<u>47,321</u>
Depreciation				
At the start of the year	19,003	3,696	18,473	41,172
Charge for the year	772	–	1,726	2,498
At the end of the year	<u>19,775</u>	<u>3,696</u>	<u>20,199</u>	<u>43,670</u>
Net book value				
At the end of the year	<u>–</u>	<u>–</u>	<u>3,651</u>	<u>3,651</u>
At the start of the year	<u>772</u>	<u>–</u>	<u>2,678</u>	<u>3450</u>

All of the above assets are used for charitable purposes.

12 Debtors

	2025 £	2024 £
Other debtors	40,127	24,347
Prepayments	64,002	79,049
	<u>104,129</u>	<u>103,396</u>

13 Creditors: amounts falling due within one year

	2025 £	2024 £
Taxation and social security	19,713	21,243
Other creditors	117,815	50,738
Deferred income	18,500	112,771
	<u>156,028</u>	<u>184,752</u>

14 Deferred income

Deferred income comprises grants received for projects that are being delivered in the following financial year.

	2025 £	2024 £
Balance at the beginning of the year	112,771	53,000
Amount released to income in the year	(112,771)	(53,000)
Amount deferred in the year	18,500	112,771
Balance at the end of the year	<u>18,500</u>	<u>112,771</u>

Notes to the financial statements

For the year ended 31 March 2025

15a Analysis of net assets between funds (current year)

	General unrestricted £	Restricted £	Total funds 2025 £
Tangible fixed assets	3,651	–	3,651
Net current assets	955,979	20,810	976,790
Net assets at the end of the year	959,630	20,810	980,440

15b Analysis of net assets between funds (prior year)

	General unrestricted £	Restricted £	Total funds 2024 £
Tangible fixed assets	3,452	–	3,452
Net current assets	652,780	146,557	799,337
Net assets at the end of the year	656,232	146,557	802,789

16a Movements in funds (current year)

	At the start of the year £	Income £	Expenditure £	Transfers between funds £	At the end of the year £
Restricted funds:					
Richard Cloudesley Fund (for clients)	4,778	20,883	(21,294)	–	4,367
LBI WE Heal	–	4,666	(4,666)	–	–
LBI Local Initiatives Funds	1,978	3,833	(1,288)	–	4,523
Percy Bilton software grant	3,816	3,322	(6,872)	–	266
Cripplegate Catalyst	8,417	3,000	(3,785)	–	7,632
CDA gardening grant	1,339	–	–	–	1,339
NHS Health Inequalities grant	–	20,785	(20,785)	–	–
Big Lottery Fund (outcome)	–	45,864	(45,864)	–	–
Big Lottery Fund (Covid Enablement)	23,390	96,500	(119,890)	–	–
Cripplegate Mind the Gap grant	–	14,931	(14,931)	–	–
Rayne Foundation	–	21,000	(21,000)	–	–
City Bridge Trust	27,898	10,575	(38,473)	–	–
Sir Halley Stewart Trust	13,035	15,000	(28,035)	–	–
Netflix/ T Daley donation	1,573	–	(433)	–	1,140
Mind Psychotherapy grant	14,974	–	(14,974)	–	–
DHSC Suicide Prevention grant	–	62,098	(62,098)	–	–
Fishmongers	–	26,792	(26,792)	–	–
Compass Wellbeing	–	43,987	(43,987)	–	–
Mind– Mother to Mother Extension	–	10,000	(10,000)	–	–
Cripplegate – Mother 2 Mother Outing	–	8,000	(8,000)	–	–
Cripplegate – Mother 2 Mother	–	24,200	(24,200)	–	–
Mind Get Active Connect grant	10,011	12,500	(22,511)	–	–
R Cloudesley – counselling	15,227	35,000	(50,227)	–	–
Mind SelfHelp grant	–	32,872	(32,872)	–	–
Cripplegate Carers– Counselling	–	8,000	(8,000)	–	–
Nafsiyat	–	20,096	(20,096)	–	–
Islington PCT – Hand in Hand	18,578	–	–	(18,578)	–
Mind – Drama Group	766	–	–	–	766
Pilgrim Trust	777	–	–	–	777
Total restricted funds	146,557	543,904	(651,073)	(18,578)	20,810
Unrestricted funds:					
General funds	656,232	1,065,440	(762,042)	–	959,630
Age UK Islington (Carers group)	–	21,710	(21,710)	–	–
Age UK Islington Core team grant)	–	147,520	(147,520)	–	–
Islington PCT – Hand in Hand	–	74,556	(93,134)	18,578	–
Total unrestricted funds	656,232	1,309,226	(1,024,406)	18,578	959,630
Total funds	802,789	1,853,130	(1,675,479)	–	980,440

Notes to the financial statements

For the year ended 31 March 2025

16b Movements in funds (prior year)

	At the start of the year £	Income £	Expenditure £	Transfers between funds £	At the end of the year £
Restricted funds:					
Richard Cloudesley Fund (for clients)	7,679	18,010	(20,911)	-	4,778
DWP adaptations	-	1,764	(1,764)	-	-
Mind – ELEDF grant	-	6,000	(6,000)	-	-
LBI Local Initiatives Funds	1,978	4,645	(4,645)	-	1,978
B & Q Furniture grant	-	5,750	(5,750)	-	-
Percy Bilton software grant	-	3,816	-	-	3,816
Cripplegate Catalyst	6,977	3,000	(1,560)	-	8,417
CDA gardening grant	2,214	-	(875)	-	1,339
Cripplegate Cost of Living grant	2,900	-	(2,900)	-	-
Screwfix – for improvements	5,000	-	(5,000)	-	-
NHS Health Inequalities grant	-	20,785	(20,785)	-	-
Big Lottery Fund (Covid Enablement)	-	96,500	(73,110)	-	23,390
Cripplegate Mind the Gap grant	-	15,823	(15,823)	-	-
Mind Cost of Living grant	-	20,000	(20,000)	-	-
City Bridge Trust	-	43,425	(15,527)	-	27,898
Sir Halley Stewart Trust	-	17,380	(4,345)	-	13,035
Netflix/ T Daley donation	-	1,773	(200)	-	1,573
Mind Psychotherapy grant	-	20,000	(5,026)	-	14,974
DHSC Suicide Prevention grant	-	6,029	(6,029)	-	-
Fishmongers Company	8,609	25,762	(34,371)	-	-
Cripplegate – Mother 2 Mother	2,226	22,000	(24,226)	-	-
Age UK Islington (Carers group)	6,830	10,612	(17,442)	-	-
Age UK Islington Core team grant)	-	51,462	(51,462)	-	-
GLA Sports grant	15,997	-	(15,997)	-	-
Mind Get Active Connect grant	-	22,780	(12,769)	-	10,011
Mind Series – Sports grant	9,928	-	(9,928)	-	-
R Cloudesley – counselling	15,227	20,000	(20,000)	-	15,227
Mind SelfHelp grant	-	17,502	(17,502)	-	-
Islington PCT – Hand in Hand	7,533	37,155	(26,110)	-	18,578
LBI – LD Together	12,395	-	(12,395)	-	-
Mind – Drama Group	766	-	-	-	766
Pilgrim Trust	777	-	-	-	777
Total restricted funds	107,036	491,973	(452,452)	-	146,557
Unrestricted funds:					
General funds	606,812	1,199,756	(1,150,336)	-	656,232
Total unrestricted funds	606,812	1,199,756	(1,150,336)	-	656,232
Total funds	713,848	1,691,729	(1,602,788)	-	802,789

16 Movement in funds (continued)

Purposes of restricted funds

Richard Cloudesley Fund	This is a fund for clients in need which we administer.
LBI Local Initiatives Funds	These funds are for outings and events.
B & Q grant	This is a fund for buy furniture for our Day Centres.
Percy Bilton Charity	This is a fund for buy computers and software.
Cripplegate Catalyst	This is a fund for clients in need which we administer.
CDA gardening grant	This is a fund to run a gardening club.
NHS Health Inequalities grant	This is a fund to research inequalities in mental health services.
Big Lottery Fund (Covid Enablement)	This is a fund to provide a COVID Enablement service.
Cripplegate Mind the Gap grant	This is a fund to provide an Enablement Housing service.
City Bridge Trust	This is a fund for an asylum seekers' group.
Sir Halley Stewart Trust	This is a fund for an asylum seekers' group.
Netflix/ Tom Daley donation	This is a fund to provide travel expenses for an asylum seeker's group.
Mind Psychotherapy grant	This is a fund for an asylum seekers' group.
DHSC Suicide Prevention grant	This is a fund to provide counselling and suicide prevention outreach.
Fishmongers Company	This is a fund to run a welfare benefits clinic.
Cripplegate Mother 2 Mother grant	This is a fund to run a Mother2Mother support group.
Age UK Islington – Carers grant	This is a fund to run a carers group.
Age UK Islington – Core Team grant	This is a fund to employ keyworkers to provide community support. The Age UK funding represents contract income, last year this was included as restricted income, but has been recognised within unrestricted funds this year, to better reflect the true nature of the funding.
Mind Get Active Connect grant	This is a fund to promote sporting activities.
Richard Cloudesley – counselling	This is a fund to run a counselling service.
Mind Self-Help grant	This is a fund to run a counselling service under supported self help program
Islington PCT (Hand in hand)	This is a fund to run a buddying project. The Islington PCT funding represents contract income, last year this was included as restricted income, but has been recognised within unrestricted funds this year, to better reflect the true nature of the funding.
Mind – Drama Group	This is a fund to run a drama group.
Pilgrim Trust	This is for a domestic violence support group.
Mind –Mother to Mother extension	This is a fund to run a Mother2Mother support group.
Cripplegate – Mother 2 Mother Outing	This is a fund to run a Mother2Mother support group outings
Cripplegate Carers– Counselling	This is a fund to run a counselling service.
Compass Wellbeing	This is a fund to run Young People's service
LBI WE Heal	This is a fund for Women Empowerment
Big Lottery Fund (Outcome)	This is a fund for an asylum seekers' group.
Rayne Foundation	This is a fund for an asylum seekers' group.
Nafsiyat	This is a fund for Men's Building Resilience

Notes to the financial statements

For the year ended 31 March 2025

17 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases is as follows:

	Property 2025 £	2024 £
Less than one year	216,800	143,323
One to five years	524,467	–
	741,267	143,323

18 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

19 NHS Pension Scheme

The number of Islington Mind employees covered by the provisions of the NHS Pension Schemes is one at the end of financial year 24–25. Details of the benefits payable and rules of the Schemes can be found on the NHS Pensions website at www.nhsbsa.nhs.uk/pensions. Both are unfunded defined benefit schemes that cover NHS employers, GP practices and other bodies, allowed under the direction of the Secretary of State for Health and Social Care in England and Wales. They are not designed to be run in a way that would enable NHS bodies to identify their share of the underlying scheme assets and liabilities. Therefore, each scheme is accounted for as if it were a defined contribution scheme: the cost to the NHS body of participating in each scheme is taken as equal to the contributions payable to that scheme for the accounting period.

In order that the defined benefit obligations recognised in the financial statements do not differ materially from those that would be determined at the reporting date by a formal actuarial valuation, the FReM requires that “the period between formal valuations shall be four years, with approximate assessments in intervening years”. An outline of these follows:

a) Accounting valuation

A valuation of scheme liability is carried out annually by the scheme actuary (currently the Government Actuary's Department) as at the end of the reporting period. This utilises an actuarial assessment for the previous accounting period in conjunction with updated membership and financial data for the current reporting period, and is accepted as providing suitably robust figures for financial reporting purposes. The valuation of the scheme liability as at 31 March 2025, is based on valuation data as 31 March 2023, updated to 31 March 2025 with summary global member and accounting data. In undertaking this actuarial assessment, the methodology prescribed in IAS 19, relevant FReM interpretations, and the discount rate prescribed by HM Treasury have also been used.

The latest assessment of the liabilities of the scheme is contained in the report of the scheme actuary, which forms part of the annual NHS Pension Scheme Accounts. These accounts can be viewed on the NHS Pensions website and are published annually. Copies can also be obtained from The Stationery Office.

b) Full actuarial (funding) valuation

The purpose of this valuation is to assess the level of liability in respect of the benefits due under the schemes (taking into account recent demographic experience), and to recommend contribution rates payable by employees and employers.

The latest actuarial valuation undertaken for the NHS Pension Scheme was completed as at 31 March 2020. The results of this valuation set the employer contribution rate payable from April 2024 at 23.7% of pensionable pay. The core cost cap cost of the Scheme was calculated to be outside of the 3% cost cap corridor as at 31 March 2020. However, when the wider economic situation was taken into account through the economic cost cap cost of the Scheme, the cost cap corridor was not similarly breached. As a result, there was no impact on the member benefit structure or contribution rates.

Government Actuary's Department published Actuarial valuation Report dated 19 October 2023 (Valuation as at 31st March 2020) that set out the results of the actuarial valuation of the NHS Pension Scheme. The key results of the valuation relate to the Employer Contribution Rate and cost control mechanism. These show an increased Employer Contribution Rate and no cost control mechanism breach. The 2020 valuation reports can be found on the NHS Pensions website at <https://www.nhsbsa.nhs.uk/information-about-nhs-pensions/nhs-pension-scheme-accounts-and-valuation-reports> and also at <https://www.gov.uk/government/publications/2020-valuation-nhs-pension-scheme-england-and-wales>