

NORTH STAFFS MIND

(A company limited by guarantee)

REPORT AND FINANCIAL STATEMENTS

Year Ended 31 March 2022

Company Registration No. 02294089
Registered Charity No. 700788

North Staffs MIND

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North Staffs MIND

CHARITY REFERENCE AND ADMINISTRATIVE DETAILS

CHARITY REFERENCE AND ADMINISTRATIVE DETAILS

Charity Number:	700788
Company Number:	02294089
Chair:	Susan Moffat
Vice Chair:	Linda Holt
Chief Executive:	Kate Boundy
Company Secretary:	Kate Boundy
Trustees/Company Directors:	Linda Holt Helen Barnes (resigned 23/08/21) Briege Cullinane David Cotton (resigned 08/03/22) Neil Dingley Amy Spruce Susan Moffat Mark Poulson Ian Munton (resigned 20/07/21) Jane Millar (resigned 21/07/21) Hayley Lamb (resigned 16/06/21) Susan Davies Kishore Chandiramani James Aberley (appointed 24/11/21) Lynne Ingram (appointed 24/11/21) Darren Kempson (appointed 24/11/21) Jonathan Phelan (appointed 24/11/21)
Key Management Personnel:	Kate Boundy, Chief Executive Deb Smith, Service Manager Lisa Bennion, Development Manager Laura Colclough, HR Manager Jane Considine, Finance Manager
Auditors:	Dains Audit Limited, Suite 2 Albion House, 2 Etruria Office Village, Forge Lane, Stoke-on-Trent ST1 5RQ
Bankers:	National Westminster Bank Plc, 1 Upper Market Square, Hanley, Stoke-on-Trent, ST1 1QA
Registered Office:	83 Marsh Street, Hanley, Stoke-on-Trent, ST1 5HN
Status:	North Staffs MIND is a company limited by guarantee. It is a registered charity and governed by the provisions of its Memorandum and Articles of Association.

North Staffs MIND

TRUSTEES' ANNUAL REPORT

The trustees are pleased to present their report together with the audited financial statements of the charitable company ("the charity") for the year ended 31st March 2022. The Annual Report serves the purposes of both a Trustees' report and a directors' report under company law.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the 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 published in October 2019.

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

DIRECTORS AND TRUSTEES

The directors of the charity are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

The trustees serving during the year and since the year end were as follows:

David Cotton (resigned 08/03/22)
Briege Cullinane
Dr Helen Barnes (resigned 23/08/21)
Neil Dingley
Linda Holt
Amy Spruce
Susan Moffat
Mark Poulson
Ian Munton (resigned 20/07/21)
Jane Millar (resigned 21/07/21)
Hayley Lamb (resigned 16/06/21)
Susan Davies
Kishore Chandiramani
James Aberley (appointed 24/11/21)
Lynne Ingram (appointed 24/11/21)
Darren Kempson (appointed 24/11/21)
Jonathan Phelan (appointed 24/11/21)

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

North Staffs MIND is a company limited by guarantee and does not have any share capital. It is a non-profit making organisation and registered charity governed by its Memorandum and Articles of Association.

Organisation and appointment of trustees

The Council of Management is made up of 12 elected members (trustees). The Council meets at least 4 times per year. Decisions are taken by a majority vote and the Council appoints a Chief Executive to manage the day to day operations of the organisation, ensure that the organisation meets its aims and objectives, provide leadership to the organisation and take responsibility, alongside the trustees and the senior management team, for strategic development and planning.

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TRUSTEES' ANNUAL REPORT

Trustee induction and training

The charity recognises that the trustee board needs to have a diverse range of skills, experience and knowledge to run the organisation effectively. New trustees are attracted to North Staffs MIND based on the use of word-of-mouth and personal recommendation, within a strategic context of the trustee board's current composition and succession planning, identifying any key skills that are lacking.

There is a comprehensive Trustees' Induction pack in place, which includes information on roles and responsibilities of trustees, good governance reference material including a generic trustee role description, and information about the charity's structure and remit. The induction pack is reviewed and updated every two years to capture current good practice in governance, trustee board development and planning, and is available electronically. Policies on dealing with conflicts of interest and induction/training are included in the pack. The induction pack was reviewed and relaunched in 2021.

All potential trustees meet the Chief Executive and Chair to gain insight into the organisation and the expectations of the trustee role and following this they are invited to observe at a meeting of the trustees. A Trustee Information Sheet is distributed to all new trustees, and annually to existing trustees, to identify specific areas where information or support is required to carry out the role and consider options relating to training/learning styles. Refresher training on roles and responsibilities is provided on a regular basis. An Annual Away Day is organised for trustees to benefit from the opportunity to consider collectively key issues which could influence and impact upon the future direction of the organisation.

North Staffs MIND complies with the principles of the national Charity Governance Code.

Risk management

The trustees acknowledge their responsibility for managing risk and regularly give consideration to the major risks to which the charity is exposed and the implementation of robust systems to mitigate these risks.

As our Board continues to review and improve our governance arrangements, in 2021 a new Risk Subcommittee was formed. The subcommittee comprises of trustees, NS Mind's Service lead, HR Manager and the Chief Executive.

The subcommittee ensures that the strategic risk register is regularly reviewed and updated and reviews new and escalating risks. Each meeting focuses on an operational area at each meeting – with the service lead in attendance. This is helping to ensure risk is integrated into all of work. The subcommittee reports to our main Board.

We have ensured a number of measures are in place to mitigate the financial resilience risk including establishing a diverse range of income generating activities to ensure we maximise income raising opportunities.

Principal risks and uncertainties

Trustees consider the principal risk faced by North Staffs Mind to be:

Financial Sustainability – NS Mind operates a number of large contracts which, if not renewed, would have significant impact on the cost base of the organisation. Our income continues to be affected by the covid pandemic and financial uncertainty – in particular fundraising and paid service income.

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TRUSTEES' ANNUAL REPORT

OBJECTIVES AND ACTIVITIES

The objectives of the charity

The charity's objectives are to work to promote and alleviate mental health problems. The principal activities are concerned with the prevention and treatment of mental ill health among the population of the North Staffordshire Health district.

In order to achieve these objectives, it is the charity's policy to offer a comprehensive range of appropriate services. These include the provision of housing accommodation, counselling, and the promotion of social activities through support group activity. The service offer is under constant review to ensure it continues to meet the changing needs of local people.

Our Vision

We won't give up until everyone experiencing a mental health problem gets both support and respect.

We connect Minds

We realise that we cannot take on this mental health emergency alone. We believe we can best support the mental health of our local communities by connecting with other passionate people and organisations.

- We will proactively engage with the statutory sector through involvement in strategic partnerships to influence the development of local mental health policy which encourages independence, enhances quality of life and promotes a preventative and early intervention approach.
- We will seek proactive partnerships where we can work more effectively than pursuing opportunities under our own steam
- Internally we will continue to develop a culture of collaboration between colleagues and teams
- We will work with employers and schools to create thriving places to work and learn
- We will strengthen and develop our peer-led services
- We will strive to provide leadership and practical support to strengthen the local voluntary sector voice and impact

We support Minds

There has never been a greater need for mental health services within our local area. The on-going Covid pandemic means that more people than ever are experiencing poor mental health – the long-term effects are yet to be seen or fully understood.

- We will provide high quality, innovative and accessible services which meet the changing needs of local people
- We'll make sure that our support is truly inclusive. We want everyone – whatever their background – to feel welcome and supported by our services.
- We will deliver and evidence positive and progressive outcomes for people accessing our services
- We will make service user engagement central to our work so that our services are informed by local people with lived experience of mental health issues
- We will work within the BACP and Mind Quality Mark quality framework and adhere to regulatory requirements at all times
- We will review our governance structure and activity to ensure it continues to provide a safe and solid foundation for NS Mind

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We change Minds

People need support right now, but they also need long-term change to the way society views mental health. We will fight for better services and rights for people with mental health problems.

- We will continue to provide a strong voice for mental health within the local community.
- We will promote increased awareness and understanding of mental health issues and positive mental wellbeing through our marketing, training, outreach and social media activity and challenge and reduce any stigma of discrimination that surrounds mental ill-health and suicide.
- We will bolster our governance and focus on service quality and reach.
- We will drive this through a culture that places our staff and service users' needs and aspirations at the heart of our decision-making.
- We will raise our profile and demonstrate our worth and value to prospective partner organisations and commissioners

View NS Mind's Strategic Plan 2021-24 at <https://nsmind.org.uk/docs/NSMindStrategicPlan2021-2024.pdf>

STRATEGIC REPORT

ACHIEVEMENTS AND PERFORMANCE

The challenges of the ongoing covid pandemic continued throughout the year however as will be demonstrated within our service area reports our teams continued to respond and perform magnificently within this landscape.

Our new Strategic Plan was launched in March 2021 which shares our strong and ambitious organisational purpose and objectives for the next 3 years.

During the year we supported the mental wellbeing of over 10,000 local people.

Our turnover grew as we responded swiftly to the impact of covid on mental wellbeing and we expanded our team within the Staffordshire and Stoke Wellbeing Service.

We continued to review and bolster our governance and we created a new Governance Group, Risk Subcommittee and Housing subgroup from our Board during the year.

In addition we recruited to a new Business Development Manager post and created a new Senior Leadership Team.

We began work towards our MQM accreditation process due in the summer of 2022 and we are embracing the process as a quality improvement opportunity.

We continue to work collaboratively with a growing range of partner organisations within the Mind network and local area. In 2021/22 we have been particularly excited to explore a potential collaboration with Mind retail through their new superstore in Longton.

We would like to thank all of our incredible team of staff, volunteers, trustees, partners and the people who have accessed our services – all of whom have made an incredible contribution during such a successful year.

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Adult Counselling Service

Our adult team has developed into a multifaceted service offering counselling, groups and both internal and external supervision. In addition a partnership with Burton & District Mind, has enabled us to be part of a National Mind pilot – MENTOR, offering support to employees and line managers.

We continue to develop a blended approach to working with sessions offered remotely via telephone or video and face to face. Our corporate offer continued to expand throughout the year.

During the year we introduced a new Adult Group Coordinator role to expand our peer support offer. Our Be Excellent To Each Other (male only) group returned to face-to-face sessions at Staffordshire University and is going from strength to strength:

During the year our Resilience Project drew to an end. This initiative consisted of a group workshop which explored the concept of resilience and shared practical wellbeing tips to participants followed by three one to one sessions with a counsellor. We are pleased to share the following feedback, received from a social prescriber:

'This patient is now shopping, seeing friends, going to church, and has started going to a craft group. The patient stated she could not express how much this resilience training has really helped her to see a positive future and has prevented her mental health worsening. This patient could not thank me enough. I felt all you at Mind needed to know how the resilience training has been beneficial to this lady and has overall been enough to give her the insight, and tools to step on a positive pathway of increased mental well-being, and crucially prevented her mental health worsening'.

Adult service at a glance

No. assessments delivered (PFS)	160
No. sessions delivered (PFS)	785
No. individuals supported via therapy (PFS)	190
No. individuals supported via The Resilience Project	48
No. individuals supported via Instant Messenger Service	37
No. individuals supported via Groups	196
No. Think Well triage requests	85
No. Think Well counselling sessions delivered	242
No. ad hoc corporate sessions delivered	25
No. Supervision sessions	221
No. counselling sessions delivered for Cheshire Police	839
No. Police colleagues supported	251
No. of Police colleagues supported via ad-hoc sessions	56

Housing Service

We are an active member of the Destination: Home partnership. North Staffs Mind provides 46 units of accommodation comprising 16 self-contained units owned by Staffs Housing, 17 shared units of accommodation owned by Midland Heart and 13 mixed units owned by North Staffs Mind.

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We also offer 16 floating support units in the Stoke on Trent area.

Void levels remain higher than our 5% target throughout the year. Our Housing Management Team is actively addressing this through promotional and networking activities.

Key Achievements

- In May 2021 we bolstered our management of our housing function – splitting the housing manager role into 2 focused roles – a housing support manager and a specialist asset-focused housing coordinator.
- We also created a dedicated housing management team consisting of our Chief Executive, Finance Manager, Housing Support Manager and Housing Coordinator
- Staff continued face to face support with tenants whilst developing an agile working approach.
- The team switched from paper based recording to electronic recording utilising specialist CRM software
- Pipeline meetings with all partners has created a seamless joined up approach to placing applicants and tenants appropriately which in turn prevents homelessness.

Schools Service

In the academic year of 2021/2022 our Counselling Service worked within 35 schools. Our team have worked with 868 Children and Young People. 96% stated that they would recommend our service to their peers. 99.8% of clients felt that their views and worries were taken seriously.

No. commissioning schools	35
No. sessions (half day) in school	321
Total no. counselling sessions offered	7,594
No. CYP supported	868
No. spot purchase sessions delivered	14

Schools Team Case Study

Client's Age: 15

Presenting Issues: Anger issues & a lack of focus/motivation in school

Client Aims: To be less angry

Brief Background

Client was a female year 11 student who lived with her parents and siblings. Relationships at home were generally good, with a culture of not talking about emotions and to 'man up' to deal with feelings of being upset. Anger, however, was not treated in this way, resulting in a lot of anger on display at home. The client had also lost her nana to cancer a few months before sessions commenced.

School's Concerns

Client was referred by school staff due to regular angry outbursts during the school day. The slightest situation caused her to become enraged, which often would spill into violence. She lacked motivation in the classroom and finding it hard to focus on her schoolwork.

Client Desired Outcomes: To be 'less angry all the time'.

Counselling Process

We contracted for 6 weekly sessions, at different times each week, to avoid missing the same lesson.

We explored the client's beliefs about herself and the roots of her anger. She described how her parents were often angry and displaying upset or sad feelings was perceived as a sign of weakness which could result in others 'taking advantage of you'. This led to the client believing that it was better to hold your feelings in than share them with someone.

We discussed the pros and cons of being able to experience and honour feelings of being upset and sad and how this might impact someone. We explored the loss of nana and their relationship, including writing a letter to her nan, outlining the client's feelings of sadness, hurt, anger, guilt etc.

We used creative drawing, using colours as feelings (red=anger, blue=sadness etc) to paint a picture of how the client felt about her life. This enabled her to gain insight and allowed her to recognise how she used anger as a substitute for feelings of sadness/upset, which she was afraid to reveal.

We explored alternate coping strategies to manage her anger, in a less destructive way. We explored how she might share her feelings with a trusted person and how doing this had felt good in the safe space of the counselling room.

At our last session, we revisited what we had learned during the previous sessions and how she could continue to use strategies and insights which we had discussed.

The Difference Counselling Made

Client confirmed that she had not had an angry outburst for several weeks, and her residual anger had dramatically reduced. She was using the coping mechanisms and grounding techniques which we had practiced together which were effective in helping her deal with her anger. She felt happier and was better able to concentrate in lessons.

The school link worker confirmed that the client's behaviour had improved, and client was happier, more focused on schoolwork and less prone to dramatic or angry outbursts.

Maccas Project

The Maccas Project was initially aimed at supporting young men's mental health but we now evolved to support all young people. We deliver whole class workshops and smaller targeted group workshops in schools and colleges across Staffordshire.

All of our workshops raise awareness of mental health and where to access support. We also attend events to raise awareness, support and signposting for mental health.

MACCAS Zone offers a free, confidential informal drop-in service supporting young people aged 14 - 18 years who are interested in developing their emotional wellbeing. We offer a variety of workshops and well-being sessions are available for one to one support if required.

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During 2021-22:

- Maccas project supports young people aged 10 - 19 years.
- We have reached over 3,139 young people through workshops in Primary Schools, High Schools and Colleges across Staffordshire.
- We offer workshops to schools from Year 5 to Sixth Form, including a general mental health workshop, transition to high school and an anxiety workshop for classes of up to 32 young people.
- For the first time since the project began in 2013 we secured 12 months of funding! This is via the Co Op Community Resilience Fund and runs from 1.7.21 until 30.6.22.
- As part of this funding, we developed an Emotional Resilience Workshop alongside some young people through an NCS project.
- This funding also includes an instant messaging service for 2 evenings per week for young people outside Stoke-on-Trent.
- Through the Summer Holidays 2021, we worked alongside other organisations, such as Port Vale Foundation Trust and Staffordshire Wildlife Trust as part of a Cornerstone Project to offer alternative workshops.
- Maccaszone has now returned solely to face to face delivery, based on feedback from young people. Maccaszone is available for 14–18 year-olds, providing psychoeducational workshops and wellbeing sessions.
- Maccaszone has an average weekly attendance of 10 people and offers different workshops throughout the year. We hope to increase this number over the next year.
- We are currently a team of 4, including the project manager and administrator.
- We continue to focus on our social media channels and have increased our following on both Facebook and Instagram. We share daily posts on both channels, promoting the work that we do.

Speak Up Space

Speak Up Space is an online support project comprising a website: www.speakupspace.org.uk offering coping strategies, self-help resources and an instant messaging service for young people up to the age of 18 years old living in Stoke-on-Trent.

- The instant messaging service is available 7 evenings per week and only closes during Christmas week (we still offer support on Christmas Eve and all bank holidays & weekends outside of Christmas).
- Speak Up Space provides support across a range of times with the earliest shift beginning at 16:00 and the latest shifts ending at 23:00.
- Speak Up Space comprises a team of 9 consisting of 4 practitioners & 5 supervisors.
- All service management, admin & social media are completed by the SUS Service Manager & the SUS Assistant Manager.
- The Speak Up Space Service Manager & Assistant Manager also supervise a total of 4 of the 7 shifts as part of their role.
- The SUS Assistant Manager is such an integral part of the project, as you can see above, yet all the results over the last year have still been achieved even though she was absent for 4 months following surgery.
- Between 01.04.21 & 31.03.22 www.speakupspace.org.uk provided support to 7,472 service users via the website, an increase of 9.9% on the previous year.
- In the same period the instant messaging service delivered 679 1-2-1 support sessions to 489 different young people, an increase of 6.75%.
- In July 2021 SUS worked with the Maccas Project to train and support an additional Maccas Instant Messaging Practitioner as part of the Co-Op Resilience Fund. The Maccas Practitioner delivered over 150 additional chats on Wednesday & Sunday evenings, supported by SUS Supervisors, to young people outside of Stoke-on-Trent.

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- Speak Up Space's Social Media presence has increased again throughout this financial year gaining 287 followers on Instagram & 522 followers on Facebook.
- The SUS team design & create original content 365 days per year.
- Posts share self-help techniques, promote activities & events across the wider organisation & use service user engagement to create additional content.
- To mark SUS' 3rd birthday in February we organised a competition for service users to design a celebratory social media post to mark the occasion. We attracted lots of entries, with some schools using PHSE sessions to create designs. A 16 year old service user from a local school produced the winning post.
- Our instant messaging Training programme has been commissioned three times by other local minds in the last 12 months.
- Training commissions for SUS have received positive reviews and generated income for North Staffs Mind.

Children and Young People Service – Stay Well

The Stay Well Service is now into its third year supporting CYP in Stoke on Trent. The service is led by Changes supported by ourselves and the Dove Service.

Our key challenge and achievement have been to be provide an excellent, quality service, on a very tight budget. We have had a member of staff on long-term sick this year and although the rest of the team have all rallied round to provide extra hours, the impact has been seen on the budget. However, our outcomes and feedback from both young people and caregivers show what an excellent team we have and what quality work that they do.

Statistics Overview:

Referrals received – 255
Sessions Offered – 1385
Parent support sessions – 56
Extra contacts to school, social workers, CAMHS, FSW etc – 3499
Positive outcomes – 83%
DNA/CNX rate – 6%

We have offered 336 sessions, and 1147 extra contacts more, year on year. Still keeping a 6% DNA rate and 83% positive outcome, with a staff member down for several months, is a great achievement.

We have also been able to resume our Bridge the Gap work, which supports teenagers and parents with conflict resolution.

The team now offer a fully blended approach with all staff back in Marsh Street or the Dudson Centre at least one or two days per week. The remote offer is still proving to be the most popular with young people, but we are seeing a rise in the request for face-to-face therapy, standing at around 5% of current referrals.

Complexity and risk have risen slightly and can be classed as a challenge as it creates extra work for therapists to ensure that families are receiving effective, appropriate, support, and ongoing signposting to relevant services, hence the rise in the extra contacts.

This year we introduced new feedback forms for both CYP and Caregivers which are predominantly sent out via text or email, examples of these and a case study are provided.

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What was good about your experience with North Staffs Mind CYP Service?

"They were beneficial to my daughter, felt like they helped her a lot!"

"It has really helped my daughter everything was done calmly, all appointments were kept, and on time."

"My daughter really liked Ian, and she felt that he related to her well. Appointments were easy to get to, and short waiting times to be seen."

"The counsellor explained methods to help yourself and recommended other services for further support."

Training and Development

Overall service aims:

- To provide high quality training and development opportunities to NSM staff
- To deliver high quality training to external organisations
- To develop positive working relationships with services/organisations/employers across the private, statutory and voluntary sectors

Internal training:

- We delivered 4 Level 1 Safeguarding Children training sessions with 44 staff members attending over the 4 sessions.
- The wellbeing and resilience in the workplace session was attended by 5 staff.
- The change management session attracted 11 staff.
- Mental health awareness was attended by 12 staff.
- All of these sessions were delivered remotely, which seems to be working really well.

External Training:

- In total we delivered 172 external training sessions over the year, reaching 2485 people.
- Of those sessions, 13 were delivered to the private sector, 66 to the statutory sector (including Blue Light services), 34 to the voluntary sector, and 37 to the colleges and universities.
- We successfully delivered 15 out of 16 of our contracted Blue Light Project sessions to the emergency services, with one being carried over and completed in April 2022 due to a cancellation. This project reached 141 Blue Light Services workers in 2021/22.

Customer feedback

I enjoy the pace of the course the depth of knowledge and understanding and delivery – Honeycomb Group – Sept 21

Interesting training session and it has allowed me to reflect back on myself and ways I can help my own mental well being – HCG Sept 21

Eye opener for my professional practice and language used-hoping to utilise and change mindset with my colleagues – SPP Sept 21

Claire and Alliyah did an amazing job! Was a great group of participants who got involved and shared their story and experiences. Really wonderfully done in a nurturing and practical way. – SPP Oct 21

This training surpassed my expectations - if everyone was able to attend this training so many more lives would be saved. – SPP Nov 21

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Thank you, this was very informative and will be extremely useful in my work. I feel that I have a much better understanding for suicide prevention and how I can support someone who is having these thoughts.
– SPP Jan 22

This is a well tailored course to blue light workers, this has helped me recognize many of the problems we currently face on the front line and given me a new perspective. I'm hoping to take this knowledge and apply it to my future practice and better support my colleagues. – Blue Light Project West Midlands Ambulance Service – March 22

Community support

Our weekly 'Tuesday Evening Group' continues to operate with an average of 15 clients attending each session to take part in a range of activities that include crafting, reading and music. The Group is a place where people can have a coffee/tea and an informal chat and make friends/socialise in a relaxed atmosphere, which is important for some of the clients who struggle with social anxiety and loneliness.

General

- Fundraising activity continued to be affected by the pandemic, with income below budget.
- We continue to proactively engage with national Mind. Our Chief Executive sits on the Network Leadership Steering Group and the Network Sustainability Group and colleagues throughout the organisation took part in a wide range of training, networking and webinars during the year.

Public Benefit

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing North Staffs MIND's aims and objectives and planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

The trustees believe that the charity meets the principles relating to charities and public benefit described in the Charity Commission guidance and that this Trustees' Annual Report demonstrates the charity's contribution to the prevention and treatment of mental ill health among the people of North Staffordshire through the provision of supported housing, counselling services and the promotion of social activities through social support groups and befriending/mentoring activity.

Fundraising

Fundraisers and donors to North Staffs Mind can be assured that we comply with the regulatory standards for fundraising. We are registered with the Fundraising Regulator and are committed to the Fundraising Promise and adherence to the Code of Fundraising Practice.

In the last financial year it cost North Staffs Mind just under £2million to deliver its range of mental health services. Our income from statutory funding and commercial services does not cover all of our costs and so we need to raise the balance through fundraising efforts.

North Staffs Mind employs a dedicated fundraiser to coordinate all fundraising activity.

We are registered with the Fundraising Regulator and comply with all the relevant standards set out in the Code of Fundraising Practice.

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We ensure that safeguards are in place with our suppliers and those who fundraise on our behalf to ensure ongoing compliance and maintain our reputation in the local community and beyond. We require them to confirm that they comply with the Code of Fundraising Practice.

We have a complaints policy which clearly explains how an individual can complain. This is included on our website. We did not receive any complaints regarding our fundraising activities in the financial year 2021-22. We have a duty to report to the Fundraising Regulator on the totality of our complaints.

As a provider of mental health services, we aim to ensure that our fundraising meets the needs of the whole community. We are signed up to the Fundraising Preference Service to enable individuals to opt out from receiving fundraising communications from us.

Financial review

A Statement of the Financial Activities of the charity is given on page 21. The total incoming resources for the year amounted to £1,975,090 (2021: £1,646,932) and £1,849,783 (2021: £1,590,350) was dispensed in direct pursuance of the charitable objectives of the company. There were net incoming resources of £125,307 (2021: £56,582). This has been added to the fund values brought forward at the beginning of the financial year, and the total of fund balances at 31 March 2022 was £1,103,782 (2021: £978,475).

The charity reviews its expenditure commitments on a regular basis and has implemented a programme of cost improvements to address the ongoing sustainability of a number of its operations going forward.

Premises at Marsh Street are stated at their 1999 valuation figure. A re-valuation was undertaken during 2007 and this indicated a material difference between the value of the company's assets and the amount at which they are stated in the accounts at that point in time. The Marsh Street premises continue to operate at full capacity. Trustees will continue to be provided with opportunities to reflect on the charity's future premises' requirements in the coming financial years, and a decision will then be taken as to whether and if so, when to incorporate the full value of head office accommodation.

Investments during the year, which were interest bearing deposits with the Charities Official Investment Fund, were acquired in accordance with the powers contained in the company's governing instrument and with the provisions of the Charities Act 2011.

The total grants for the year, after transfers to deferred income, were £1,171,160 (2021: £1,011,724). Grants from Public Sector Organisations totaled £908,575 (2021: £766,215) and represent 78% of total incoming resources.

There were no capital commitments at the balance sheet date and, in the view of the trustees, the funds held at 31 March 2022 were available and adequate to fulfill its existing obligations.

Through prudent financial management of North Staffs MIND, the majority of services and projects during the year remained within budget.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

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Reserves policy

The trustees have reviewed the reserves policy and have agreed that the level of reserves is assessed annually in order to mitigate current and future risks as well as enabling North Staffs MIND to achieve its objectives. As at 31 March 2022, the actual reserves were £1,103,782. The amount required to meet contractual obligations is £148,447 and a further £41,197 relates to the designated fund requirement. The difference between the actual reserves and free reserves is £914,138 which predominantly relates to the organisation's investment in long-term assets. Designated funds relate to service improvement and development (£3,000), MACCAS project (£18,197) and Marsh Street Development (£20,000).

Financial value of volunteers

Volunteers make a significant contribution to the work of North Staffs MIND, supporting the charity to deliver both Counselling and the Tuesday social support group, and as trustees and in other roles. Volunteer counsellors support the charity to deliver counselling sessions for adults and children/young people, and volunteers within Community Support Services were involved in befriending/mentoring relationships and helped run social support group activity.

Volunteer output was put on hold during the pandemic. We are looking forward to welcoming volunteers back in the Autumn of 2022.

Powers of investment

The trustees are authorised by the Memorandum of Association to invest monies not immediately required for the charity's own purposes in such investments, securities or property as they deem fit, subject to any conditions required by law.

Plans for future years

The environment in which we work remains extremely challenging. As we enter a new financial year the economic outcome is gloomy and uncertain.

After working remotely during the pandemic it has been wonderful to welcome our teams back in to the workplace and we, like many others, plan a blended approach to work into the future.

We look forward to kickstarting our ambitions to truly integrate service users involvement and participation in all that we do and will be launching a new Influence and Participation Strategy and Action Plan in the summer of 2022. We look forward to sharing the success and achievements of this in our annual report next year.

We will continue to focus on income generation which will include reviews of our housing, fundraising and adult service offer. We also look forward to launching new free at point of use services and support including access to free counselling from the autumn of 2022.

Our MQM accreditation will take place in September 2022 and we are hoping that the outcome of this will be to identify some service improvement opportunities.

We have realised that our headquarters are no longer fit for purpose and are planning a major redevelopment to create aspirational accommodation in which to work and receive support.

CHANGES IN FIXED ASSETS

The movement of fixed assets during the year is detailed in note 12 to the financial statements.

North Staffs MIND

TRUSTEES' ANNUAL REPORT

AUDITORS

The trustees, having been notified of the cessation of the partnership known as Dains LLP, resolved that Dains Audit Limited be appointed as successor auditor with effect from 1 April 2022. The auditors, Dains Audit Limited, will be proposed for reappointment in accordance with section 485 of the Companies Act 2006.

STATEMENT AS TO DISCLOSURE OF INFORMATION TO AUDITORS

So far as the directors (Trustees) are aware, there is no relevant information of which the company's auditors are unaware. Additionally, the directors have taken all necessary steps that they ought to have taken as directors in order to make themselves aware of all relevant audit information and to establish that the company's auditors are aware of that information.

This report has been prepared in accordance with the Statement of Recommended Practice – Accounting and Reporting by Charities and in accordance with the provisions applicable to companies entitled to the small companies exemption.

Signed on behalf of the trustees:



Susan Moffat

Chair

Date: 28 September 2022

North Staffs MIND

STATEMENT OF TRUSTEES' RESPONSIBILITIES IN THE PREPARATION OF FINANCIAL STATEMENTS

The trustees (who are also directors of North Staffs MIND for the purposes of company law) are responsible for preparing the Trustees' Annual 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company 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; and
- 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.

This report was approved by the trustees on 28 September 2022 and signed on their behalf by:



Susan Moffat
Chair

North Staffs MIND

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF NORTH STAFFS MIND

Opinion

We have audited the financial statements of North Staffs MIND (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and related notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022, 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; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the 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 the charitable company'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.

North Staffs MIND

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF NORTH STAFFS MIND

Other information

The trustees are responsible for the 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. 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.

In connection with our audit of the financial statements, 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 audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. 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' report (incorporating the strategic report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the strategic report and the trustees' annual report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our 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 strategic report and 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 directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit: or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime.

North Staffs MIND

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF NORTH STAFFS MIND

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 16, 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.

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 specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the senior statutory auditor ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the charitable company through discussions with directors and other management, and from our commercial knowledge and experience of the sector;
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the charitable company, including the financial reporting legislation, Companies Act 2006, taxation legislation, anti-bribery, employment, and environmental and health and safety legislation;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

North Staffs MIND

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF NORTH STAFFS MIND

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 1 were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

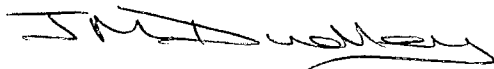
- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims; and
- reviewing correspondence with HMRC, relevant regulators and the charitable company's legal advisors

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 for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

Use of this 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.



JONATHAN DUDLEY (Senior Statutory Auditor)

For and on behalf of
Dains Audit Limited
Statutory Auditor
Chartered Accountants
Suite 2, Albion House
2 Etruria Office Village
Forge Lane
Stoke-on-Trent
ST1 5RQ

28 September 2022

North Staffs MIND

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

for the year ended 31 March 2022

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
		£	£	£	£
INCOME FROM:					
Donations and legacies	1	74,656	-	74,656	96,039
Charitable activities:					
Grants receivable	2	1,091,615	79,545	1,171,160	1,011,724
Property service charges – housing benefit, rent and supporting people	2	648,129	-	648,129	470,726
External training	2	62,880	-	62,880	34,432
Other trading activities:					
Miscellaneous income	3	18,174	-	18,174	20,670
Investment income	4	91	-	91	95
Other income	5	-	-	-	13,246
TOTAL INCOME		1,895,545	79,545	1,975,090	1,646,932
EXPENDITURE ON:					
Charitable activities:					
Adult counselling	6	678,144	43,226	721,370	628,807
Children's counselling	6	522,288	58,264	580,552	566,045
Housing	6	464,590	-	464,590	322,271
Community support services	6	13,642	-	13,642	9,249
External training	6	69,629	-	69,629	63,978
TOTAL EXPENDITURE		1,748,293	101,490	1,849,783	1,590,350
NET INCOME AND NET MOVEMENT IN FUNDS	17	147,252	(21,945)	125,307	56,582
RECONCILIATION OF FUNDS:					
Total funds brought forward		954,209	24,266	978,475	921,893
TOTAL FUNDS CARRIED FORWARD	17	1,101,461	2,321	1,103,782	978,475

All income and expenditure derives from continuing activities.

All gains and losses recognised in the year have been dealt with in the Statement of Financial Activities.

The notes on pages 24 to 43 form part of the financial statements.

North Staffs MIND

BALANCE SHEET

At 31 March 2022

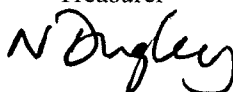
	Note	2022	2021
		£	£
FIXED ASSETS			
Tangible assets	12	291,451	293,635
CURRENT ASSETS			
Debtors	13	178,710	160,716
Cash at bank and in hand	14	877,685	737,517
		<u>1,056,695</u>	<u>898,233</u>
CREDITORS: Amounts falling due within one year	15	<u>(244,064)</u>	<u>(213,393)</u>
NET CURRENT ASSETS		<u>812,331</u>	<u>684,840</u>
NET ASSETS		<u><u>1,103,782</u></u>	<u><u>978,475</u></u>
THE FUNDS OF THE CHARITY			
UNRESTRICTED FUNDS			
General funds	17-18	1,060,264	879,267
Designated funds	17-18	41,197	74,942
		<u>1,101,461</u>	<u>954,209</u>
RESTRICTED FUNDS	17-18	<u>2,321</u>	<u>24,266</u>
TOTAL CHARITY FUNDS	17-18	<u><u>1,103,782</u></u>	<u><u>978,475</u></u>

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

The financial statements on pages 21 to 43 were approved by the board and authorised for issue on 28 September 2022 and were signed on its behalf by:

Susan Moffat
Chair

Neil Dingley
Treasurer

Company Registration No. 02294089

Registered Charity No. 700788

The notes on pages 24 to 43 form part of the financial statements.

North Staffs MIND
STATEMENT OF CASH FLOWS
for the year ended 31 March 2022

	Note	2022 £	2021 £
NET CASH FLOW FROM OPERATING ACTIVITIES	20	149,143	54,901
CASH FLOW FROM INVESTING ACTIVITIES:			
Payments to acquire tangible fixed assets	12	(9,066)	(6,234)
Interest received	4	91	95
NET CASH FLOW FROM INVESTING ACTIVITIES		(8,975)	(6,139)
NET INCREASE/(DECREASE) IN CASH AND CASH EQUIVALENTS		140,168	48,762
Cash and cash equivalents brought forward		737,517	688,755
CASH AND CASH EQUIVALENTS CARRIED FORWARD		877,685	737,517
CASH AND CASH EQUIVALENTS CONSISTS OF:			
Cash at bank and in hand	14	877,685	737,517
CASH AND CASH EQUIVALENTS CARRIED FORWARD		877,685	737,517

The notes on pages 24 to 43 form part of the financial statements.

North Staffs MIND

ACCOUNTING POLICIES

for the year ended 31 March 2022

The principal accounting policies adopted, judgements and key sources of estimation of uncertainty in the preparation of the financial statements are as follows.

GENERAL INFORMATION AND BASIS OF PREPARATION

North Staffs MIND is a company limited by guarantee in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are given in the trustees annual report on page 4.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 October 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

GOING CONCERN

The Trustees have reviewed and approved financial projections including cashflow forecasts for the period to 30 September 2023. The Trustees believe there are adequate resources which will enable the charity to meet its liabilities as they fall due for the foreseeable future. For this reason, the Trustees have adopted the going concern basis in preparing the financial statements.

ACCOUNTING CONVENTION

The financial statements have been prepared under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

INCOMING RESOURCES

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received. Service charges received in advance are apportioned over the accounting periods to which they relate. Interest receivable on bank deposits is accrued on a daily basis over the period in which it is earned.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

North Staffs MIND

ACCOUNTING POLICIES

for the year ended 31 March 2022

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received, and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

LEGACY INCOME

For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received. At this point income is recognised. On occasion, legacies will be notified to the charity, however, it is not possible to measure the amount expected to be distributed. On these occasions, the legacy is treated as a contingent asset and disclosed.

RESOURCES EXPENDED

Expenditure is charged on an accruals basis, inclusive of irrecoverable Value Added Tax. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably.

- Direct charitable activities expenditure comprises those costs directly incurred in pursuance of the charity's charitable activities. These costs are related to the employment of counsellors, the provision and maintenance of furnished housing accommodation, the provision of housing workers, the running of befriending projects and the expenses incurred by volunteer workers in connection with their befriending and other charitable activities.
- Support costs comprise all services supplied centrally, and include headquarters' staff and office overhead and accommodation expenses. They are incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with use of the resources.
- Administration costs include the employment costs applicable to organisational, as opposed to project, administration and expenses arising from compliance with constitutional and statutory requirements, including audit fees.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.
- All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly.

OPERATING LEASES

Annual rentals under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

TANGIBLE FIXED ASSETS

Capital expenditure over a value of £500 is capitalised.

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended. On transition to FRS 102 the Trustees' have taken the decision to use the valuation at 1999 as the deemed cost of the property.

Depreciation is provided at the following annual rates as applied to the cost or valuation in order to write off each asset over its estimated useful economic life.

Freehold land	- nil
Freehold buildings	- 2% straight line
Housing furniture and equipment	- 15% - 33.3% straight line
Office furniture and equipment	- 15% - 33.3% straight line

North Staffs MIND

ACCOUNTING POLICIES

for the year ended 31 March 2022

INVESTMENTS

Investments comprising short-term deposits with the Charities Official Investment Fund are stated at cost and are repayable on demand. They are therefore included in the accounts as current assets.

DEBTORS

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

CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments repayable without penalty on notice of not more than 24 hours.

CREDITORS

Creditors 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 are normally recognised at their settlement amount after allowing for any trade discounts due.

FINANCIAL INSTRUMENTS

The charitable company only holds basic financial instruments as defined in FRS 102. The financial assets and financial liabilities of the charitable company and their measurement basis are as follows:

Financial assets – Trade and other debtors are basic financial instruments and are debt instruments measured at amortised cost as detailed in note 13. Prepayments are not financial instruments.

Cash at bank – is classified as a basic financial instrument and is measured at face value.

Financial liabilities – trade creditors, accruals and other creditors are financial instruments, and are measured at amortised cost as detailed in note 15. Taxation and social security are not included in the financial instruments disclosure definition, deferred income is not deemed to be a financial liability, as the cash settlement has already taken place and there is an obligation to deliver services rather than cash or another financial instrument.

RETIREMENT BENEFITS

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The amount charged against profits represents the contributions payable to the scheme in respect of the accounting year.

FUND ACCOUNTING

General accumulated funds are unrestricted funds available to the charity for its general purposes and include, from time to time, funds designated by the charity for particular purposes, the use of any such designated funds remaining at all times at the discretion of the Trustees.

Restricted funds are subject to restrictions imposed by the donor or by the specific terms of the appeal under which funds are raised. The cost of raising and administering such funds are charged against the specific fund. The restrictions are binding upon the Charity.

TAXATION

As a registered charity the company is exempt from liability to corporation tax on its income from charitable activities and capital gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

North Staffs MIND

ACCOUNTING POLICIES

for the year ended 31 March 2022

JUDGEMENTS IN APPLYING ACCOUNTING POLICIES AND KEY SOURCES OF ESTIMATION UNCERTAINTY

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

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

Freehold Property

Freehold land and buildings comprise the company headquarters at Marsh Street, Hanley (cost £141,900, valuation £170,000) and properties held for the provision of housing (cost £238,928). The land and buildings were valued in 1999 by McGarrigle and Company, Chartered Surveyors and Valuers. On transition to FRS 102 the Trustees' have taken the decision to use the valuation at 1999 as the deemed cost of the property. Included in the total land and buildings is £85,000 which relates to land on which no depreciation has been charged.

North Staffs MIND

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 March 2022

1 DONATIONS AND LEGACIES

Unrestricted funds

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Donations and Legacies	74,657	-	74,657	96,039

2 CHARITABLE ACTIVITIES

Charitable activities for 2022 are made up as follows:

	Unrestricted funds £	Restricted funds £	Total 2022 £
Adult Counselling			
North Staffordshire Combined Healthcare Trust	256,395	-	256,395
Mind (NAMH)	-	21,281	21,281
Cheshire Police	61,119	-	61,119
Private commissioned work	25,143	-	25,143
Midlands Partnership NHS Foundation Trust	266,573	-	266,573
	<hr/>	<hr/>	<hr/>
	609,230	21,281	630,511
Children's Counselling			
Stoke-on-Trent/Staffordshire Schools	322,100	-	322,100
Mind (NAMH)	-	58,264	58,264
Private commissioned work	857	-	857
Changes Health & Wellbeing	157,040	-	157,040
	<hr/>	<hr/>	<hr/>
	479,997	58,264	538,261
Community Support Services			
Stoke-on-Trent City Council	1,194	-	1,194
Community Foundation	1,194	-	1,194
	<hr/>	<hr/>	<hr/>
	2,388	-	2,388
Property Services charges – housing benefit, rent and supporting people	648,129	-	648,129
 External Training	 62,880	 -	 62,880
	<hr/>	<hr/>	<hr/>
	1,802,624	79,545	1,882,169
	=====	=====	=====

North Staffs MIND

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 March 2022

2. CHARITABLE ACTIVITIES (CONTINUED)

Charitable activities for 2021 are made up as follows:

	Unrestricted funds £	Restricted funds £	Total 2021 £
Adult Counselling			
North Staffordshire CCG	4,848	-	4,848
Healthy Minds (Stoke-on-Trent CCG)	224,451	-	224,451
Mind (NAMH)	-	28,711	28,711
Cheshire Police	50,710	-	50,710
Private commissioned work	14,817	-	14,817
Midlands Partnership NHS Foundation Trust	198,057	-	198,057
Changes Health & Wellbeing	2,700	-	2,700
	<hr/>	<hr/>	<hr/>
	495,583	28,711	524,294
Children's Counselling			
Stoke-on-Trent/Staffordshire Schools	280,899	-	280,899
Reach/PRU	7,250	-	7,250
Private commissioned work	240	-	240
Changes Health & Wellbeing	198,254	-	198,254
	<hr/>	<hr/>	<hr/>
	486,643	-	486,643
Community Support Services			
Stafford Borough Council	787	-	787
	<hr/>	<hr/>	<hr/>
	787	-	787
Property Services charges – housing benefit, rent and supporting people	470,726	-	470,726
External Training	34,432	-	34,432
	<hr/>	<hr/>	<hr/>
	1,488,171	28,711	1,516,882
	=====	=====	=====

North Staffs MIND

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 March 2022

3 MISCELLANEOUS INCOME

<i>Unrestricted funds</i>	Total 2022 £	Total 2021 £
Placement Fees	-	-
ThinkWell	14,570	15,170
Other	3,604	5,500
	<hr/>	<hr/>
	18,174	20,670
	<hr/>	<hr/>

4 INVESTMENT INCOME

<i>Unrestricted funds</i>	Total 2022 £	Total 2021 £
Interest	91	95
	<hr/>	<hr/>

5 OTHER INCOME

The charitable company has been able to claim from the government's support schemes in response to the Covid-19 outbreak. The charitable company furloughed certain staff under the government's Coronavirus Job Retention Scheme (CRJS). The funding received of £nil (2021: £13,246) relates to a claim made in respect of the year.

6 RESOURCES EXPENDED: CHARITABLE ACTIVITIES 2022

	Activities undertaken directly £	Grant funding of activities £	Support Costs £	Total 2022 £
Adult counselling	179,203	395,331	146,836	721,370
Children's counselling	5,086	458,750	116,716	580,552
Housing	370,465	-	94,125	464,590
Community support services	7,489	2,388	3,765	13,642
External training	54,569	-	15,060	69,629
	<hr/>	<hr/>	<hr/>	<hr/>
	616,812	856,469	376,502	1,849,783
	<hr/>	<hr/>	<hr/>	<hr/>

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NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 March 2022

6 RESOURCES EXPENDED: CHARITABLE ACTIVITIES 2022 (CONTINUED)

	Adult counselling	Children's counselling	Housing	Community support services	External training	Total 2022
	£	£	£	£	£	£
Salaries and social security costs	512,582	422,151	137,718	9,275	43,163	1,124,889
Pension contributions	19,661	16,755	4,758	253	1,549	42,976
Training	-	-	1,715	-	-	1,715
Travel	498	898	4,299	-	-	5,695
Advertising and publicity	-	-	-	-	-	-
Sessional work	450	-	-	-	-	450
Professional insurance	1,067	541	-	-	-	1,608
Supervision	3,289	10,905	-	-	-	14,194
Volunteer expenses	-	-	-	-	-	-
Other costs	30,977	8,280	14,750	189	7,034	61,230
Property costs	6,010	3,742	199,551	160	2,823	212,286
Depreciation	-	564	7,674	-	-	8,238
Support costs (see note 7)	146,836	116,716	94,125	3,765	15,060	376,502
	721,370	580,552	464,590	13,642	69,629	1,849,783

Resources expended on charitable activities for 2022 was £1,849,783 (2021: £1,590,350) of which £101,490 (2021: £4,445) was attributable to restricted funds and £1,748,293 (2021: £1,585,905) was attributable to unrestricted funds.

RESOURCES EXPENDED: CHARITABLE ACTIVITIES 2021:

	Activities undertaken directly	Grant funding of activities	Support Costs	Total 2021
	£	£	£	£
Adult counselling	194,927	313,489	120,391	628,807
Children's counselling	36,822	418,092	111,131	566,045
Housing	260,532	-	61,739	322,271
Community support services	5,375	787	3,087	9,249
External training	51,630	-	12,348	63,978
	549,286	732,368	308,696	1,590,350

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NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2022

6 RESOURCES EXPENDED: CHARITABLE ACTIVITIES 2021 (CONTINUED)

	Adult counselling	Children's counselling	Housing	Community support services	External training	Total 2021
	£	£	£	£	£	£
Salaries and social security costs	451,262	410,061	110,358	6,007	44,460	1,022,148
Pension contributions	14,721	16,640	4,921	145	2,049	38,476
Training	90	-	1,515	-	-	1,605
Travel	206	311	3,680	-	-	4,197
Advertising and publicity	-	344	-	-	-	344
Sessional work	3,067	-	-	-	-	3,067
Professional insurance	733	525	-	-	-	1,258
Supervision	5,675	11,565	-	-	-	17,240
Volunteer expenses	-	-	-	-	-	-
Other costs	26,421	11,739	9,270	10	2,817	50,257
Property costs	6,241	3,729	123,081	-	2,304	135,355
Depreciation	-	-	7,707	-	-	7,707
Support costs (see note 7)	120,391	111,131	61,739	3,087	12,348	308,696
	<u>628,807</u>	<u>566,045</u>	<u>322,271</u>	<u>9,249</u>	<u>63,978</u>	<u>1,590,350</u>

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NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2022

7 SUPPORT COSTS ALLOCATION 2022

	Adult Counselling	Children's Counselling	Housing	Comm- unity support services	External training	Total 2022
	£	£	£	£	£	£
Salaries and social security costs	98,978	78,675	63,448	2,538	10,152	253,791
Pensions	3,491	2,775	2,237	89	358	8,950
Training	1,248	992	800	32	128	3,200
Travelling expenses	89	71	57	2	9	228
Office expenses	6,528	5,189	4,185	167	670	16,739
Insurance	1,799	1,430	1,153	46	184	4,612
Professional fees	211	167	135	5	22	540
Advertising and publicity	5	4	3	1	1	14
Rent	243	193	156	6	25	623
Utilities	1,408	1,119	902	36	144	3,609
Computer software and support	12,150	9,658	7,789	312	1,246	31,155
Repairs and renewals	4,712	3,745	3,020	121	483	12,081
Depreciation	1,175	934	753	30	120	3,012
Other	10,801	8,586	6,924	277	1,108	27,696
Governance	3,998	3,178	2,563	103	410	10,252
	146,836	116,716	94,125	3,765	15,060	376,502

SUPPORT COSTS ALLOCATION 2021

	Adult Counselling	Children's Counselling	Housing	Comm- unity support services	External training	Total 2021
	£	£	£	£	£	£
Salaries and social security costs	71,731	66,213	36,785	1,839	7,357	183,925
Pensions	2,899	2,676	1,487	74	297	7,433
Training	282	260	145	7	29	723
Travelling expenses	88	82	45	2	9	226
Office expenses	8,019	7,402	4,112	206	822	20,561
Insurance	1,590	1,468	815	41	163	4,077
Professional fees	788	727	404	20	81	2,020
Advertising and publicity	70	64	36	2	7	179
Rent	2,384	2,201	1,222	61	245	6,113
Utilities	2,231	2,060	1,144	57	229	5,721
Computer software and support	12,130	11,197	6,221	311	1,244	31,103
Repairs and renewals	2,558	2,362	1,312	66	262	6,560
Depreciation	1,078	995	553	28	111	2,765
Other	10,747	9,920	5,511	276	1,102	27,556
Governance	3,796	3,504	1,947	97	390	9,734
	120,391	111,131	61,739	3,087	12,348	308,696

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NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2022

The charity allocates its support costs as shown above and then further apportions these costs between the five charitable activities undertaken (see note 6). Support costs are allocated on a basis consistent with the use of resources.

8 NET INCOMING RESOURCES FOR THE YEAR

Net incoming resources are arrived at after charging the following:

	2022 £	2021 £
Depreciation and other amounts written off tangible fixed assets		
– owned	11,250	10,470
Auditors' remuneration:		
Audit services	8,760	8,640
Operating lease:		
Land & building	4,848	12,415
Other equipment	13,322	18,636
	<u> </u>	<u> </u>

9 TRUSTEES AND KEY MANAGEMENT PERSONNEL REMUNERATION AND EXPENSES

In accordance with the governing instrument, no emoluments were paid during the year (2021: £Nil) to the Chair, the directors or any of the trustees.

The total amount of employee benefits received by key management personnel is £175,665 (2021: £161,955). Key management are as disclosed on page 1.

Travel expenses of £Nil (2021: £Nil) have been reimbursed during the year to trustees.

10 STAFF COSTS AND NUMBERS

Details of employee costs are as follows:

	2022 £	2021 £
Wages and salaries	1,286,123	1,131,655
Social security costs	94,024	75,487
Pension costs	51,925	45,910
	<u> </u>	<u> </u>
	1,432,071	1,253,052
	<u> </u>	<u> </u>

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NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2022

10 STAFF COSTS AND NUMBERS (CONTINUED)

No employee received remuneration amounting to more than £60,000 in either year.

The average number of persons (excluding trustees) employed, analysed during the year by category, was as follows:

	2022 Number	2021 Number
Counselling and Care Services	56	54
Housing Project Services	7	6
Community Support Services	2	3
Support staff:		
Administration/accounts	10	10
Chief executive	1	1
	<u>76</u>	<u>74</u>

11 PENSION SCHEME

The charity operates a defined contribution scheme on behalf of its employees. The pension cost charge for the year represents contributions payable by the charity to the fund and amounted to £51,925 (2021: £45,910). There were outstanding contributions of £Nil (2021: £Nil) at the year end.

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NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2022

12 TANGIBLE FIXED ASSETS

	Freehold land and buildings £	Office furniture and equipment £	Housing furniture and equipment £	Total £
COST/VALUATION				
At beginning of year	408,928	72,482	78,280	559,690
Additions	-	9,066	-	9,066
At end of year	408,928	81,548	78,280	568,756
DEPRECIATION				
At beginning of year	132,207	62,780	71,068	266,055
Charge for year	6,479	2,593	2,178	11,250
At end of year	138,686	65,373	73,246	277,305
NET BOOK VALUE				
At 31 March 2022	270,242	16,175	5,034	291,451
At 31 March 2021	276,721	9,702	7,212	293,635

Freehold land and buildings comprise the company headquarters at Marsh Street, Hanley (cost £141,900 valuation £170,000) and properties held for the provision of housing (cost £238,928). The land and buildings were valued in 1999 by McGarrigle and Company, Chartered Surveyors and Valuers. Assets were valued on the basis of 'the market value of the freehold interest in the property in its current physical condition' as defined by the RICS valuation professional standards. On transition to FRS 102 the Trustees' have taken the decision to use the valuation at 1999 as the deemed cost of the property. Included in the total land and buildings is £85,000 which relates to land on which no depreciation has been charged.

Fixed assets are held for direct charitable purposes.

Security enhancements have been included within additions to office furniture and equipment.

If the land and buildings had not been included at valuation they would have been included under the historical cost convention as follows:

	2022 £	2021 £
Cost	380,828	380,828
Accumulated Depreciation	126,605	120,688
Net Book Value	254,223	260,140

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NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2022

13 DEBTORS

	2022 £	2021 £
Trade debtors	127,016	107,384
Prepayments and accrued income	51,694	53,332
	<u>178,710</u>	<u>160,716</u>

14 CASH AT BANK AND IN HAND

	2022 £	2021 £
Cash at bank and in hand	761,162	621,044
Charities official investment fund	116,523	116,473
	<u>877,685</u>	<u>737,517</u>

15 CREDITORS: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	33,681	25,474
Other taxes and social security	39,845	20,722
Accruals	20,570	18,913
Deferred income (see note 16)	147,268	148,284
Other Creditors	2,700	-
	<u>244,064</u>	<u>213,393</u>

16 DEFERRED INCOME

The movements for the year as follows:

	At 1 April 2021 £	Received £	Released £	At 31 March 2022 £
Deferred income	148,284	661,376	(662,392)	147,268

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NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2022

17 STATEMENT OF FUNDS

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
UNRESTRICTED FUNDS					
General fund	879,267	1,800,395	(1,554,793)	(64,605)	1,060,264
<i>Designated funds:</i>					
CSS/Peer support staffing provision	8,156	787	(9,877)	934	-
King Street operational costs	7,813	-	-	(7,813)	-
Service Improvement and Development	3,000	-	-	-	3,000
MACCAS Zone Project	26,360	8,101	(4,420)	(11,844)	18,197
Adult Paid Service	29,613	86,262	(179,203)	63,328	-
Marsh Street Development	-	-	-	20,000	20,000
	<u>954,209</u>	<u>1,895,545</u>	<u>(1,748,293)</u>	<u>-</u>	<u>1,101,461</u>
RESTRICTED FUNDS					
Resilience Project	24,266	-	(24,266)	-	-
Co-op Resilience Programme	-	35,539	(35,539)	-	-
Mind Mentor Project	-	21,281	(18,960)	-	2,321
Whole School Approach	-	22,725	(22,725)	-	-
	<u>24,266</u>	<u>79,545</u>	<u>(101,490)</u>	<u>-</u>	<u>2,321</u>
TOTAL FUNDS	<u>978,478</u>	<u>1,975,090</u>	<u>(1,849,783)</u>	<u>-</u>	<u>1,103,782</u>

Unrestricted Funds

The general funds represent the unrestricted funds of the charity that are not designated for particular purposes.

The designated funds are as follows:

CSS/Peer Support staffing provision - the Tuesday evening social support group in the city and also the Be Excellent and Callums Destiney groups will be funded through on going activities.

King Street operational costs - no additional premises costs with respect to dilapidations were required.

Service Improvement and Development - funding for continuing professional development activity.

Maccas Zone - awareness raising activity supporting the emotional and mental health needs of young men. Income during the period was generated from donations, fundraising activities and the Co-op Resilience grant included in restricted income.

Adult Paid Service – funding to provide a new service launched during the year, which was impacted by the ongoing pandemic, additional funding required whilst we continue to promote and grow our customer base.

North Staffs MIND

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 March 2022

17 STATEMENT OF FUNDS (CONTINUED)

Marsh Street Development – investment in the creation of plans for our Marsh Street redevelopment project. This will take us to planning and approval and allows us to create a funding strategy for the build phase.

Transfers

£19,657 was transferred out of the designated fund allocations in relation to King Street operational costs and MACCAS Project as expenditure on these areas of work had not been utilised or was no longer required.

£84,262 has been transferred from the general fund to the designated funds as agreed by the board of trustees to ensure that adequate levels of funding are available to deliver the required developments.

Restricted Funds

The restricted funds represent the following contracts to supply specific services for adults and young people.

£35,539 of the restricted funds income relates to funding from Mind (National Association for Mental Health) through the Co-op Foundation to provide funding for our MACCAS project for a period of 12 months, which will support young people through delivering workshops in schools and colleges across Staffordshire.

£21,281 of the restricted funds income relates to funding from Mind (National Association for Mental Health) through their pilot Mentor Project offering support to employees and line managers.

£22,725 of the restricted funds income relates to funding from Mind (National Association for Mental Health) to carry out Mind's whole school approach to mental health with the Co-op Academy Trust.

North Staffs MIND

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2022

17 STATEMENT OF FUNDS (CONTINUED)

STATEMENT OF FUNDS 2021

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
UNRESTRICTED FUNDS					
General fund	857,031	1,602,366	(1,540,178)	(39,952)	879,267
<i>Designated funds:</i>					
CSS/Peer support staffing provision	5,600	787	(6,162)	7,931	8,156
King Street operational costs	7,813	-	-	-	7,813
Service Improvement and Development	3,000	-	-	-	3,000
MACCAS Zone Project	36,270	15,068	(36,822)	11,844	26,360
Speak Up Space website	5,661	-	(2,743)	(2,918)	-
Memory page	6,518	-	-	(6,518)	-
Adult paid service	-	-	-	29,613	29,613
	<u>921,893</u>	<u>1,618,221</u>	<u>(1,585,905)</u>	<u>-</u>	<u>954,209</u>
RESTRICTED FUNDS					
Resilience Project	-	28,711	(4,445)	-	24,266
	<u>-</u>	<u>28,711</u>	<u>(4,445)</u>	<u>-</u>	<u>24,266</u>
TOTAL FUNDS	<u>921,893</u>	<u>1,646,932</u>	<u>(1,590,350)</u>	<u>-</u>	<u>978,475</u>

Unrestricted Funds

The general funds represent the unrestricted funds of the charity that are not designated for particular purposes.

The designated funds are as follows:

CSS/Peer Support staffing provision - to continue the Tuesday evening social support group in the city and also the Be Excellent and Callums Destiney groups.

King Street operational costs - fund to meet any additional premises costs with respect to dilapidations.

Service Improvement and Development - funding for continuing professional development activity.

Maccas Zone - awareness raising activity supporting the emotional and mental health needs of young people. Income during the period was generated from donations and fundraising activities, additional reserves will be required to continue these activities.

Speak Up Space website – resources were available to continue the development of functionality of new young people's website, which has been completed during the year.

Memory page – Donations received to create a memory page function to website which cost less than anticipated and has now been completed.

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NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2022

17 STATEMENT OF FUNDS (CONTINUED)

Adult Paid Service – funding to provide a new service launched during the year which was impacted by the ongoing pandemic, additional funding required whilst we continue to promote and grow our customer base.

Transfers

£9,436 was transferred out of the designated fund allocations in relation to SUS website and the Memory page as expenditure on these areas of work had not been utilised or was no longer required.

£49,388 has been transferred from the general fund to the designated funds as agreed by the board of trustees to ensure that adequate levels of funding are available to deliver the required developments.

Restricted Funds

The restricted funds represent a contracts to supply specific services for adults. £28,711 of the restricted funds income relates to funding from Mind (National Association for Mental Health) which aims to provide practical tools needed to maintain positive mental health and emotional wellbeing to the local community.

18 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds General funds £	Unrestricted funds Designated funds £	Restricted funds £	Total Funds £
Tangible fixed assets	291,451	-	-	291,451
Debtors	178,710	-	-	178,710
Cash at bank and in hand	834,167	41,197	2,321	877,685
Creditors due within one year	(244,064)	-	-	(244,064)
Total net assets	1,060,264	41,197	2,321	1,103,782

ANALYSIS OF NET ASSETS BETWEEN FUNDS 2021

	Unrestricted funds General funds £	Unrestricted funds Designated funds £	Restricted funds £	Total Funds £
Tangible fixed assets	293,635	-	-	293,635
Debtors	160,716	-	-	160,716
Cash at bank and in hand	638,309	74,942	24,266	737,517
Creditors due within one year	(213,393)	-	-	(213,393)
Total net assets	879,267	74,942	24,266	978,475

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NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2022

19 FINANCIAL INSTRUMENTS

	2022 £	2021 £
Financial assets measured at fair value through profit or loss	877,685	737,517
Financial assets measured at amortised cost	152,062	132,625
Financial liabilities measured at amortised cost	56,951	44,517

Financial assets measured at fair value through the profit and loss include cash at bank and in hand.

Financial assets measured at amortised cost include trade debtors and accrued income.

Financial liabilities measured at amortised cost include trade creditors, accruals and other creditors.

20 RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022 £	2021 £
Net income/(expenditure) for year	125,307	56,582
Net interest receivable	(91)	(95)
Depreciation and impairment of tangible fixed assets	11,250	10,470
(Increase)/Decrease in debtors	(17,994)	(22,210)
Increase/(Decrease) in creditors	30,671	10,154
	<u>149,143</u>	<u>54,901</u>

21 ANALYSIS OF CHANGES IN NET DEBT

	31 March 2021 £	Cash flows £000	31 March 2022 £
Cash and cash equivalents	737,517	140,168	877,685
Total net debt	<u>737,517</u>	<u>140,168</u>	<u>877,685</u>

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NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2022

22 COMMITMENTS

There were no capital commitments at the year end (2021: £nil).

Operating lease commitments with regard to non-cancellable operating leases are as follows:

	2022		2021	
	Land and buildings £	Other £	Land and buildings £	Other £
Operating leases which expire:				
Within 1 year	4,848	6,177	2,050	9,344
Within 2-5 years	-	5,476	-	10,715
Later than 5 years	-	-	-	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

23 RELATED PARTY TRANSACTIONS

There have been no related party transactions.