

North Lincolnshire Mind

England & Wales · Charity number 701801

Details

Other names SCUNTHORPE AND DISTRICT MIND

Status Registered

Legal form Charitable company

Company number [02391367](#)

Registered 1989-07-31

Register [View on the Charity Commission register](#)

Contact

Address North Lincolnshire Mind
Printers Yard
Fenton Street
Scunthorpe
DN15 6QX

Phone 01724279500

Email admin@nlmind.org

Website scunthorpemind.org

Activities

Objects: THE OBJECTS FOR WHICH THE ASSOCIATION IS ESTABLISHED ARE, WITHIN THE AREA OF NORTH LINCOLNSHIRE: A. TO PROMOTE THE PRESERVATION OF GOOD MENTAL HEALTH IN PARTICULAR BY ENABLING AND EMPOWERING EVERYONE EXPERIENCING MENTAL HEALTH PROBLEMS TO LIVE WITH, MANAGE AND RECOVER FROM THEIR CONDITION. B. TO RELIEVE THE NEEDS OF PEOPLE WITH MENTAL HEALTH PROBLEMS BY WORKING TO INCREASE THE UNDERSTANDING OF MENTAL HEALTH AND MENTAL HEALTH PROBLEMS BY GATHERING AND DISSEMINATING INFORMATION AND WORKING TO RAISE AWARENESS, PROMOTE UNDERSTANDING AND CHALLENGE STIGMA AND DISCRIMINATION.

Activities: North Lincolnshire Mind is a mental health Charity offering a range of recovery focused services for the people of North Lincolnshire. In addition to a menu of groups and activities we also offer one to one support. For more information please contact us on 01724 279500

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** AREA COVERED BY SCUNTHORPE HEALTH AUTHORITY.
- North Lincolnshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£996,170	£973,350	£741,002	35
2024-03-31	£868,984	£846,664	£718,182	35
2023-03-31	£591,606	£631,167	£695,862	29
2022-03-31	£548,812	£287,100	£631,923	17
2021-03-31	£378,574	£264,097	-	-

Trustees

Name	Role	Appointed
Ruth Angela Gilliatt	Chair	2014-11-04
CLAIRE PHILLIPS		2012-05-17
Naj Modak		2018-09-28
PENELOPE OWSTON		2022-08-23

North Lincolnshire Mind

England & Wales - Charity number 701801

Accounts

Company registration number no 2391367
Charity registration number no 701801

NORTH LINCOLNSHIRE MIND
(A COMPANY LIMITED BY GUARANTEE)

**ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

Company registration number no 2391367
Charity registration number no 701801

**NORTH LINCOLNSHIRE MIND
(FORMERLY SCUNTHORPE & DISTRICT MIND)**

**ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

CONTENTS

Chief Executive's Introduction	1
Reference and Administrative Details	2
Trustees' Report	3 to 10
Independent Examiner's Report	11
Statement of Financial Activities	12
Balance Sheet	13
Cashflow	14
Notes to the Financial Statements	15 to 22

If you are interested in mental health, would like to use our services or perhaps contribute some time and energy to help us develop our services please contact us at:

*North Lincolnshire Mind
Printers Yard
Fenton Street
Scunthorpe
North Lincolnshire
DN15 6QX*

Tel: 01724 279500

www.nlmind.org

NORTH LINCOLNSHIRE MIND

Chief Executive's Introduction

This year has been one of both growth and challenge for our charity. As communities continue to struggle with the lasting impact of social and economic pressures, we have seen a significant rise in the demand for mental health support. More people than ever are reaching out for help, and we are proud to have been there for them—providing compassionate, person-centred care when it's needed most.

Thanks to the dedication of our staff and volunteers, we have supported more individuals and families than in any previous year. Their commitment, resilience, and empathy have enabled the charity to respond swiftly and effectively to growing needs. Whether offering one-to-one support, facilitating group sessions, or simply being a listening ear, our team continues to make a meaningful difference in people's lives every day.

However, this increased demand has come at a time of ongoing financial uncertainty. Like many organisations in the sector, we face the challenge of sustaining and expanding our services with limited resources. Despite these pressures, we remain committed to our mission and continue to seek innovative ways to deliver support, strengthen partnerships, and secure funding.

As we reflect on the past year, we are grateful for the trust placed in us by those we serve, and for the tireless efforts of everyone who makes our work possible.

Claire Chapman



Chief Executive Officer

Company registration number no 2391367
Charity registration number no 701801

NORTH LINCOLNSHIRE MIND

Reference and Administrative Details

DIRECTORS and TRUSTEES

R Gilliatt – appointed 4 November 2014, appointed Chair
28 September 2018
C Phillips – Treasurer, appointed 28 March 2012
N Modak – appointed 28 September 2018
N Dakin – appointed 23 August 2023
P Owston – appointed 23 August 2023
D Hart – appointed 8 February 2024

REGISTERED OFFICE

Printers Yard
Fenton Street
Scunthorpe
North Lincolnshire
DN15 6QX

REGISTERED COMPANY NUMBER

2391367

REGISTERED CHARITY NUMBER

701801

INDEPENDENT EXAMINER

Katie Sauvage FCCA
Phoenix Accountancy & Business Consultancy Ltd
4-6 Roberts Street
Scunthorpe
North Lincolnshire
DN15 6NG

BANKERS

CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME 19 4JQ

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report)

For the year ended 31 March 2025

The Trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2025.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Our Team

Trustees (Executive Committee)

R Gilliatt – appointed 4 November 2014, appointed Chair 28 September 2018

C Phillips – Treasurer, appointed 28 March 2012

N Modak – appointed 28 September 2018

N Dakin – appointed 23 August 2023

P Owston – appointed 23 August 2023

D Hart – appointed 8 February 2024

Key Management Staff during the year

Claire Chapman (Chief Executive Officer)

Jason Coy (Deputy CEO/Crisis Services Lead)

Jurate Klusaite (Deputy CEO/Community Services Lead)

We would like to thank all of our volunteers for all their time and to acknowledge the valuable contribution they make to the organisation.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report)(Continued)

Chair's Summary

The past year has continued to show a huge demand for our services.

Finances remain challenging but our team has worked tirelessly to ensure that we are able to continue to deliver a high quality service.

As always, the need for our help locally has meant that we have performed above and beyond our contracted terms.

We are actively looking into new projects and new ways to assist local people with their mental health to continue to be at the forefront of mental health support in Northern Lincolnshire.

Ruth Gilliatt



Chair

North Lincolnshire Mind

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Objectives and Activities

The charity's objectives are to 'promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorders and conditions of emotional or mental distress requiring advice or treatment'.

Our Aims

- To promote a positive image of mental health through challenging stigma, discrimination and inequality
- To provide a range of socially inclusive services to meet the needs of our service users
- To support our service users to have a voice and to ensure that their views are valued and respected
- To campaign on mental health issues

Our Values

- We take pride in being part of North Lincolnshire Mind
- We commit ourselves to goals that make a positive difference
- We raise expectations of our own performance and that of others
- We seize new opportunities with energy and enthusiasm
- We strive to achieve excellence and quality in all that we do
- We create opportunities to work in partnership with others
- We care, we listen, we respect and we value everyone
- We are accountable for all our decisions and actions

Our Quality Statement

Quality is at the heart of everything we do. We strive to provide quality services to meet the needs of our members and other stakeholders.

We aim to provide quality services to meet the needs of our service users and other stakeholders by working towards continually improving our practice. A key part of this is our commitment to the Mind Quality Mark which gives us the opportunity to recognise our achievement and also to identify how we can improve the quality of our services to benefit our service users.

Our Mission Statement

Our mission is to empower people to make positive choices, achieve their aspirations and take control over their own wellbeing by providing quality services to meet the needs of our community.

Activities

All activities are undertaken to meet the charitable purposes for the public benefit, and due regard has been paid to the public benefit guidance provided by the Charity Commission.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

The services provided are:

- ***Peer Support***

Our Peer Support sessions provide social support for our service users in a safe environment. Peer support is available 3 afternoons each week, and our staff and volunteers work with service users to encourage them to integrate, develop social skills and also to consider positive steps towards recovery. The service provides informal support and also offers signposting and information about mental health related issues. There are a number of activities available during peer support sessions including a fun quiz, games afternoons, bowling and karaoke.

- ***WRAP group***

Our WRAP group continues to provide a valuable source of support to service users. WRAP gives service users the opportunity to develop their own plan for their recovery journey.

- ***Health & Wellbeing and Physical Activities***

We provide these sessions to promote health and wellbeing and to encourage people using the service to increase their level of physical activity. There is a wealth of evidence to link our mental health and physical health so these sessions aim to promote a better understanding of how we can look after our minds and bodies.

- ***One to one support***

We offer a range of one to one support to facilitate recovery and promote self-management and independence. Including a confidential listening service, counselling, information and sign posting, and informal advocacy. There is consistently high demand for this service, it enables people to offload, to explore their options, develop more effective coping strategies as part of their recovery. We also offer placements to students studying level 5/6 counselling to provide counselling support for service users.

- ***Training***

We offer both Mental Health First Aid training and a range of mental health/wellbeing awareness sessions. Mental Health First Aid not only increases mental health awareness and literacy. It also enables people to recognise the signs and symptoms of common mental health problems, provide help on a first aid basis and to guide people towards appropriate support. This course has proven very popular and consistently receives excellent feedback. Other courses include Mental Health Awareness, Mindfulness, Team WRAP and Mental Health in the Workplace.

- ***Recovery College***

We offer a range of courses designed for people with mild/moderate mental health issues. The courses cover a wide range of mental health and wellbeing topics, courses for carers and those returning to the workplace. These courses give people the opportunity to develop better ways of coping with their mental health. Groups are small and very informal. Again, these courses receive very positive feedback from those attending.

- ***SMI Healthchecks***

Support for people with serious mental health problems to attend their annual physical health check appointments.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

- ***Safe Space***

Safe Space provides out of hours mental health support from 4pm to midnight every day. It is open to those over the age of 16 living in North Lincolnshire and aims to prevent mental health crisis. Service users referred by NHS clinicians can access face to face support and telephone support is provided to people seeking crisis support by self referral or signposting/referrals from other agencies.

- ***First Steps Forward***

A collaborative project with other voluntary sector partners to provide support to families with multiple issues including poor mental health with the aim of achieving positive outcomes for children under 5.

- ***Baby Steps***

This service provides perinatal mental health support for parents/carers of children under 2 or who are pregnant. This service includes both counselling and group support and links with the partner agencies of First Steps Forward

- ***Piece of Mind Café***

The Piece of Mind Café is a volunteering project based in a café in an NHS centre in Scunthorpe. Volunteers can build skills and confidence in a friendly, supportive environment to support their recovery and enable them to move towards further volunteering opportunities, training or paid work.

- ***Cost of Living Support***

This service provides support for people with mental health issues affected by poverty and the impact of increases in the cost of living. Service users can access appointments with an advisor from Citizens Advice North Lincolnshire who can help with benefit claims, debt advice and other issues

- ***Haven House***

Haven House is a mental health crisis house providing support for people experiencing a mental health crisis as part of the North Lincolnshire crisis pathway. Service users are referred by RDASH clinicians and can stay at the house for up to 7 days. The service is staffed 24/7 and staff provide person centred support to meet individual needs and promote recovery.

Achievements and Performance

- 1392 attendances at our Peer Support Groups
- 1116 appointments for 1:1 support from the Confidential Listening Service
- 10650 calls to the Haven/Safe Space Service for out of hours support
- 119 people received support in Haven House, mental health crisis house
- 451 attendances at the Recovery College
- 279 counselling appointments provided by Baby Steps
- 1360.10 hours provided by our volunteers
- In total our services supported 1721 people and provided 27 402 hours of support

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Financial Review

During the year total incoming resources were £996,170 (2024 £868,984), the final result for the year was a surplus of £22,820 (2024 surplus £22,320).

Reserves Policy

Our central funding sources are the Clinical Commissioning Group for NHS North Lincolnshire however we also work hard to supplement our core funding.

Our reserves policy is written in the light of the Charity Commissioner's Guidance "Charities Reserves" (January 2016). Our aim is to keep unrestricted reserves equivalent to 9 months average expenditure and to enable us to cover staff redundancy payments should the need arise. Budgeted unrestricted expenditure for core services for 2025/26, is £134,892 and redundancy provision is £56,592 at 31 March 2025, therefore the target is £157,761. The reserves are needed to meet the working capital requirements of the charity and the trustees are confident that at this level they would be able to continue. This policy is reviewed annually by trustees.

Structure, Governance and Management

Governing Document

North Lincolnshire Mind is a registered charity and a company limited by guarantee incorporated on 2 June 1989 and registered as a charity on 31 July 1989. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under the Articles of Association. In the event of a winding up of the charity members are required to contribute an amount not exceeding £1.

Organisational Structure

North Lincolnshire Mind is governed by our Board of Trustees (the Executive Committee) who are responsible for strategic planning and appointing staff to manage the day to day running of the organisation. The staff team work to ensure that the strategic plan is implemented and our services are delivered effectively

The Executive Committee meet monthly and have also organised sub-committees to cover all the statutory and management needs of the organisation. The Executive Committee are responsible for the finance, governance and strategy of the charity. It is also responsible for the review of our policies according to our policy review schedule. Our policies are available on request.

North Lincolnshire Mind is affiliated to the national charity Mind, this affiliation is governed by a membership agreement setting out the conditions of affiliation and a Trademark License

Recruitment and Appointment of New Trustees

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Executive Committee.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Recruitment and Appointment of New Trustees (continued)

Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve to each Annual General Meeting. They must be re-elected at each AGM.

The Trustees are responsible for the recruitment of new Trustees. New trustees are recruited in a number of ways, either as service users/carers, through volunteering in our projects, working in collaboration with us through other agencies or by recommendation. We also register opportunities as a volunteering opportunity with Voluntary Action North Lincolnshire.

Our aim is to ensure that each post is filled by the most appropriate skills whilst also reflecting the diversity of our community. Our recruitment process is as follows, completion of application form, CV, meeting with the Executive committee, visit to a Executive Committee meeting, references/DBS check and the presentation of recommended trustees to the Board/AGM for approval. If there are more suitable candidates than places then an election is held at the AGM. Our Trustees give their time voluntarily and do not receive benefits from North Lincolnshire Mind. Any expenses claimed from the charity are set out in the notes to the financial statements.

Induction and training of new trustees

Induction is carried out as soon as possible after appointment.

New trustees receive an induction pack including:

- Memorandum and Articles of Association
- Relevant policies
- Role and responsibilities of trustees leaflet
- Minutes from latest Management Committee meeting
- Information about North Lincolnshire Mind and our services
- Operational and Development Plan
- Organisational Structure

New trustees are also encouraged to spend some time in the centre so that they can be introduced to our team and meet our service users. We also arrange training as required (e.g. Mental Health First Aid, Legal Responsibilities of Trustees, etc.). Trustees are required to undergo an appropriate level of training in the areas of mental health awareness and the role and responsibility of a Trustee.

We also expect new trustees to take a proactive approach, to ask questions and read the information provided.

We actively encourage service users involvement in governance and endeavor to have service users taking the role of trustee. In line with guidance from the Charity Commission we recognise the importance of ensuring that service user trustees balance their role as trustees against any potential conflict of interest as beneficiaries.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Risk Management

Risk assessments have been undertaken and have covered issues such as governance and management, operational risks, financial risk, external factors and compliance risk. An action plan has been produced which details actions to manage any risks identified.

Statement of Trustees' Responsibilities

The trustees (who are also the directors of North Lincolnshire Mind for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and regulations 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 its income and expenditure, for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

Approved by the Trustees of the Charity on 17 December 2025 and signed on its behalf by:



R Gilliatt (Chair)

Independent Examiner's Report to the Trustees (Directors) of North Lincolnshire Mind

I report on the accounts of North Lincolnshire Mind for the year ended 31 March 2025 which are set out on pages 12 to 22.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Chartered Certified Accountants (ACCA).

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect:
- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
 - the accounts do not which accord with such records; or
 - the accounts do not comply with the relevant accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
 - the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

Mrs Katie Sauvage FCCA
Phoenix Accountancy & Business Consultancy Limited
4-6 Roberts Street
Scunthorpe
DN15 6NG

Katie Sauvage

Date: 18/12/2025

NORTH LINCOLNSHIRE MIND

Statement of Financial Activities for the year ended 31 March 2025 (including Income and Expenditure Account and Statement of Comprehensive Income)

	Notes	Unrestricted Funds Designated	Unrestricted Funds General	Restricted Funds	Total 2025 Funds	Unrestricted Funds Designated	Unrestricted Funds General	Restricted Funds	Total 2024 Funds
		£	£	£	£	£	£	£	£
Income and endowments									
Donations and gift aid	3	-	18,472	-	18,472	-	11,363	-	11,363
Legacies	3	-	-	-	-	-	-	-	-
Investment income	4	-	6,255	-	6,255	-	6,102	-	6,102
Charitable activities	5	-	756,352	190,514	946,866	-	700,165	148,479	848,644
Other income	6	-	24,577	-	24,577	-	2,875	-	2,875
Total income		-	805,656	190,514	996,170	-	720,505	148,479	868,984
Expenditure									
Charitable activities	7	11,651	839,534	112,394	963,579	11,225	744,882	89,957	846,064
Expenditure on raising funds	8	-	8,406	-	8,406	-	-	-	-
Governance costs	9	-	1,365	-	1,365	-	600	-	600
Total expenditure	10	11,651	849,305	112,394	973,350	11,225	745,482	89,957	846,664
Net income/(expenditure)		(11,651)	(43,649)	78,120	22,820	(11,225)	(24,977)	58,522	22,320
Transfers between Funds	16	11,792	46,825	(58,617)	-	4,875	203,285	(208,160)	-
Net movement in funds									
Reconciliation of Funds	16	141	3,176	19,503	22,820	(6,350)	178,308	(149,638)	22,320
Total funds brought forward		195,466	496,827	25,889	718,182	201,816	318,519	175,527	695,862
Total funds carried forward	15	195,607	500,003	45,392	741,002	195,466	496,827	25,889	718,182

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.
The notes on pages 15 to 22 form part of these financial statements.

NORTH LINCOLNSHIRE MIND
Balance Sheet as at 31 March 2025

	Notes	£	2025 £	£	2024 £
Fixed Assets					
Tangible Assets	13		343,756		343,615
Current Assets					
Debtors	14	66,284		69,642	
Cash at bank & in hand		356,861		331,242	
			<u>423,145</u>	<u>400,884</u>	
Creditors: Amounts falling due within one year	15	25,899		26,317	
Net current assets			397,246		374,567
Total net assets			<u>741,002</u>		<u>718,182</u>
Funds of the charity:					
Restricted income funds	16		45,392		25,889
Unrestricted funds:					
General purpose fund	16		351,854		348,678
Revaluation reserve	16		148,149		148,149
Designated Fund (Fixed Assets)	16		195,607		195,466
	16		<u>741,002</u>		<u>718,182</u>

For the year ending 31 March 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts;

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS102 SORP.

The financial statements on pages 12 to 22 were approved by the Trustees on

17 December 2025 and signed on their behalf by:



**R Gilliatt – Chair
Trustee**

The notes on pages 15 to 22 form part of these financial statements.

NORTH LINCOLNSHIRE MIND

Statement of Cash Flows

For the year ending 31 March 2025

	Notes	2025 £	2024 £
Net Movement in Funds		22,820	22,320
Add back depreciation charge and loss on disposal	10	11,651	11,225
Add back revaluation gain	16	-	-
Deduct interest income shown in investing activities	4	(6,255)	(6,102)
Decrease/(increase) in debtors	14	3,358	18,605
Increase/(decrease) in creditors	15	(418)	(111,854)
Net cash used in operating activities		31,156	(65,806)
Cash flows from investing activities			
Interest income	4	6,255	6,102
Sale of tangible fixed assets	13	463	-
Purchase of tangible fixed assets	13	(12,255)	(4,875)
Cash provided by (used in) investing activities		25,619	(64,579)
Cash flows from financing activities			
Repayment of borrowing		-	-
Cash used in financing activities		-	-
Increase/(decrease) in cash and cash equivalents at the beginning of the year		25,619	(64,579)
Cash and cash equivalents at the start of the year		331,242	395,821
Total cash and cash equivalents at the end of the year		356,861	331,242

The notes on pages 15 to 22 form part of these financial statements.

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2025

1. Basis of preparation

North Lincolnshire Mind is a registered charity, registration number 701801, company number 02391367, registered in the United Kingdom. The address of the charity is given in the reference and administrative details on page 1 of these financial statements. The nature of the charity's operations and principal activities are described in the Trustees Annual report set out on pages 3 to 10.

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to UK and Republic of Ireland (FRS102) issued on 16 July 2014; and with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and with the Charities Act 2011.

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 2.

2. Accounting policies

Income and endowments

- All grants and voluntary income are accounted for gross where receivable, as long as they are capable of financial measurement. This includes gifts in kind, included at estimated valuation. For legacies, entitlement is taken as the date on which notification has been made by the Executors to the Trustees that a distribution will be made.
- Tax reclaims on donations and gifts. Any incoming resources from tax reclaims are included in the Statement of Activities at the same time as the donation or gift to which they relate.
- Investment income is included in the accounts when receivable.

Expenditure

- All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources.
- Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Assets

- Tangible fixed assets are included at cost or revalued amounts. There are no uncapitalised fixed assets.

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2025

- Depreciation is provided to write off the cost or valuation, less estimated residual values, of all fixed assets except freehold land, over their expected useful lives. It is calculated at the following rates:

Buildings	2% per annum on written down value
Equipment and fittings	15% per annum on written down value

- Properties whose fair value can be measured reliably are held under the revaluation model and are carried at a revalued amount, being their fair value at the date of valuation less any subsequent accumulated depreciation and subsequent accumulated impairment losses. The fair value of the land and buildings is usually considered to be their market value.

Revaluation gains and losses are recognised in other comprehensive income and accumulated in equity, except to the extent that a revaluation gain reverses a revaluation loss previously recognised in surplus or deficit or a revaluation loss exceeds the accumulated revaluation gains recognised in equity; such gains and losses are recognised in surplus or deficit.

- Debtors are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be achieved.
- Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Liabilities

- Liabilities are recognised where it is more than likely that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
- The charity has creditors which are measured at settlement amounts less any trade discounts.
- Basic financial instruments are accounted for on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19. FRS102 SORP.

Fund Accounting

Funds held by the charity are:

- i. Unrestricted general funds – these are funds which can be used in accordance with the aims of the charity at the discretion of the trustees
- ii. Designated funds – these are unrestricted funds which have been set aside by the trustees representing the carrying value of all fixed assets held by the charity.
- iii. Restricted funds – these are funds arising from donations, contracts and grants received in respect of specific projects. Deficits arising in the year are covered by unrestricted funds.

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2025

3. Income from Donations

During the year the charity received numerous donations. The Charity intends to use the donations to support its general purposes.

	Unrestricted Funds	Restricted Funds	Total 2025 £	Total 2024 £
Donations and Gift Aid	18,472	-	18,472	11,363

Income from Legacies

The charity did not receive any significant income from legacies during the current or previous year.

4. Investment income

	Total 2025 £	Total 2024 £
Bank interest	6,255	6,102
	<u>6,255</u>	<u>6,102</u>

5. Income from charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
CCG – Day (Listening) service	108,000	-	108,000	81,831
CCG – Recovery College	-	-	-	50,000
NHS Autism Funding	-	-	-	3,774
CCG – Pre/post Hospital Support	-	-	-	32,525
CCG – SMI	-	-	-	32,000
NLC Grant - Mental Health Cafe	-	109,046	109,046	-
NLC Grant – Baby Steps FSF	-	57,000	57,000	-
CCG – Safe Spaces	192,000	-	192,000	37,000
Grant – Citizens Advice VCSE Vaccination	800	-	800	-
Mind grant -Cost of Living fund	-	-	-	20,571
Mind grant – Deputy CEO post	-	-	-	35,000
CCG – Haven Crisis House	451,152	-	451,152	527,560
Mind grant – Children & young Persons	-	-	-	4,972
Cadent Centre for Warmth	4,400	-	4,400	-
Grant – VANL Best Start For All	-	24,468	24,468	23,186
Grant – VANL HVVP Counselling	-	-	-	225
	<u>756,352</u>	<u>190,514</u>	<u>946,866</u>	<u>848,644</u>

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2025

6. Other Income

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Room hire	2,690	-	2,690	2,795
Subscriptions	75	-	75	80
Mental Health Café - sales	21,362	-	21,362	-
Private counselling service	450	-	450	-
	<u>24,577</u>	<u>-</u>	<u>24,577</u>	<u>2,875</u>

7. Charitable activities

	Designated Funds	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£	£
Support and development of mental health	11,651	838,412	110,891	960,954	843,113
Training/conferences	-	1,122	1,503	2,625	2,951
	<u>11,651</u>	<u>839,534</u>	<u>112,394</u>	<u>963,579</u>	<u>846,064</u>

8. Expenditure on raising funds

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Mental Health Café expenses not grant funded	8,245	-	8,245	-
Private Counselling expenses	161	-	161	-
	<u>8,406</u>	<u>-</u>	<u>8,406</u>	<u>-</u>

9. Governance costs

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Legal & Professional	-	-	-	-
Independent Examination	1,365	-	1,365	600
	<u>1,365</u>	<u>-</u>	<u>1,365</u>	<u>600</u>

10. Total expenditure

	Staff costs	Other costs	Total 2025	Total 2024
	£	£	£	£
Charitable activities	867,454	96,125	963,579	846,064
Expenditure on raising funds	-	8,406	8,406	-
Governance costs	-	1,365	1,365	600
	<u>867,454</u>	<u>105,896</u>	<u>973,350</u>	<u>846,664</u>

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2025

10. Total expenditure (continued)

Staff Costs	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Wages and salaries	690,358	98,142	788,500	681,875
Employer's NIC	54,706	8,043	62,749	51,830
Employer's pension contributions	14,418	1,787	16,205	12,795
	759,482	107,972	867,454	746,500

No member of staff is paid over £60,000 per year.

The average number of employees, analysed by function, was:

	Total 2025	Total 2024
Charitable activities	32	32
Administration	3	3
	35	35

Other Costs	Unrestricted Designated	Unrestricted General	Restricted	Total 2025	Total 2024
	£	£	£	£	£
Premises costs	-	14,325	-	14,325	9,108
Property repairs	-	6,806	-	6,806	7,327
Depreciation and (profit)/loss on disposal	11,651	-	-	11,651	11,225
Telephone and postage	-	5,749	248	5,997	5,183
Printing and stationery	-	1,612	-	1,612	2,329
Equipment hire	-	2,891	-	2,891	409
Equipment repairs and replacements	-	2,515	61	2,576	1,139
IT consumables and repairs	-	1,692	-	1,692	4,176
Cleaning	-	3,594	-	3,594	3,187
Room Hire	-	-	-	-	370
Expenditure on raising funds	-	8,406	-	8,406	-
Insurance	-	14,399	-	14,399	9,093
Travel & accommodation	-	122	255	377	465
Staff and volunteer expenses	-	3,617	250	3,867	2,667
Miscellaneous	-	12,757	1,318	14,075	14,175
Publications and subscriptions	-	5,224	421	5,645	1,853
Governance costs	-	1,365	-	1,365	600
Other professional services	-	504	-	504	18,930
Bank and credit card charges	-	190	-	190	60
Events and training	-	1,122	1,503	2,625	2,951
Centre activities and marketing	-	2,933	366	3,299	4,917
	11,651	89,823	4,422	105,896	100,164

11. Trustees remuneration and expenses

	Total 2025	Total 2024
	£	£
Trustees remuneration	-	-
Trustees' expenses reimbursed	-	-

NORTH LINCOLNSHIRE MIND**Notes to the Financial Statements for the year ended 31 March 2025****12. Taxation**

As a charity the company is exempt from Corporation Tax.

13. Tangible Assets

	Freehold land and buildings	Fixtures and fittings	Total
Cost or valuation	£	£	£
At 1 April 2024	320,000	47,503	367,503
Additions	-	12,255	12,255
Disposal	-	(463)	(463)
At 31 March 2025	<u>320,000</u>	<u>59,295</u>	<u>379,295</u>
Depreciation			
At 1 April 2024	6,400	17,488	23,888
Charge for the year	6,400	5,263	11,663
Eliminated on disposals	-	(12)	(12)
31 March 2025	<u>12,800</u>	<u>22,739</u>	<u>35,539</u>
Net Book Value			
At 31 March 2025	<u>307,200</u>	<u>36,556</u>	<u>343,756</u>
At 31 March 2024	<u>313,600</u>	<u>30,015</u>	<u>343,615</u>

Land and buildings with a carrying amount of £320,000 were revalued at 12 January 2024 by Louise McCaffrey Bsc (Hons) MRICS RICS Registered Valuer of Bell Watson, independent valuers not connected with the charity on the basis of open market value. The valuation conforms to International Valuation Standards and was based on recent market transactions on arm's length terms for similar properties.

The revaluation reserve is disclosed at note 16.

If revalued assets were stated on an historical cost basis rather than a fair value basis, the total amounts included would have been as follows:

	2025	2024
	£	£
Land and Buildings		
Historical cost	194,397	194,397
Accumulated depreciation	(31,037)	(27,149)
	<u>163,360</u>	<u>167,248</u>
14. Debtors		
	2025	2024
	£	£
Debtors	64,700	68,078
Prepayments and accrued income	1,584	1,564
	<u>66,284</u>	<u>69,642</u>

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2025

15. Creditors: Amounts falling due within one year

	2025	2024
	£	£
Creditor, accruals and payments in advance	25,899	26,317
	<u>25,899</u>	<u>26,317</u>

16. Funds

	Unrestricted funds			Restricted	Total
	Designated	General	Revaluation	Funds	
	Funds	funds	Reserve	£	
	£	£	£	£	£
Balance at 1.4.24	195,466	348,678	148,149	25,889	718,182
Movement in funds for the year					
Net Income & Expenditure	(11,651)	(43,649)	-	78,120	22,820
Other recognized gains/losses	-	-	-	-	-
Transfers between funds					
-Fixed assets	11,792	(5,213)	-	(6,579)	-
-Core costs	-	52,038	-	(52,038)	-
-Reallocations by CCG	-	-	-	-	-
-write off underspend	-	-	-	-	-
-write off overspend	-	-	-	-	-
Balance at 31.3.25	<u>195,607</u>	<u>351,854</u>	<u>148,149</u>	<u>45,392</u>	<u>741,002</u>

17. Analysis of net assets between funds

	Unrestricted funds			Restricted	Total
	Designated	General	Revaluation	Funds	
	Funds	funds	Reserve	£	
	£	£	£	£	£
Fixed assets	195,607	-	148,149	-	343,756
Current assets	-	377,753	-	45,392	423,145
Current liabilities	-	(25,899)	-	-	(25,899)
	<u>195,607</u>	<u>351,854</u>	<u>148,149</u>	<u>45,392</u>	<u>741,002</u>

18. Legal status of the charity

The charity is a company limited by guarantee and has no share capital. 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.

19. Summary of Restricted Funds

	1.4.24	Income	Expenses	Transfers		31.3.25
	£	£	£	Designated	General	£
Grant – VANL HVVP	(240)	-	(25)	-	-	(265)
Counselling						
Mind grant – Deputy CEO post	21,923	-	(13,442)	-	-	8,481
NLC grant – Mental Health Cafe	-	109,046	(54,552)	(6,197)	(36,224)	12,073
NLC grant – Baby Steps FSF	-	57,000	(29,015)	(382)	(7,814)	19,789
VANL – Best start for all (First Steps Forward)	4,206	24,468	(15,360)	-	(8,000)	5,314
	<u>25,889</u>	<u>190,514</u>	<u>(112,394)</u>	<u>(6,579)</u>	<u>(52,038)</u>	<u>45,392</u>

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2025

20. **Going concern**

The Trustees consider the charity to be a going concern for a period of at least 12 months beyond the date of the Independent Examiners report.

North Lincolnshire Mind

England & Wales - Charity number 701801

Accounts

Company registration number no 2391367
Charity registration number no 701801

NORTH LINCOLNSHIRE MIND
(A COMPANY LIMITED BY GUARANTEE)

**ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

Company registration number no 2391367
Charity registration number no 701801

**NORTH LINCOLNSHIRE MIND
(FORMERLY SCUNTHORPE & DISTRICT MIND)**

**ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

CONTENTS

Chief Executive's Introduction	1
Reference and Administrative Details	2
Trustees' Report	3 to 9
Statement of Trustees' Responsibilities	10
Independent Examiner's Report	11
Statement of Financial Activities	12
Balance Sheet	13
Cashflow	14
Notes to the Financial Statements	15 to 22

If you are interested in mental health, would like to use our services or perhaps contribute some time and energy to help us develop our services please contact us at:

*North Lincolnshire Mind
Printers Yard
Fenton Street
Scunthorpe
North Lincolnshire
DN15 6QX*

Tel: 01724 279500

www.nlmind.org

NORTH LINCOLNSHIRE MIND

Chief Executive's Introduction

It's good to see North Lincolnshire Mind's services develop to meet the increasing level of demand for support in our area. We live in very stressful times and this has certainly contributed to increasing needs for mental health support. It is very encouraging to see the effective collaborative working between partner agencies working together to ensure that people in North Lincolnshire receive high quality mental health support. It is also becoming increasingly important to address the wider determinants of poor mental health including a range of social factors such as poverty and problems with housing. As always I am proud to lead such a dedicated team of staff and volunteers and I really appreciate all their hard work over the last 12 months.

Claire Chapman

Chief Executive Officer

A handwritten signature in black ink, consisting of a series of loops and a long horizontal stroke extending to the right.

Company registration number no 2391367
Charity registration number no 701801

NORTH LINCOLNSHIRE MIND

Reference and Administrative Details

DIRECTORS and TRUSTEES

R Gilliatt – appointed 4 November 2014, appointed Chair
28 September 2018
C Phillips – Treasurer, appointed 28 March 2012
N Modak – appointed 28 September 2018
N Dakin – appointed 23 August 2022
P Owston – appointed 23 August 2023
D Hart – appointed 8 February 2024

REGISTERED OFFICE

Printers Yard
Fenton Street
Scunthorpe
North Lincolnshire
DN15 6QX

REGISTERED COMPANY NUMBER

2391367

REGISTERED CHARITY NUMBER

701801

INDEPENDENT EXAMINER

Katie Sauvage FCCA
Phoenix Accountancy & Business Consultancy Ltd
Morley's Cottage, Morley's Yard
Walkergate
Beverley
HU17 9BY

BANKERS

CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME 19 4JQ

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report)

For the year ended 31 March 2024

The Trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2024.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Our Team

Trustees (Executive Committee)

R Gilliatt – appointed 4 November 2014, appointed Chair 28 September 2018
C Phillips – Treasurer, appointed 28 March 2012
N Modak – appointed 28 September 2018
N Dakin – appointed 23 August 2022
P Owston – appointed 23 August 2023
D Hart – appointed 8 February 2024

Key Management Staff during the year

Claire Chapman (Chief Executive Officer)
Jason Coy (Community Development Worker)
Jurate Klusaite (Centre Support Worker)

We would like to thank all of our volunteers for all their time and to acknowledge the valuable contribution they make to the organisation.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report)(Continued)

Chair's Summary

The work undertaken by North Lincolnshire Mind has continued to grow and develop over the last year.

We have faced financial challenges but our committed team have worked with those challenges to ensure that we continue to deliver a quality, well-respected service.

Our workforce has steadily grown and we are justifiably proud of our dedicated and caring team

We continue to perform above and beyond our contracted terms and have been delighted to have been reaccredited under the Mind Quality Mark.

We will continue to look for new opportunities to support the needs of local people and to provide quality mental health support in North Lincolnshire.



Ruth Gilliatt

Chair

North Lincolnshire Mind

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Objectives and Activities

The charity's objectives are to 'promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorders and conditions of emotional or mental distress requiring advice or treatment'.

Our Aims

- To promote a positive image of mental health through challenging stigma, discrimination and inequality
- To provide a range of socially inclusive services to meet the needs of our service users
- To support our service users to have a voice and to ensure that their views are valued and respected
- To campaign on mental health issues

Our Values

- We take pride in being part of North Lincolnshire Mind
- We commit ourselves to goals that make a positive difference
- We raise expectations of our own performance and that of others
- We seize new opportunities with energy and enthusiasm
- We strive to achieve excellence and quality in all that we do
- We create opportunities to work in partnership with others
- We care, we listen, we respect and we value everyone
- We are accountable for all our decisions and actions

Our Quality Statement

Quality is at the heart of everything we do. We strive to provide quality services to meet the needs of our members and other stakeholders.

We aim to provide quality services to meet the needs of our service users and other stakeholders by working towards continually improving our practice. A key part of this is our commitment to the Mind Quality Mark which gives us the opportunity to recognise our achievement and also to identify how we can improve the quality of our services to benefit our service users.

Our Mission Statement

Our mission is to empower people to make positive choices, achieve their aspirations and take control over their own wellbeing by providing quality services to meet the needs of our community.

Activities

All activities are undertaken to meet the charitable purposes for the public benefit, and due regard has been paid to the public benefit guidance provided by the Charity Commission.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

The services provided are:

- ***Peer Support***

Our Peer Support sessions provide social support for our service users in a safe environment. Peer support is available 3 afternoons each week, and our staff and volunteers work with service users to encourage them to integrate, develop social skills and also to consider positive steps towards recovery. The service provides informal support and also offers signposting and information about mental health related issues. There are a number of activities available during peer support sessions including a fun quiz, games afternoons, bowling and karaoke.

- ***WRAP group***

Our WRAP group continues to provide a valuable source of support to service users. WRAP gives service users the opportunity to develop their own plan for their recovery journey.

- ***Health & Wellbeing and Physical Activities***

We provide these sessions to promote health and wellbeing and to encourage people using the service to increase their level of physical activity. There is a wealth of evidence to link our mental health and physical health so these sessions aim to promote a better understanding of how we can look after our minds and bodies.

- ***One to one support***

We offer a range of one to one support to facilitate recovery and promote self-management and independence. Including a confidential listening service, information and sign posting, and informal advocacy. There is a great deal of demand for this type of support which can enable people to offload and also to explore their options, develop more effective coping strategies as part of their recovery. We also offer placements to students studying level 5/6 counselling to provide counselling support for service users.

- ***Training***

We offer both Mental Health First Aid and Mental Health First Aid Lite. Mental Health First Aid not only increases mental health awareness and literacy. It also enables people to recognise the signs and symptoms of common mental health problems, provide help on a first aid basis and to guide people towards appropriate support. This course has proven very popular and consistently receives excellent feedback. We also have a range of course developed by our team including Mental Health Awareness, Mindfulness, Team WRAP and Mental Health in the Workplace.

- ***Recovery College***

We offer a range of courses designed for people with mild/moderate mental health issues. The courses cover a wide range of mental health and wellbeing topics, courses for carers and those retuning to the workplace. These courses give people the opportunity to develop better ways of coping with their mental health. Groups are small and very informal. Again these courses receive very positive feedback from those attending.

- ***SMI Healthchecks***

Support for people with serious mental health problems to attend their annual physical health check appointments.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

- ***Outreach work***

We are pleased to work collaboratively with staff from the Forge Project in Scunthorpe as part of their lottery funded project for homeless/vulnerable people. We provide mental health outreach and liaison at the Forge on a weekly basis.

- ***Safe Space***

Safe Space provides out of hours mental health support from 4pm to midnight every day. It is open to those over the age of 16 living in North Lincolnshire and aims to prevent mental health crisis. Service users referred by NHS clinicians can access face to face support and telephone support is provided to people seeking crisis support by self referral or signposting/referrals from other agencies.

- ***Talking Minds***

Talking Minds is a 1 year projected funded with a grant from national Mind. It provides support for young people aged 14-17 experiencing poor mental health, offering both group and 1:1 support.

- ***Talking Minds Plus***

This project is a pilot funded by the NHS to develop a new model of support for young adults aged 18-25 offering counselling and group sessions with a research element involving consultation with a range of stakeholders including young people, service providers and front line staff.

- ***First Steps Forward***

A collaborative project with other voluntary sector partners to provide support to families with multiple issues including poor mental health with the aim of achieving positive outcomes for children under 5.

- ***Cost of Living Support***

This service provides support for people with mental health issues during the cost of living crisis. Funding from national Mind is being used to provide a warm space for peer support and also appointments with an advisor from Citizens Advice North Lincolnshire who can help with benefit claims, debt advice and other issues

- ***Haven House***

Haven House is a mental health crisis house providing support for people experiencing a mental health crisis as part of the North Lincolnshire crisis pathway. Service users are referred by RDASH clinicians and can stay at the house for up to 7 days. The service is staffed 24/7 and staff provide person centred support to meet individual needs and promote recovery.

- ***Welcome Home***

A service to provide ongoing support for people discharged from acute inpatient mental health beds or from the crisis house. The service aims to reduce risk of readmission and to promote recovery, supporting service users to develop effective coping strategies, build support networks and engage in their local community.

- ***Ukrainian Refugee Support***

A grant funded project to offer support to refugees and also support/training to people hosting refugees in their homes.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

- ***NHS App***

Support for people with mental health issues to access the NHS app

Achievements and Performance

- 870 attendances at our Peer Support Groups
- 980 appointments for 1:1 support from the Confidential Listening Service
- 4595 calls to the Haven/Safe Space Service for out of hours support
- 71 people received support in Haven House, mental health crisis house
- 244 attendances at the Recovery College
- In total our services supported 749 people and provided 17,596 hours of support

Financial Review

During the year total incoming resources were £868,984 (2023 £591,606), the final result for the year was a surplus of £22,320 (2023 deficit £39,561).

Reserves Policy

Our central funding sources are the Clinical Commissioning Group for NHS North Lincolnshire however we also work hard to supplement our core funding.

Our reserves policy is written in the light of the Charity Commissioner's Guidance 'Charities Reserves' (January 2016). Our aim is to keep unrestricted reserves equivalent to 9 months average expenditure and to enable us to cover staff redundancy payments should the need arise. Budgeted unrestricted expenditure for core services for 2024/2025, is £127,898 and redundancy provision is £47,432 at 31 March 2024, therefore the target is £143,355. The reserves are needed to meet the working capital requirements of the charity and the trustees are confident that at this level they would be able to continue. This policy is reviewed annually by trustees.

Structure, Governance and Management

Governing Document

North Lincolnshire Mind is a registered charity and a company limited by guarantee incorporated on 2 June 1989 and registered as a charity on 31 July 1989. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under the Articles of Association. In the event of a winding up of the charity members are required to contribute an amount not exceeding £1.

Organisational Structure

North Lincolnshire Mind is governed by our Board of Trustees (the Executive Committee) who are responsible for strategic planning and appointing staff to manage the day to day running of the organisation. The staff team work to ensure that the strategic plan is implemented and our services are delivered effectively

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

The Executive Committee meet monthly and have also organised sub-committees to cover all the statutory and management needs of the organisation. The Executive Committee are responsible for the finance, governance and strategy of the charity. It is also responsible for the review of our policies according to our policy review schedule. Our policies are available on request.

North Lincolnshire Mind is affiliated to the national charity Mind, this affiliation is governed by a membership agreement setting out the conditions of affiliation and a Trademark License

Recruitment and Appointment of New Trustees

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Executive Committee.

Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve to each Annual General Meeting. They must be re-elected at each AGM.

The Trustees are responsible for the recruitment of new Trustees. New trustees are recruited in a number of ways, either as service users/carers, through volunteering in our projects, working in collaboration with us through other agencies or by recommendation. We also register opportunities as a volunteering opportunity with Voluntary Action North Lincolnshire.

Our aim is to ensure that each post is filled by the most appropriate skills whilst also reflecting the diversity of our community. Our recruitment process is as follows, completion of application form, CV, meeting with the Executive committee, visit to a Executive Committee meeting, references/DBS check and the presentation of recommended trustees to the Board/AGM for approval. If there are more suitable candidates than places then an election is held at the AGM. Our Trustees give their time voluntarily and do not receive benefits from North Lincolnshire Mind. Any expenses claimed from the charity are set out in the notes to the financial statements.

Induction and training of new trustees

Induction is carried out as soon as possible after appointment.

New trustees receive an induction pack including:

- Memorandum and Articles of Association
- Relevant policies
- Role and responsibilities of trustees leaflet
- Minutes from latest Management Committee meeting
- Information about North Lincolnshire Mind and our services
- Operational and Development Plan
- Organisational Structure

New trustees are also encouraged to spend some time in the centre so that they can be introduced to our team and meet our service users. We also arrange training as required (e.g. Mental Health First Aid, Legal Responsibilities of Trustees, etc.). Trustees are required to undergo an appropriate level of training in the areas of mental health awareness and the role and responsibility of a Trustee.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

We also expect new trustees to take a proactive approach, to ask questions and read the information provided.

We actively encourage service users involvement in governance and endeavor to have service users taking the role of trustee. In line with guidance from the Charity Commission we recognise the importance of ensuring that service user trustees balance their role as trustees against any potential conflict of interest as beneficiaries.

Risk Management

Risk assessments have been undertaken and have covered issues such as governance and management, operational risks, financial risk, external factors and compliance risk. An action plan has been produced which details actions to manage any risks identified.

Statement of Trustees' Responsibilities

The trustees (who are also the directors of North Lincolnshire Mind for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and regulations 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 its income and expenditure, for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

Approved by the Trustees of the Charity on 13 December 2024 and signed on its behalf by:


R Gilliatt (Chair)

Independent Examiner's Report to the Trustees (Directors) of North Lincolnshire Mind

I report on the accounts of North Lincolnshire Mind for the year ended 31 March 2024 which are set out on pages 12 to 22.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

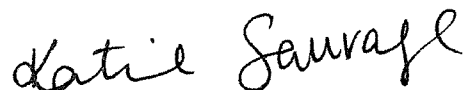
The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Chartered Certified Accountants (ACCA).

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect:
- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
 - the accounts do not which accord with such records; or
 - the accounts do not comply with the relevant accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
 - the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

Mrs Katie Sauvage FCCA
Phoenix Accountancy & Business Consultancy Limited
Morley's Cottage, Morley's Yard
Walkergate, Beverley
HU17 9BY



Date: 19/12/2024

NORTH LINCOLNSHIRE MIND

Statement of Financial Activities for the year ended 31 March 2024 (including Income and Expenditure Account and Statement of Comprehensive Income)

	Notes	Unrestricted Funds Designated	Unrestricted Funds General	Restricted Funds	Total 2024 Funds	Unrestricted Funds Designated	Unrestricted Funds General	Restricted Funds	Total 2023 Funds
		£	£	£	£	£	£	£	£
Income and endowments									
Donations and gift aid	3	-	11,363	-	11,363	-	34,916	-	34,916
Legacies	3	-	-	-	-	-	-	-	-
Investment income	4	-	6,102	-	6,102	-	1,759	-	1,759
Charitable activities	5	-	700,165	148,479	848,644	-	415,280	66,991	482,271
Other income	6	-	2,875	-	2,875	-	3,660	69,000	72,660
Total income		-	720,505	148,479	868,984	-	455,615	135,991	591,606
Expenditure									
Charitable activities	7	11,225	744,882	89,957	846,064	4,335	534,687	90,345	629,367
Governance costs	8	-	600	-	600	-	1,800	-	1,800
Total expenditure	9	11,225	745,482	89,957	846,664	4,335	536,487	90,345	631,167
Net income/(expenditure)		(11,225)	(24,977)	58,522	22,320	(4,335)	(80,872)	45,646	(39,561)
Transfers between Funds	15	4,875	203,285	(208,160)	-	84,092	51,785	(135,877)	-
Other recognised gains and losses	15	-	-	-	-	-	103,500	-	103,500
Gains on revaluation of freehold property									
Net movement in funds	15	(6,350)	178,308	(149,638)	22,320	79,757	74,413	(90,231)	63,939
Reconciliation of Funds									
Total funds brought forward		201,816	318,519	175,527	695,862	122,059	244,106	265,758	631,923
Total funds carried forward	15	195,466	496,827	25,889	718,182	201,816	318,519	175,527	695,862

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.
The notes on pages 15 to 22 form part of these financial statements.

NORTH LINCOLNSHIRE MIND
Balance Sheet as at 31 March 2024

	Notes	£	2024 £	£	2023 £
Fixed Assets					
Tangible Assets	12		343,615		349,965
Current Assets					
Debtors	13	69,642		88,247	
Cash at bank & in hand		331,242		395,821	
			<u>400,884</u>	<u>484,068</u>	
Creditors: Amounts falling due within one year	14	26,317		138,171	
Net current assets			374,567		345,897
Total net assets			<u>718,182</u>		<u>695,862</u>
Funds of the charity:					
Restricted income funds	18		25,889		175,527
Unrestricted funds:					
General purpose fund	15		348,678		170,370
Revaluation reserve	15		148,149		148,149
Designated Fund (Fixed Assets)	15		195,466		201,816
	15		<u>718,182</u>		<u>695,862</u>

For the year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts;

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS102 SORP.

The financial statements on pages 12 to 22 were approved by the Trustees on .

18 December 2024 and signed on their behalf by:



R Gilliatt – Chair
Trustee

The notes on pages 15 to 22 form part of these financial statements.

NORTH LINCOLNSHIRE MIND

Statement of Cash Flows

For the year ending 31 March 2024

	Notes	2024	2023
		£	£
Net Movement in Funds		22,320	63,939
Add back depreciation charge and loss on disposal	9	11,225	4,335
Add back revaluation gain	15	-	(103,500)
Deduct interest income shown in investing activities	4	(6,102)	(1,759)
Decrease/(increase) in debtors	13	18,605	(37,888)
Increase/(decrease) in creditors	14	(111,854)	126,745
Net cash used in operating activities		(65,806)	51,872
Cash flows from investing activities			
Interest income	4	6,102	1,759
Sale of tangible fixed assets	12	-	-
Purchase of tangible fixed assets	12	(4,875)	(84,092)
Cash provided by (used in) investing activities		1,227	(82,333)
Cash flows from financing activities			
Repayment of borrowing		-	-
Cash used in financing activities		-	-
Increase/(decrease) in cash and cash equivalents at the beginning of the year		(64,579)	(30,461)
Cash and cash equivalents at the start of the year		395,821	426,282
Total cash and cash equivalents at the end of the year		331,242	395,821

The notes on pages 15 to 22 form part of these financial statements.

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2024

1. Basis of preparation

North Lincolnshire Mind is a registered charity, registration number 701801, company number 02391367, registered in the United Kingdom. The address of the charity is given in the reference and administrative details on page 1 of these financial statements. The nature of the charity's operations and principal activities are described in the Trustees Annual report set out on pages 3 to 10.

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to UK and Republic of Ireland (FRS102) issued on 16 July 2014; and with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and with the Charities Act 2011.

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 2.

2. Accounting policies

Income and endowments

- All grants and voluntary income are accounted for gross where receivable, as long as they are capable of financial measurement. This includes gifts in kind, included at estimated valuation. For legacies, entitlement is taken as the date on which notification has been made by the Executors to the Trustees that a distribution will be made.
- Tax reclaims on donations and gifts. Any incoming resources from tax reclaims are included in the Statement of Activities at the same time as the donation or gift to which they relate.
- Investment income is included in the accounts when receivable.

Expenditure

- All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources.
- Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Assets

- Tangible fixed assets are included at cost or revalued amounts. There are no uncapitalised fixed assets.

NORTH LINCOLNSHIRE MIND**Notes to the Financial Statements for the year ended 31 March 2024**

- Depreciation is provided to write off the cost or valuation, less estimated residual values, of all fixed assets except freehold land, over their expected useful lives. It is calculated at the following rates:

Buildings	2% per annum on written down value
Equipment and fittings	15% per annum on written down value

- Properties whose fair value can be measured reliably are held under the revaluation model and are carried at a revalued amount, being their fair value at the date of valuation less any subsequent accumulated depreciation and subsequent accumulated impairment losses. The fair value of the land and buildings is usually considered to be their market value.

Revaluation gains and losses are recognised in other comprehensive income and accumulated in equity, except to the extent that a revaluation gain reverses a revaluation loss previously recognised in surplus or deficit or a revaluation loss exceeds the accumulated revaluation gains recognised in equity; such gains and losses are recognised in surplus or deficit.

- Debtors are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be achieved.
- Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Liabilities

- Liabilities are recognised where it is more than likely that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
- The charity has creditors which are measured at settlement amounts less any trade discounts.
- Basic financial instruments are accounted for on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19. FRS102 SORP.

Fund Accounting

Funds held by the charity are:

- Unrestricted general funds – these are funds which can be used in accordance with the aims of the charity at the discretion of the trustees
- Designated funds – these are unrestricted funds which have been set aside by the trustees representing the carrying value of all fixed assets held by the charity.
- Restricted funds – these are funds arising from donations, contracts and grants received in respect of specific projects. Deficits arising in the year are covered by unrestricted funds.

NORTH LINCOLNSHIRE MIND**Notes to the Financial Statements for the year ended 31 March 2024****3. Income from Donations**

During the year the charity received numerous donations. The Charity intends to use the donations to support its general purposes.

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
			£	£
Donations and Gift Aid	11,363	-	11,363	34,916

Income from Legacies

The charity did not receive any significant income from legacies during the current or previous year.

4. Investment income

	Total 2024	Total 2023
	£	£
Bank interest	6,102	1,759
	<u>6,102</u>	<u>1,759</u>

5. Income from charitable activities

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
CCG - Listening service	81,831	-	81,831	80,384
CCG – The Haven	-	-	-	47,900
CCG – Recovery College	50,000	-	50,000	-
NHS Autism Funding	3,774	-	3,774	-
CCG – Pre/post Hospital Support	-	32,525	32,525	-
CCG – SMI	-	32,000	32,000	32,000
Mental Health Link worker	-	-	-	4,496
CCG – Safe Spaces	37,000	-	37,000	-
Mind Grant – Ukrainian support	-	-	-	5,000
Mind grant -Cost of Living fund	-	20,571	20,571	-
Mind grant – Deputy CEO post	-	35,000	35,000	-
CCG – Haven Crisis House	527,560	-	527,560	280,000
Mind grant – Children & young Persons	-	4,972	4,972	22,374
Grant – Humber Wolds re NHS App	-	-	-	2,500
Grant – VANL Best Start For All	-	23,186	23,186	7,617
Grant – Hey Mind HVVP Counselling	-	225	225	-
	<u>700,165</u>	<u>148,479</u>	<u>848,644</u>	<u>482,271</u>

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2024

6. Other Income

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Room hire	2,795	-	2,795	3,610
Subscriptions	80	-	80	50
CCG – Crisis House (capital grant)	-	-	-	69,000
	<u>2,875</u>	<u>-</u>	<u>2,875</u>	<u>72,660</u>

7. Charitable activities

	Designated Funds	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£	£
Support and development of mental health	11,225	742,603	89,285	843,113	624,980
Training/conferences	-	2,279	672	2,951	4,387
	<u>11,225</u>	<u>744,882</u>	<u>89,957</u>	<u>846,064</u>	<u>629,367</u>

8. Governance costs

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Legal & Professional	-	-	-	1,200
Independent Examination	600	-	600	600
	<u>600</u>	<u>-</u>	<u>600</u>	<u>1,800</u>

9. Total expenditure

	Staff costs	Other costs	Total 2024	Total 2023
	£	£	£	£
Charitable activities	746,500	99,564	846,064	629,367
Governance costs	-	600	600	1,800
	<u>746,500</u>	<u>100,164</u>	<u>846,664</u>	<u>631,167</u>

Staff Costs

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Wages and salaries	615,283	66,592	681,875	497,238
Employer's NIC	47,149	4,681	51,830	36,713
Employer's pension contributions	11,535	1,260	12,795	8,210
	<u>673,967</u>	<u>72,533</u>	<u>746,500</u>	<u>542,161</u>

NORTH LINCOLNSHIRE MIND**Notes to the Financial Statements for the year ended 31 March 2024****9. Total expenditure (continued)**

No member of staff is paid over £60,000 per year.

The average number of employees, analysed by function, was:

	Total 2024	Total 2023
Charitable activities	32	26
Administration	3	3
	<u>35</u>	<u>29</u>

Other Costs	Unrestricted Designated £	Unrestricted General £	Restricted £	Total 2024 £	Total 2023 £
Premises costs	-	9,108	-	9,108	7,082
Depreciation and loss on disposal	11,225	-	-	11,225	4,335
Telephone and postage	-	5,067	116	5,183	4,664
Printing and stationery	-	2,329	-	2,329	1,627
Equipment hire and property repairs	-	7,736	-	7,736	6,561
Equipment repairs and replacements	-	1,139	-	1,139	4,233
IT consumables and repairs	-	4,176	-	4,176	2,468
Cleaning	-	3,187	-	3,187	2,807
Room Hire	-	40	330	370	10
Insurance	-	9,093	-	9,093	8,052
Travel & accommodation	-	208	257	465	592
Staff and volunteer expenses	-	2,501	166	2,667	2,483
Miscellaneous	-	13,773	402	14,175	9,072
Publications and subscriptions	-	1,853	-	1,853	2,430
Governance costs	-	600	-	600	1,800
Other professional services	-	3,580	15,350	18,930	21,844
Bank and credit card charges	-	60	-	60	77
Events and training	-	2,279	672	2,951	4,387
Centre activities and marketing	-	4,785	132	4,917	4,482
	<u>11,225</u>	<u>71,514</u>	<u>17,425</u>	<u>100,164</u>	<u>89,006</u>

10. Trustees remuneration and expenses

	Total 2024 £	Total 2023 £
Trustees remuneration	-	-
Trustees' expenses reimbursed	-	-

NORTH LINCOLNSHIRE MIND**Notes to the Financial Statements for the year ended 31 March 2024****11. Taxation**

As a charity the company is exempt from Corporation Tax.

12. Tangible Assets

	Freehold land and buildings	Fixtures and fittings	Total
Cost or valuation	£	£	£
At 1 April 2023	320,000	42,628	362,628
Additions	-	4,875	4,875
Disposal	-	-	-
At 31 March 2024	<u>320,000</u>	<u>47,503</u>	<u>367,503</u>
Depreciation			
At 1 April 2023	-	12,663	12,663
Charge for the year	6,400	4,825	11,225
Eliminated on disposals	-	-	-
31 March 2024	<u>6,400</u>	<u>17,488</u>	<u>23,888</u>
Net Book Value			
At 31 March 2024	<u>313,600</u>	<u>30,015</u>	<u>343,615</u>
At 31 March 2023	<u>320,000</u>	<u>29,965</u>	<u>349,965</u>

Land and buildings with a carrying amount of £320,000 were revalued at 12 January 2024 by Louise McCaffrey Bsc (Hons) MRICS RICS Registered Valuer of Bell Watson, independent valuers not connected with the charity on the basis of open market value. The valuation conforms to International Valuation Standards and was based on recent market transactions on arm's length terms for similar properties.

The revaluation reserve is disclosed at note 15.

If revalued assets were stated on an historical cost basis rather than a fair value basis, the total amounts included would have been as follows:

	2024	2023
Land and Buildings	£	£
Historical cost	194,397	194,397
Accumulated depreciation	(27,149)	(23,261)
	<u>167,248</u>	<u>171,136</u>

13. Debtors

	2024	2023
	£	£
Debtors	68,078	87,096
Prepayments and accrued income	1,564	1,151
	<u>69,642</u>	<u>88,247</u>

NORTH LINCOLNSHIRE MIND**Notes to the Financial Statements for the year ended 31 March 2024****14. Creditors: Amounts falling due within one year**

	2024	2023
	£	£
Creditor, accruals and payments in advance	26,317	138,171
	<u>26,317</u>	<u>138,171</u>

15. Funds

	Unrestricted funds			Restricted	Total
	Designated Funds	General funds	Revaluation Reserve	Funds	
	£	£	£	£	£
Balance at 1.4.23	201,816	170,370	148,149	175,527	695,862
Movement in funds for the year					
Net Income & Expenditure	(11,225)	(24,977)	-	58,522	22,320
Other recognized gains/losses	-	-	-	-	-
Transfers between funds					
-Fixed assets	4,875	(4,875)	-	-	-
-Core costs	-	52,660	-	(52,660)	-
-Reallocations by CCG	-	110,814	-	(110,814)	-
-write off underspend	-	44,686	-	(44,686)	-
-write off overspend	-	-	-	-	-
Balance at 31.3.24	<u>195,466</u>	<u>348,678</u>	<u>148,149</u>	<u>25,889</u>	<u>718,182</u>

16. Analysis of net assets between funds

	Unrestricted funds			Restricted	Total
	Designated Funds	General funds	Revaluation Reserve	Funds	
	£	£	£	£	£
Fixed assets	195,466	-	148,149	-	343,615
Current assets	-	374,995	-	25,889	400,884
Current liabilities	-	(26,317)	-	-	(26,317)
	<u>195,466</u>	<u>348,678</u>	<u>148,149</u>	<u>25,889</u>	<u>718,182</u>

17. Legal status of the charity

The charity is a company limited by guarantee and has no share capital. 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.

NORTH LINCOLNSHIRE MIND**Notes to the Financial Statements for the year ended 31 March 2024****18. Summary of Restricted Funds**

	1.4.23	Income	Expenses	Transfers		31.3.24
				Designated	General	
	£	£	£	£	£	£
Grant – Hey Mind HVVP Counselling	-	225	(465)	-	-	(240)
Mind grant – Deputy CEO post	-	35,000	(13,077)	-	-	21,923
Mind-Children & Young Persons	1,600	4,972	(2,377)	-	(4,195)	-
Mind grant -Cost of Living fund	-	20,571	(14,810)	-	(5,761)	-
CCG -Talking Minds Plus	45,965	-	(12,921)	-	(33,044)	-
CCG - digital service	30,000	-	-	-	(30,000)	-
CCG - recovery college	30,814	-	-	-	(30,814)	-
CCG - Pre/post hospital support	65,843	32,525	(18,396)	-	(79,972)	-
CCG – Best start for all (First Steps Forward)	1,305	23,186	(12,285)	-	(8,000)	4,206
CCG - SMI	-	32,000	(15,626)	-	(16,374)	-
	<u>175,527</u>	<u>148,479</u>	<u>(89,957)</u>	<u>-</u>	<u>(208,160)</u>	<u>25,889</u>

19. Going Concern

The Trustees consider the Company to be a going concern for a period of at least 12 months beyond the date of the Independent Examiners report.

North Lincolnshire Mind

England & Wales - Charity number 701801

Accounts

Company registration number no 2391367
Charity registration number no 701801

NORTH LINCOLNSHIRE MIND
(A COMPANY LIMITED BY GUARANTEE)

**ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

Company registration number no 2391367
Charity registration number no 701801

**NORTH LINCOLNSHIRE MIND
(FORMERLY SCUNTHORPE & DISTRICT MIND)**

**ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

CONTENTS

Chief Executive's Introduction	1
Reference and Administrative Details	2
Trustees' Report	3 to 9
Statement of Trustees' Responsibilities	10
Independent Examiner's Report	11
Statement of Financial Activities	12
Balance Sheet	13
Cashflow	14
Notes to the Financial Statements	15 to 21

If you are interested in mental health, would like to use our services or perhaps contribute some time and energy to help us develop our services please contact us at:

*North Lincolnshire Mind
Printers Yard
Fenton Street
Scunthorpe
North Lincolnshire
DN15 6QX*

Tel: 01724 279500

www.nlmind.org

NORTH LINCOLNSHIRE MIND

Chief Executive's Introduction

It has been another busy year for North Lincolnshire Mind as the demand for mental health support continues to increase. Whilst our existing services continue to provide support for many people, we have also developed some new services including support for people with severe mental health issues to attend physical health checks, a recovery college offering a workshops and courses on a wide range of mental health and wellbeing related topics and a mental health crisis house.

Our team of staff and volunteers is growing rapidly and I am proud of all the hard work and dedication shown by our team members. We work collaboratively with colleagues in a wide range of other statutory and voluntary sector agencies and I believe that this collaborative approach is central to meeting the needs of our service users.

We are living in very stressful times and it is important to ensure that our services continue to develop to meet the needs of local people. This year we have supported over 750 people across our services. I'd like to thank all of our team members and our funders, commissioners and partner organisations. Last but definitely not least, a huge thank you to everyone who has donated or raised funds for North Lincolnshire Mind.

Claire Chapman

Chief Executive Officer

Company registration number no 2391367
Charity registration number no 701801

NORTH LINCOLNSHIRE MIND

Reference and Administrative Details

DIRECTORS and TRUSTEES

R Gilliatt – appointed 4 November 2014, appointed Chair
28 September 2018
C Phillips – Treasurer, appointed 28 March 2012
N Modak – appointed 28 September 2018
N Dakin – appointed 23 August 2022
P Owston – appointed 23 August 2022

REGISTERED OFFICE

Printers Yard
Fenton Street
Scunthorpe
North Lincolnshire
DN15 6QX

REGISTERED COMPANY NUMBER

2391367

REGISTERED CHARITY NUMBER

701801

INDEPENDENT EXAMINER

Voluntary Action North Lincolnshire Ltd
4-6 Robert Street
Scunthorpe
North Lincolnshire
DN15 6NG

BANKERS

CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME 19 4JQ

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report)

For the year ended 31 March 2023

The Trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2023.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Our Team

Trustees (Executive Committee)

R Gilliatt – appointed 4 November 2014, appointed Chair 28 September 2018

C Phillips – Treasurer, appointed 28 March 2012

N Modak – appointed 28 September 2018

N Dakin – appointed 23 August 2022

P Owston – appointed 23 August 2022

Key Management Staff during the year

Claire Chapman (Chief Executive Officer)

Jason Coy (Community Development Worker)

Jurate Klusaite (Centre Support Worker)

We would like to thank all of our volunteers for all their time and to acknowledge the valuable contribution they make to the organisation.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report)(Continued)

Chair's Summary

Our last year has seen further growth at North Lincolnshire Mind and our dedicated team have continued to work above and beyond to provide outstanding support to our service users.

North Lincolnshire Mind has continued to focus on providing quality services targeting those most in need and we continue to work closely with other agencies.

The crisis house has been a great success since opening in August 2022 and a much used resource. Agencies referring to the crisis house have been extremely complimentary about our work and feedback from service users across the board has been overwhelmingly positive. We have run a number of successful projects during the year and continue to explore further opportunities.

We still continue to face budget constraints and a great deal of work is done in making sure we can deliver quality services within increasingly tight budgets. I am always amazed how our team can stretch finances to achieve so much!

We can all continue to feel proud to be associated with such an amazing organisation in the years ahead.

Ruth Gilliatt

Chair

North Lincolnshire Mind

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Objectives and Activities

The charity's objectives are to 'promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorders and conditions of emotional or mental distress requiring advice or treatment'.

Our Aims

- To promote a positive image of mental health through challenging stigma, discrimination and inequality
- To provide a range of socially inclusive services to meet the needs of our service users
- To support our service users to have a voice and to ensure that their views are valued and respected
- To campaign on mental health issues

Our Values

- We take pride in being part of North Lincolnshire Mind
- We commit ourselves to goals that make a positive difference
- We raise expectations of our own performance and that of others
- We seize new opportunities with energy and enthusiasm
- We strive to achieve excellence and quality in all that we do
- We create opportunities to work in partnership with others
- We care, we listen, we respect and we value everyone
- We are accountable for all our decisions and actions

Our Quality Statement

Quality is at the heart of everything we do. We strive to provide quality services to meet the needs of our members and other stakeholders.

We aim to provide quality services to meet the needs of our service users and other stakeholders by working towards continually improving our practice. A key part of this is our commitment to the Mind Quality Mark which gives us the opportunity to recognise our achievement and also to identify how we can improve the quality of our services to benefit our service users.

Our Mission Statement

Our mission is to empower people to make positive choices, achieve their aspirations and take control over their own wellbeing by providing quality services to meet the needs of our community.

Activities

All activities are undertaken to meet the charitable purposes for the public benefit, and due regard has been paid to the public benefit guidance provided by the Charity Commission.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

The services provided are:

- ***Peer Support***

Our Peer Support sessions provide social support for our service users in a safe environment. Peer support is available 3 afternoons each week, and our staff and volunteers work with service users to encourage them to integrate, develop social skills and also to consider positive steps towards recovery. The service provides informal support and also offers signposting and information about mental health related issues. There are a number of activities available during peer support sessions including a fun quiz, games afternoons, Karaoke.

- ***WRAP group***

Our WRAP group continues to provide a valuable source of support to service users. WRAP gives service users the opportunity to develop their own plan for their recovery journey.

- ***Health & Wellbeing and Physical Activities***

We provide these sessions to promote health and wellbeing and to encourage people using the service to increase their level of physical activity. There is a wealth of evidence to link our mental health and physical health so these sessions aim to promote a better understanding of how we can look after our minds and bodies.

- ***One to one support***

We offer a range of one to one support to facilitate recovery and promote self-management and independence. Including a confidential listening service, information and sign posting, and informal advocacy. There is a great deal of demand for this type of support which can enable people to offload and also to explore their options, develop more effective coping strategies as part of their recovery.

- ***Training***

We offer both Mental Health First Aid and Mental Health First Aid Lite. Mental Health First Aid not only increases mental health awareness and literacy. It also enables people to recognise the signs and symptoms of common mental health problems, provide help on a first aid basis and to guide people towards appropriate support. This course has proven very popular and consistently receives excellent feedback. We also have a range of course developed by our team including Mental Health Awareness, Mindfulness, Team WRAP and Mental Health in the Workplace.

- ***Recovery College***

We offer a range of courses designed for people with mild/moderate mental health issues. The courses cover a wide range of mental health and wellbeing topics, courses for carers and those returning to the workplace. These courses give people the opportunity to develop better ways of coping with their mental health. Groups are small and very informal. Again these courses receive very positive feedback from those attending.

- ***Outreach work***

We are pleased to work collaboratively with staff from the Forge Project in Scunthorpe as part of their lottery funded project for homeless/vulnerable people. We provide mental health outreach and liaison at the Forge on a weekly basis.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

- ***The Haven***

The Haven provides out of hours mental health support from 6pm to midnight every day. It is open to those over the age of 16 living in North Lincolnshire and provides both group and 1:1 support for people experiencing mental distress.

- ***Talking Minds***

Talking Minds is a 1 year projected funded with a grant from national Mind. It provides support for young people aged 14-17 experiencing poor mental health, offering both group and 1:1 support.

- ***Talking Minds Plus***

. This project is a pilot funded by the NHS to develop a new model of support for young adults aged 18-25 offering counselling and group sessions with a research element involving consultation with a range of stakeholders including young people, service providers and front line staff.

- ***First Steps Forward***

A collaborative project with other voluntary sector partners to provide support to families with multiple issues including poor mental health with the aim of achieving positive outcomes for children under 5.

- ***SMI Healthchecks***

Support for people with serious mental health problems to attend their annual physical health check appointments.

- ***Haven House***

Haven House is a mental health crisis house providing support for people experiencing a mental health crisis as part of the North Lincolnshire crisis pathway. Service users are referred by RDASH clinicians and can stay at the house for up to 7 days. The service is staffed 24/7 and staff provide person centred support to meet individual needs and promote recovery.

Achievements and Performance

- 970 attendances at our Peer Support Groups
- 1495 appointments for 1:1 support from the Confidential Listening Service
- 4643 calls to the Haven Service for out of hours support
- 332 calls for telephone support
- 244 attendances at the Recovery College
- 338 counselling sessions provided by Talking Minds Plus service for young adults

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Financial Review

During the year total incoming resources were £559,606 (2022 £548,812), the final result for the year was a deficit of £71,561 (2022 surplus £261,712).

Reserves Policy

Our central funding sources are the Clinical Commissioning Group for NHS North Lincolnshire however we also work hard to supplement our core funding.

Our reserves policy is written in the light of the Charity Commissioner's Guidance 'Charities Reserves' (January 2016). Our aim is to keep unrestricted reserves equivalent to 9 months average expenditure and to enable us to cover staff redundancy payments should the need arise. Budgeted unrestricted expenditure for 2023/2024, excluding Haven House and staff costs, is £186,259 and redundancy provision is £36,491 at 31 March 2023, therefore the target is £176,185. The reserves are needed to meet the working capital requirements of the charity and the trustees are confident that at this level they would be able to continue. This policy is reviewed annually by trustees.

Structure, Governance and Management

Governing Document

North Lincolnshire Mind is a registered charity and a company limited by guarantee incorporated on 2 June 1989 and registered as a charity on 31 July 1989. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under the Articles of Association. In the event of a winding up of the charity members are required to contribute an amount not exceeding £1.

Organisational Structure

North Lincolnshire Mind is governed by our Board of Trustees (the Executive Committee) who are responsible for strategic planning and appointing staff to manage the day to day running of the organisation. The staff team work to ensure that the strategic plan is implemented and our services are delivered effectively

The Executive Committee meet monthly and have also organised sub-committees to cover all the statutory and management needs of the organisation. The Executive Committee are responsible for the finance, governance and strategy of the charity. It is also responsible for the review of our policies according to our policy review schedule. Our policies are available on request.

North Lincolnshire Mind is affiliated to the national charity Mind, this affiliation is governed by a membership agreement setting out the conditions of affiliation and a Trademark License

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Recruitment and Appointment of New Trustees

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Executive Committee.

Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve to each Annual General Meeting. They must be re-elected at each AGM.

The Trustees are responsible for the recruitment of new Trustees. New trustees are recruited in a number of ways, either as service users/carers, through volunteering in our projects, working in collaboration with us through other agencies or by recommendation. We also register opportunities as a volunteering opportunity with Voluntary Action North Lincolnshire.

Our aim is to ensure that each post is filled by the most appropriate skills whilst also reflecting the diversity of our community. Our recruitment process is as follows, completion of application form, CV, meeting with the Executive committee, visit to a Executive Committee meeting, references/DBS check and the presentation of recommended trustees to the Board/AGM for approval. If there are more suitable candidates than places then an election is held at the AGM. Our Trustees give their time voluntarily and do not receive benefits from North Lincolnshire Mind. Any expenses claimed from the charity are set out in the notes to the financial statements.

Induction and training of new trustees

Induction is carried out as soon as possible after appointment.

New trustees receive an induction pack including:

- Memorandum and Articles of Association
- Relevant policies
- Role and responsibilities of trustees leaflet
- Minutes from latest Management Committee meeting
- Information about North Lincolnshire Mind and our services
- Operational and Development Plan
- Organisational Structure

New trustees are also encouraged to spend some time in the centre so that they can be introduced to our team and meet our service users. We also arrange training as required (e.g. Mental Health First Aid, Legal Responsibilities of Trustees, etc.). Trustees are required to undergo an appropriate level of training in the areas of mental health awareness and the role and responsibility of a Trustee.

We also expect new trustees to take a proactive approach, to ask questions and read the information provided.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Year ended 31 March 2023

We actively encourage service users involvement in governance and endeavor to have service users taking the role of trustee. In line with guidance from the Charity Commission we recognise the importance of ensuring that service user trustees balance their role as trustees against any potential conflict of interest as beneficiaries.

Risk Management

Risk assessments have been undertaken and have covered issues such as governance and management, operational risks, financial risk, external factors and compliance risk. An action plan has been produced which details actions to manage any risks identified.

Statement of Trustees' Responsibilities

The trustees (who are also the directors of North Lincolnshire Mind for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and regulations 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 its income and expenditure, for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

Approved by the Trustees of the Charity on  and signed on its behalf by:

15/5/2024

R Gilliatt
Chair

Independent Examiner's Report to the Trustees (Directors) of North Lincolnshire Mind

I report on the accounts of North Lincolnshire Mind for the year ended 31 March 2023 which are set out on pages 12 to 21.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Chartered Certified Accountants (ACCA).

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not which accord with such records; or
- the accounts do not comply with the relevant accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

Mrs Katie Sauvage FCCA
Phoenix Accountancy & Business Consultancy Limited
Morley's Cottage, Morley's Yard
Walkergate, Beverley
HU17 9BY



Date: 16th May 2024

NORTH LINCOLNSHIRE MIND

Statement of Financial Activities for the year ended 31 March 2023 (including Income and Expenditure Account and Statement of Comprehensive Income)

	Notes	Unrestricted Designated Funds	Unrestricted Funds General	Restricted Funds	Total 2023 Funds	Unrestricted Designated Funds	Unrestricted Funds General	Restricted Funds	Total 2022 Funds
		£	£	£	£				£
Income and endowments									
Donations and gift aid	3	-	34,916	-	34,916	-	9,257	4,828	14,085
Legacies	3	-	-	-	-	-	-	-	-
Investment income	4	-	1,759	-	1,759	-	249	-	249
Charitable activities	5	-	415,280	66,991	482,271	-	229,807	278,946	508,753
Other income	6	-	3,660	69,000	72,660	-	10,725	15,000	25,725
Total income		-	455,615	135,991	591,606	-	250,038	298,774	548,812
Expenditure									
Charitable activities	7	4,335	534,687	90,345	629,367	3,907	259,589	15,929	279,425
Governance costs	8	-	1,800	-	1,800	-	7,675	-	7,675
Total expenditure	9	4,335	536,487	90,345	631,167	3,907	267,264	15,929	287,100
Net income/(expenditure)		(4,335)	(80,872)	45,646	(39,561)	(3,907)	(17,226)	282,845	261,712
Transfers between Funds	15	84,092	51,785	(135,877)	-	22,806	(4,437)	(18,369)	-
Other recognised gains and losses									
Gains on revaluation of freehold property	15	-	103,500	-	103,500	-	-	-	-
Net movement in funds	15	79,757	74,413	(90,231)	63,939	18,899	(21,663)	264,476	261,712
Reconciliation of Funds									
Total funds brought forward		122,059	244,106	265,758	631,923	103,160	265,769	1,282	370,211
Total funds carried forward	15	201,816	318,519	175,527	695,862	122,059	244,106	265,758	631,923

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.
The notes on pages 15 to 21 form part of these financial statements.

NORTH LINCOLNSHIRE MIND
Balance Sheet as at 31 March 2023

	Notes	£	2023 £	£	2022 £
Fixed Assets					
Tangible Assets	12		349,965		166,708
Current Assets					
Debtors	13	88,247		50,359	
Cash at bank & in hand		395,821		426,282	
			<u>484,068</u>	<u>476,641</u>	
Creditors: Amounts falling due within one year	14	138,171		11,426	
Net current assets			345,897		465,215
Total net assets			<u>695,862</u>		<u>631,923</u>
Funds of the charity:					
Restricted income funds	15		175,527		265,758
Unrestricted funds:					
General purpose fund	15		170,370		199,457
Revaluation reserve	15		148,149		44,649
Designated Fund (Fixed Assets)	15		201,816		122,059
	15		<u>695,862</u>		<u>631,923</u>

For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts;

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS102 SORP.

The financial statements on pages 12 to 21 were approved by the Trustees on .

15/5/2024 and signed on their behalf by:



R Gilliatt – Chair
Trustee

The notes on pages 15 to 21 form part of these financial statements.

NORTH LINCOLNSHIRE MIND

Statement of Cash Flows

For the year ending 31 March 2023

	Notes	2023	2022
		£	£
Net Movement in Funds		63,939	261,712
Add back depreciation charge and loss on disposal	9	4,335	3,907
Add back revaluation gain	15	(103,500)	-
Deduct interest income shown in investing activities	4	(1,759)	(249)
Decrease/(increase) in debtors	13	(37,888)	20,337
Increase/(decrease) in creditors	14	126,745	229
Net cash used in operating activities		51,872	285,936
Cash flows from investing activities			
Interest income	4	1,759	249
Sale of tangible fixed assets	12	-	-
Purchase of tangible fixed assets	12	(84,092)	(22,806)
Cash provided by (used in) investing activities		(82,333)	(22,557)
Cash flows from financing activities			
Repayment of borrowing		-	-
Cash used in financing activities		-	-
Increase/(decrease) in cash and cash equivalents at the beginning of the year		(30,461)	263,379
Cash and cash equivalents at the start of the year		426,282	162,903
Total cash and cash equivalents at the end of the year		395,821	426,282

The notes on pages 15 to 21 form part of these financial statements.

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2023

1. Basis of preparation

North Lincolnshire Mind is a registered charity, registration number 701801, company number 02391367, registered in the United Kingdom. The address of the charity is given in the reference and administrative details on page 1 of these financial statements. The nature of the charity's operations and principal activities are described in the Trustees Annual report set out on pages 3 to 10.

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to UK and Republic of Ireland (FRS102) issued on 16 July 2014; and with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and with the Charities Act 2011.

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 2.

2. Accounting policies

Income and endowments

- All grants and voluntary income are accounted for gross where receivable, as long as they are capable of financial measurement. This includes gifts in kind, included at estimated valuation. For legacies, entitlement is taken as the date on which notification has been made by the Executors to the Trustees that a distribution will be made.
- Tax reclaims on donations and gifts. Any incoming resources from tax reclaims are included in the Statement of Activities at the same time as the donation or gift to which they relate.
- Investment income is included in the accounts when receivable.

Expenditure

- All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources.
- Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Assets

- Tangible fixed assets are included at cost or revalued amounts. There are no uncapitalised fixed assets.

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2023

- Depreciation is provided to write off the cost or valuation, less estimated residual values, of all fixed assets except freehold land, over their expected useful lives. It is calculated at the following rates:

Buildings	2% per annum on written down value
Equipment and fittings	15% per annum on written down value

- Properties whose fair value can be measured reliably are held under the revaluation model and are carried at a revalued amount, being their fair value at the date of valuation less any subsequent accumulated depreciation and subsequent accumulated impairment losses. The fair value of the land and buildings is usually considered to be their market value.

Revaluation gains and losses are recognised in other comprehensive income and accumulated in equity, except to the extent that a revaluation gain reverses a revaluation loss previously recognised in surplus or deficit or a revaluation loss exceeds the accumulated revaluation gains recognised in equity; such gains and losses are recognised in surplus or deficit.

- Debtors are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be achieved.
- Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Liabilities

- Liabilities are recognised where it is more than likely that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
- The charity has creditors which are measured at settlement amounts less any trade discounts.
- Basic financial instruments are accounted for on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19. FRS102 SORP.

Fund Accounting

Funds held by the charity are:

- i. Unrestricted general funds – these are funds which can be used in accordance with the aims of the charity at the discretion of the trustees
- ii. Designated funds – these are unrestricted funds which have been set aside by the trustees representing the carrying value of all fixed assets held by the charity.
- iii. Restricted funds – these are funds arising from donations, contracts and grants received in respect of specific projects. Deficits arising in the year are covered by unrestricted funds.

NORTH LINCOLNSHIRE MIND
Notes to the Financial Statements for the year ended 31 March 2023

3. Income from Donations

During the year the charity received numerous donations. The Charity intends to use the donations to support its general purposes.

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£		£	£
Donations and Gift Aid	34,916	-	34,916	9,257
Coronavirus Job Retention	-	-	-	
				4,828
	<u>34,916</u>	<u>-</u>	<u>34,916</u>	<u>14,085</u>

Income from Legacies

The charity did not receive any significant income from legacies during the current or previous year.

4. Investment income

	Total 2023	Total 2022
	£	£
Bank interest	1,759	249
	<u>1,759</u>	<u>249</u>

5. Income from charitable activities

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
CCG - Listening service	80,384	-	80,384	81,976
CCG – The Haven	47,900	-	47,900	131,725
CCG – Recovery College	-	-	-	50,000
CCG – Talking Minds Plus	-	-	-	85,000
CCG – Pre/post Hospital Support	-	-	-	80,000
CCG – Digital services	-	-	-	30,000
CCG – SMI	-	32,000	32,000	-
Mental Health Link worker	4,496	-	4,496	4,232
NLC – Covid Vaccination Support	-	-	-	11,874
Mind grant -Ukrainian Refugee support	-	5,000	5,000	-
Mind grant – Fundraiser post	-	-	-	11,572
CCG – Haven Crisis House	280,000	-	280,000	-
Mind grant – Children & young Persons	-	22,374	22,374	-
Grant – Humber Wolds re NHS App	2,500	-	2,500	-
Grant – VANL Best Start For All	-	7,617	7,617	-
	<u>415,280</u>	<u>66,991</u>	<u>482,271</u>	<u>508,753</u>

NORTH LINCOLNSHIRE MIND
Notes to the Financial Statements for the year ended 31 March 2023

6. Other Income

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Room hire	3,610	-	3,610	2,705
Subscriptions	50	-	50	20
North Lincs Council – Coronavirus support grant	-	-	-	8,000
CCG – Crisis House (capital grant)	-	69,000	69,000	15,000
	<u>3,660</u>	<u>69,000</u>	<u>72,660</u>	<u>25,725</u>

7. Charitable activities

	Designated Funds	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£	£
Support and development of mental health	4,335	531,171	89,474	624,980	277,130
Training/conferences	-	3,516	871	4,387	2,295
	<u>4,335</u>	<u>534,687</u>	<u>90,345</u>	<u>629,367</u>	<u>279,425</u>

8. Governance costs

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Legal & Professional	1,200	-	1,200	7,375
Independent Examination	600	-	600	300
	<u>1,800</u>	<u>-</u>	<u>1,800</u>	<u>7,675</u>

9. Total expenditure

	Staff costs	Other costs	Total 2023	Total 2022
	£	£	£	£
Charitable activities	542,161	87,206	629,367	279,425
Governance costs	-	1,800	1,800	7,675
	<u>542,161</u>	<u>89,006</u>	<u>631,167</u>	<u>287,100</u>

Staff Costs

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Wages and salaries	443,679	53,559	497,238	224,614
Employer's NIC	33,040	3,673	36,713	11,431
Employer's pension contributions	7,733	477	8,210	3,974
	<u>484,452</u>	<u>57,709</u>	<u>542,161</u>	<u>240,019</u>

NORTH LINCOLNSHIRE MIND
Notes to the Financial Statements for the year ended 31 March 2023

9. Total expenditure (continued)

No member of staff is paid over £60,000 per year.

The average number of employees, analysed by function, was:

	Total 2023	Total 2022
Charitable activities	26	16
Administration	3	1
	<u>29</u>	<u>17</u>

Other Costs	Unrestricted Designated £	Unrestricted General £	Restricted £	Total 2023 £	Total 2022 £
Premises costs	-	7,082	-	7,082	7,277
Depreciation and loss on disposal	4,335	-	-	4,335	3,907
Telephone and postage	-	4,664	-	4,664	4,111
Printing and stationery	-	1,527	100	1,627	1,301
Equipment hire and property repairs	-	6,529	32	6,561	3,820
Equipment repairs and replacements	-	867	3,366	4,233	-
IT consumables and repairs	-	2,328	140	2,468	190
Cleaning	-	2,807	-	2,807	3,372
Room Hire	-	-	10	10	-
Insurance	-	8,052	-	8,052	5,542
Travel & accommodation	-	196	396	592	-
Staff and volunteer expenses	-	2,380	103	2,483	364
Miscellaneous	-	4,510	4,562	9,072	584
Publications and subscriptions	-	2,430	-	2,430	1,615
Governance costs	-	1,800	-	1,800	7,675
Other professional services	-	1,144	20,700	21,844	-
Bank and credit card charges	-	77	-	77	96
Events and training	-	3,516	871	4,387	2,295
Centre activities and marketing	-	2,126	2,356	4,482	4,932
	<u>4,335</u>	<u>52,035</u>	<u>32,636</u>	<u>89,006</u>	<u>47,081</u>

10. Trustees remuneration and expenses

	Total 2023 £	Total 2022 £
Trustees remuneration	-	-
Trustees' expenses reimbursed	-	-

11. Taxation

As a charity the company is exempt from Corporation Tax.

NORTH LINCOLNSHIRE MIND
Notes to the Financial Statements for the year ended 31 March 2023

12. Tangible Assets

	Freehold land and buildings	Fixtures and fittings	Total
Cost	£	£	£
At 1 April 2022	173,821	23,760	197,581
Additions	65,224	18,868	84,092
Revaluation adjustment	80,955	-	80,955
Disposal	-	-	-
At 31 March 2023	<u>320,000</u>	<u>42,628</u>	<u>362,628</u>
Depreciation			
At 1 April 2022	22,545	8,328	30,873
Charge for the year	-	4,335	4,335
Revaluation adjustment	(22,545)	-	(22,545)
Eliminated on disposals	-	-	-
31 March 2023	<u>-</u>	<u>12,663</u>	<u>12,663</u>
Net Book Value			
At 31 March 2023	<u>320,000</u>	<u>29,965</u>	<u>349,965</u>
At 31 March 2022	<u>151,276</u>	<u>15,432</u>	<u>166,708</u>

Land and buildings with a carrying amount of £320,000 were revalued at 12 January 2023 by Louise McCaffrey Bsc (Hons) MRICS RICS Registered Valuer of Bell Watson, independent valuers not connected with the charity on the basis of open market value. The valuation conforms to International Valuation Standards and was based on recent market transactions on arm's length terms for similar properties.

The revaluation surplus is disclosed at note 15.

If revalued assets were stated on an historical cost basis rather than a fair value basis, the total amounts included would have been as follows:

	2023	2022
	£	£
Land and Buildings		
Historical cost	194,397	129,172
Accumulated depreciation	(23,261)	(22,545)
	<u>171,136</u>	<u>106,627</u>

13. Debtors

	2023	2022
	£	£
Debtors	87,096	47,213
Prepayments and accrued income	1,151	3,146
	<u>88,247</u>	<u>50,359</u>

14. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Creditor, accruals and payments in advance	138,171	11,426
	<u>138,171</u>	<u>11,426</u>

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2023

15. Funds

	Unrestricted funds			Restricted	Total
	Designated	General	Revaluation	Funds	
	Funds	funds	Reserve		
	£	£	£	£	£
Balance at 1.4.22	122,059	199,457	44,649	265,758	631,923
Movement in funds for the year					
Net Income & Expenditure	(4,335)	(80,872)	-	45,646	(39,561)
Other recognized gains/losses	-	-	103,500	-	103,500
Transfers between funds					
-Fixed assets	84,092	(7,068)	-	(77,024)	-
-Core costs	-	47,086	-	(47,086)	-
-write off underspend	-	31,706	-	(31,706)	-
-write off overspend	-	(19,939)	-	19,939	-
Balance at 31.3.23	201,816	170,370	148,149	175,527	695,862

16. Analysis of net assets between funds

	Unrestricted funds			Restricted	Total
	Designated	General	Revaluation	Funds	
	Funds	funds	Reserve		
	£	£	£	£	£
Fixed assets	201,816	-	148,149	-	349,965
Current assets	-	307,514	-	176,554	484,068
Current liabilities	-	(137,144)	-	(1,027)	(138,171)
	201,816	170,370	148,149	175,527	695,862

17. Legal status of the charity

The charity is a company limited by guarantee and has no share capital. 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.

18. Summary of Restricted Funds

	1.4.22	Income	Expenses	Transfers		31.3.23
	£	£	£	Designated	General	£
Sue Craven	468	-	-	-	(468)	-
Active Humber	530	-	-	-	(530)	-
Mind-Children & Young Persons	8,188	22,374	(22,482)	-	(6,480)	1,600
Mind – Ukrainian Refugee support	-	5,000	(4,862)	-	(138)	-
Mind- Fundraiser post	11,572	-	(20,244)	-	8,672	-
CCG -Talking Minds Plus	85,000	-	(30,060)	(369)	(8,606)	45,965
CCG - digital service	30,000	-	-	-	-	30,000
CCG - recovery college	50,000	-	(3,186)	-	(16,000)	30,814
CCG - Pre/post hospital support	80,000	-	(2,157)	-	(12,000)	65,843
CCG - Haven House (Capital)	-	69,000	(3,692)	(76,575)	11,267	-
CCG – Best start for all (First Steps Forward)	-	7,617	(2,232)	(80)	(4,000)	1,305
CCG - SMI	-	32,000	(1,430)	-	(30,570)	-
	265,758	135,991	(90,345)	(77,024)	(58,853)	175,527

North Lincolnshire Mind

England & Wales - Charity number 701801

Accounts

Company registration number no 2391367
Charity registration number no 701801

NORTH LINCOLNSHIRE MIND
(A COMPANY LIMITED BY GUARANTEE)

**ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

Company registration number no 2391367
Charity registration number no 701801

**NORTH LINCOLNSHIRE MIND
(FORMERLY SCUNTHORPE & DISTRICT MIND)**

**ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

CONTENTS

Chief Executive's Introduction	1
Reference and Administrative Details	2
Trustees' Report	3 to 9
Statement of Trustees' Responsibilities	10
Independent Examiner's Report	11
Statement of Financial Activities	12
Balance Sheet	13
Cashflow	14
Notes to the Financial Statements	15 to 21

If you are interested in mental health, would like to use our services or perhaps contribute some time and energy to help us develop our services please contact us at:

*North Lincolnshire Mind
Printers Yard
Fenton Street
Scunthorpe
North Lincolnshire
DN15 6QX*

Tel: 01724 279500

www.nlmind.org

NORTH LINCOLNSHIRE MIND

Chief Executive's Introduction

Thank you for taking an interest in North Lincolnshire Mind. The last year has seen increasing demand for mental health support as people struggle with the impact of the pandemic, financial issues and a range of social factors that contribute to poor mental health. I am extremely proud that our team has worked effectively, in a rapidly changing environment to continue providing support to our service users whilst ensuring safe practice during the pandemic. As a team, we have learnt a lot and will continue to provide services in a more flexible manner to ensure they are accessible to a wider range of people.

As well as maintaining high standards in our existing services, staff have been working on some new and exciting projects. Future developments include a crisis house, specialist support for young adults, and a recovery college. It is encouraging to be able to offer a wider range of support and this is only possible thanks to our funders, commissioners and the generosity of all those who donate or raise funds for North Lincolnshire Mind.

I would like to thank all of our team members for their dedication and enthusiasm.

Claire Chapman

Chief Executive Officer

Company registration number no 2391367
Charity registration number no 701801

NORTH LINCOLNSHIRE MIND

Reference and Administrative Details

DIRECTORS and TRUSTEES	R Gilliatt – appointed 4 November 2014, appointed Chair 28 September 2018 C Phillips – Treasurer, appointed 28 March 2012 E Marshall – appointed 26 February 2019, Deceased 31 December 2021 N Modak – appointed 28 September 2018
REGISTERED OFFICE	Printers Yard Fenton Street Scunthorpe North Lincolnshire DN15 6QX
REGISTERED COMPANY NUMBER	2391367
REGISTERED CHARITY NUMBER	701801
INDEPENDENT EXAMINER	Voluntary Action North Lincolnshire Ltd 4-6 Robert Street Scunthorpe North Lincolnshire DN15 6NG
BANKERS	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME 19 4JQ

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report)

For the year ended 31 March 2022

The Trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2022.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Our Team

Trustees (Executive Committee)

R Gilliatt – appointed 4 November 2014, appointed Chair 28 September 2018

C Phillips – Treasurer, appointed 28 March 2012

E Marshall – appointed 26 February 2019, Deceased 31 December 2021

N Modak – appointed 28 September 2018

Key Management Staff during the year

Claire Chapman (Chief Executive Officer)

Jason Coy (Community Development Worker)

Jurate Klusaite (Centre Support Worker)

We would like to thank all of our volunteers for all their time and to acknowledge the valuable contribution they make to the organisation.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report)(Continued)

Chair's Summary

The last year has been busier than ever with the Haven growing significantly and work being done towards opening the crisis house.

Staff numbers have increased and I continue to be amazed at the dedication and skills of our team members who are always willing to go the extra mile. We are very lucky to have such a talented band of people.

Coming out of lockdowns has had its own challenges and it has taken time for services to return to be partly in person, and to reach a safe way of delivering our services without compromising on excellence.

We continue to over-perform on our contracted work which puts its own pressures on our budgets. Donations are still down on pre-covid years but we continue to squeeze every bit of value out of each pound.

We plan to keep adapting and growing our services to meet the needs of local people and to continue to be a trusted and reliable provider of mental health support.

Ruth Gilliatt

Chair

North Lincolnshire Mind

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Objectives and Activities

The charity's objectives are to 'promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorders and conditions of emotional or mental distress requiring advice or treatment'.

Our Aims

- To promote a positive image of mental health through challenging stigma, discrimination and inequality
- To provide a range of socially inclusive services to meet the needs of our service users
- To support our service users to have a voice and to ensure that their views are valued and respected
- To campaign on mental health issues

Our Values

- We take pride in being part of North Lincolnshire Mind
- We commit ourselves to goals that make a positive difference
- We raise expectations of our own performance and that of others
- We seize new opportunities with energy and enthusiasm
- We strive to achieve excellence and quality in all that we do
- We create opportunities to work in partnership with others
- We care, we listen, we respect and we value everyone
- We are accountable for all our decisions and actions

Our Quality Statement

Quality is at the heart of everything we do. We strive to provide quality services to meet the needs of our members and other stakeholders.

We aim to provide quality services to meet the needs of our service users and other stakeholders by working towards continually improving our practice. A key part of this is our commitment to the Mind Quality Mark which gives us the opportunity to recognise our achievement and also to identify how we can improve the quality of our services to benefit our service users.

Our Mission Statement

Our mission is to empower people to make positive choices, achieve their aspirations and take control over their own wellbeing by providing quality services to meet the needs of our community.

Activities

All activities are undertaken to meet the charitable purposes for the public benefit, and due regard has been paid to the public benefit guidance provided by the Charity Commission.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

The services provided are:

- ***Peer Support***

Our Peer Support sessions provide social support for our service users in a safe environment. Peer support is available 3 afternoons each week, and our staff and volunteers work with service users to encourage them to integrate, develop social skills and also to consider positive steps towards recovery. The service provides informal support and also offers signposting and information about mental health related issues. There are a number of activities available during peer support sessions including a fun quiz, games afternoons, Karaoke.

- ***WRAP group***

Our WRAP group continues to provide a valuable source of support to service users. WRAP gives service users the opportunity to develop their own plan for their recovery journey.

- ***Art/craft activities***

Art/Craft sessions are often requested at our regular open meetings and although attendance is often quite low those that do come along have the chance to explore their creativity and make a variety of projects.

- ***Health & Wellbeing and Physical Activities***

We provide these sessions to promote health and wellbeing and to encourage people using the service to increase their level of physical activity. There is a wealth of evidence to link our mental health and physical health so these sessions aim to promote a better understanding of how we can look after our minds and bodies.

- ***One to one support***

We offer a range of one to one support to facilitate recovery and promote self-management and independence. Including a confidential listening service, life coaching, information and sign posting, and informal advocacy. There is a great deal of demand for this type of support which can enable people to offload and also to explore their options, develop more effective coping strategies as part of their recovery.

- ***Training***

We have two instructors trained to deliver both Mental Health First Aid and Mental Health First Aid Lite. Mental Health First Aid not only increases mental health awareness and literacy. It also enables people to recognise the signs and symptoms of common mental health problems, provide help on a first aid basis and to guide people towards appropriate support. This course has proven very popular and consistently receives excellent feedback. We also have a range of course developed by our team including Mental Health Awareness, Mindfulness, Team WRAP and Mental Health in the Workplace.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

- ***Coping with Life Courses***

We offer a range of courses designed for people with mild/moderate mental health issues. The courses cover Managing Stress, Managing Anxiety, Building Self Esteem, Coping with Loss and Change, Depression, Assertiveness Skills and Anger Management. These courses give people the opportunity to develop better ways of coping with their mental health. Each course consists of 6 two hour sessions. Groups are small and very informal. Again these courses receive very positive feedback from those attending

- ***Outreach work***

We are pleased to work collaboratively with staff from the Forge Project in Scunthorpe as part of their lottery funded project for homeless/vulnerable people. We provide mental health outreach and liaison at the Forge on a weekly basis.

- ***The Haven***

The Haven provides out of hours mental health support from 6pm to midnight every day. It is open to those over the age of 16 living in North Lincolnshire and provides both group and 1:1 support for people experiencing mental distress.

Achievements and Performance

In the year from 1 April 2021 to 31 March 2022

423 attendances at our Connecting Minds groups offering digital social activities

1263 appointments for 1:1 support from the Confidential Listening Service

5870 calls to the Haven Service for out of hours support

1616 calls for telephone support

110 attendances at Coping with Life sessions

134 attendances at WRAP group

Financial Review

During the year total incoming resources were £548,812 (2021 £378,574), the final result for the year was a surplus of £261,712 (2021 surplus £114,477).

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Reserves Policy

Our central funding sources are the Clinical Commissioning Group for NHS North Lincolnshire however we also have an active Fundraising Group who have worked hard to supplement our core funding. Our reserves policy is written in the light of the Charity Commissioner's Guidance 'Charities Reserves' (January 2016). Our aim is to keep unrestricted reserves equivalent to 9 months average expenditure and to enable us to cover staff redundancy payments should the need arise. Budgeted expenditure for 2022/2023, excluding Haven House and staff costs, is £178,324 and redundancy provision is £24,170 at 31 March 2022, therefore the target is £157,913. The reserves are needed to meet the working capital requirements of the charity and the trustees are confident that at this level they would be able to continue. This policy is reviewed annually by trustees.

Structure, Governance and Management

Governing Document

North Lincolnshire Mind is a registered charity and a company limited by guarantee incorporated on 2 June 1989 and registered as a charity on 31 July 1989. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under the Articles of Association. In the event of a winding up of the charity members are required to contribute an amount not exceeding £1.

Organisational Structure

North Lincolnshire Mind is governed by our Board of Trustees (the Executive Committee) who are responsible for strategic planning and appointing staff to manage the day to day running of the organisation. The staff team work to ensure that the strategic plan is implemented and our services are delivered effectively

The Executive Committee meet monthly and have also organised sub-committees to cover all the statutory and management needs of the organisation. The Executive Committee are responsible for the finance, governance and strategy of the charity. It is also responsible for the review of our policies according to our policy review schedule. Our policies are available on request.

North Lincolnshire Mind is affiliated to the national charity Mind, this affiliation is governed by a membership agreement setting out the conditions of affiliation and a Trademark License

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Recruitment and Appointment of New Trustees

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Executive Committee.

Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve to each Annual General Meeting. They must be re-elected at each AGM.

The Trustees are responsible for the recruitment of new Trustees. New trustees are recruited in a number of ways, either as service users/carers, through volunteering in our projects, working in collaboration with us through other agencies or by recommendation. We also register opportunities as a volunteering opportunity with Voluntary Action North Lincolnshire.

Our aim is to ensure that each post is filled by the most appropriate skills whilst also reflecting the diversity of our community. Our recruitment process is as follows, completion of application form, CV, meeting with the Executive committee, visit to a Executive Committee meeting, references/DBS check and the presentation of recommended trustees to the Board/AGM for approval. If there are more suitable candidates than places then an election is held at the AGM. Our Trustees give their time voluntarily and do not receive benefits from North Lincolnshire Mind. Any expenses claimed from the charity are set out in the notes to the financial statements.

Induction and training of new trustees

Induction is carried out as soon as possible after appointment.

New trustees receive an induction pack including:

- Memorandum and Articles of Association
- Relevant policies
- Role and responsibilities of trustees leaflet
- Minutes from latest Management Committee meeting
- Information about North Lincolnshire Mind and our services
- Operational and Development Plan
- Organisational Structure

New trustees are also encouraged to spend some time in the centre so that they can be introduced to our team and meet our service users. We also arrange training as required (e.g. Mental Health First Aid, Legal Responsibilities of Trustees, etc.). Trustees are required to undergo an appropriate level of training in the areas of mental health awareness and the role and responsibility of a Trustee.

We also expect new trustees to take a proactive approach, to ask questions and read the information provided.

NORTH LINCOLNSHIRE MIND

Report of the Board of Trustees (incorporating the Director's Report) (Continued)

Year ended 31 March 2022

We actively encourage service users involvement in governance and endeavor to have service users taking the role of trustee. In line with guidance from the Charity Commission we recognise the importance of ensuring that service user trustees balance their role as trustees against any potential conflict of interest as beneficiaries.

Risk Management

Risk assessments have been undertaken and have covered issues such as governance and management, operational risks, financial risk, external factors and compliance risk. An action plan has been produced which details actions to manage any risks identified.

Statement of Trustees' Responsibilities

The trustees (who are also the directors of North Lincolnshire Mind for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and regulations 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 its income and expenditure, for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

Approved by the Trustees of the Charity on25/1/2023..... and signed on its behalf by:



R Gilliatt
Chair

Independent Examiner's Report to the Trustees (Directors) of North Lincolnshire Mind

I report on the accounts of North Lincolnshire Mind for the year ended 31 March 2022, which are set out on pages 12 to 21.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Chartered Certified Accountants (ACCA).

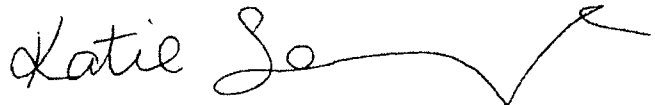
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not which accord with such records; or
- the accounts do not comply with the relevant accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

Mrs Katie Sauvage FCCA
Voluntary Action North Lincolnshire Limited
4-6 Robert Street
Scunthorpe, North Lincolnshire
DN15 6NG



Date:

25/01/2023

NORTH LINCOLNSHIRE MIND

Statement of Financial Activities for the year ended 31 March 2022 (including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

Income and endowments	Notes	Unrestricted Funds		Restricted Funds	Total 2022 Funds	Unrestricted Funds		Restricted Funds	Total 2021 Funds
		Designated	General			Designated	General		
		£	£	£	£	£	£	£	£
Donations and gift aid	3	-	9,257	4,828	14,085	-	16,277	14,304	30,581
Legacies	3	-	-	-	-	-	72,480	-	72,480
Investment income	4	-	249	-	249	-	2,180	-	2,180
Charitable activities	5	-	229,807	278,946	508,753	-	226,651	24,196	250,847
Other income	6	-	10,725	15,000	25,725	-	16,986	5,500	22,486
Total income		-	250,038	298,774	548,812	-	334,574	44,000	378,574
Expenditure									
Charitable activities	7	3,907	259,589	15,929	279,425	2,782	225,285	35,129	263,196
Governance costs	8	-	7,675	-	7,675	-	901	-	901
Total expenditure	9	3,907	267,264	15,929	287,100	2,782	226,186	35,129	264,097
Net income/(expenditure)		(3,907)	(17,226)	282,845	261,712	(2,782)	108,388	8,871	114,477
Transfers between Funds		22,806	(4,437)	(18,369)	-	8,000	57	(8,057)	-
Net movement in funds	16	18,899	(21,663)	264,476	261,712	5,218	108,445	814	114,477
Reconciliation of Funds									
Total funds brought forward		103,160	265,769	1,282	370,211	97,942	157,324	468	255,734
Total funds carried forward	16	122,059	244,106	265,758	631,923	103,160	265,769	1,282	370,211

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 15 to 21 form part of these financial statements.

NORTH LINCOLNSHIRE MIND**Balance Sheet as at 31 March 2022**

	Notes	£	2022 £	£	2021 £
Fixed Assets					
Tangible Assets	12		166,708		47,809
Investments	13		-		100,000
Current Assets					
Debtors	14	50,359		70,696	
Cash at bank & in hand		426,282		162,903	
			<u>476,641</u>	<u>233,599</u>	
Creditors: Amounts falling due within one year	15	11,426		11,197	
Net current assets			465,215		222,402
Total net assets			<u>631,923</u>		<u>370,211</u>
Funds of the charity:					
Restricted income funds	16		265,758		1,282
Unrestricted funds:					
General purpose fund	16		199,457		221,120
Revaluation reserve	16		44,649		44,649
Designated Fund (Fixed Assets)	16		122,059		103,160
	16		<u>631,923</u>		<u>370,211</u>

For the year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts;

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS102 SORP.

The financial statements on pages 12 to 21 were approved by the Trustees on .

.....25/1/2023..... and signed on their behalf by:



**R Gilliatt – Chair
Trustee**

The notes on pages 15 to 21 form part of these financial statements.

NORTH LINCOLNSHIRE MIND

Statement of Cash Flows

For the year ending 31 March 2022

	Notes	2022 £	2021 £
Net Movement in Funds		261,712	114,477
Add back depreciation charge and loss on disposal	9	3,907	2,782
Deduct interest income shown in investing activities	4	(249)	(426)
Decrease/(increase) in debtors	14	20,337	(23,880)
Increase/(decrease) in creditors	15	229	2,342
Net cash used in operating activities		285,936	95,295
Cash flows from investing activities			
Interest income	4	249	426
Sale of tangible fixed assets	12	-	-
Purchase of tangible fixed assets	12	(22,806)	(8,000)
Cash provided by (used in) investing activities		(22,557)	(7,574)
Cash flows from financing activities			
Repayment of borrowing		-	-
Cash used in financing activities		-	-
Increase/(decrease) in cash and cash equivalents at the beginning of the year		263,379	87,721
Cash and cash equivalents at the start of the year		162,903	75,182
Total cash and cash equivalents at the end of the year		426,282	162,903

The notes on pages 15 to 21 form part of these financial statements.

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2022

1. Basis of preparation

North Lincolnshire Mind is a registered charity, registration number 701801, company number 02391367, registered in the United Kingdom. The address of the charity is given in the reference and administrative details on page 1 of these financial statements. The nature of the charity's operations and principal activities are described in the Trustees Annual report set out on pages 3 to 9.

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to UK and Republic of Ireland (FRS102) issued on 16 July 2014; and with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and with the Charities Act 2011.

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 2.

2. Accounting policies

Income and endowments

- All grants and voluntary income are accounted for gross where receivable, as long as they are capable of financial measurement. This includes gifts in kind, included at estimated valuation. For legacies, entitlement is taken as the date on which notification has been made by the Executors to the Trustees that a distribution will be made.
- Tax reclaims on donations and gifts. Any incoming resources from tax reclaims are included in the Statement of Activities at the same time as the donation or gift to which they relate.
- Investment income is included in the accounts when receivable.

Expenditure

- All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources.
- Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Assets

- Tangible fixed assets are included at cost. There are no uncapitalised fixed assets.

NORTH LINCOLNSHIRE MIND**Notes to the Financial Statements for the year ended 31 March 2022**

- Depreciation is provided to write off the cost or valuation, less estimated residual values, of all fixed assets except freehold land, over their expected useful lives. It is calculated at the following rates:

Buildings	2% per annum on written down value
Equipment and fittings	15% per annum on written down value

- Investment property, which is property held to earn rentals and/or for capital appreciation, is initially recognised at cost, which includes purchase cost and any directly attributable expenditure. Subsequently it is measured at fair value at the reporting end date. The surplus or deficit on revaluation is recognised in the statement of financial activities.

Where fair value cannot be achieved without undue cost or effort, the investment property is accounted for as tangible fixed assets.

Although this accounting policy is in accordance with FRS102, it is a departure from the general requirement of the Companies Act 2006 for all tangible assets to be depreciated. In the opinion of the trustees compliance with the standard is necessary for the financial statements to give a true and fair view. Depreciation or amortisation is only one of many factors reflected in the annual valuation and the amount of this which might otherwise have been charged cannot be separately identified or quantified.

- Debtors are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be achieved.
- Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Liabilities

- Liabilities are recognised where it is more than likely that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
- The charity has creditors which are measured at settlement amounts less any trade discounts.
- Basic financial instruments are accounted for on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19. FRS102 SORP.

Fund Accounting

Funds held by the charity are:

- Unrestricted general funds – these are funds which can be used in accordance with the aims of the charity at the discretion of the trustees
- Designated funds – these are unrestricted funds which have been set aside by the trustees representing the carrying value of all fixed assets held by the charity.

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2022

- iii. Restricted funds – these are funds arising from donations, contracts and grants received in respect of specific projects. Deficits arising in the year are covered by unrestricted funds.

3. Income from Donations

During the year the charity received numerous donations. The Charity intends to use the donations to support its general purposes.

	Unrestricted Funds	Restricted Funds	Total 2022 £	Total 2021 £
Donations and Gift Aid	9,257	-	9,257	16,277
Coronavirus Job Retention	-	4,828	4,828	14,304
	<u>9,257</u>	<u>4,828</u>	<u>14,085</u>	<u>30,581</u>

Income from Legacies

During the previous year the charity received a significant legacy (2021 – £72,480).

4. Investment income

	Total 2022 £	Total 2021 £
Bank interest	249	426
Rental Income	-	1,754
	<u>249</u>	<u>2,180</u>

5. Income from charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
CCG - Listening service	81,976	-	81,976	78,790
CCG – The Haven	131,725	-	131,725	143,701
CCG – Recovery College	-	50,000	50,000	-
CCG – Talking Minds Plus	-	85,000	85,000	-
CCG – Pre/post Hospital Support	-	80,000	80,000	-
CCG – Digital services	-	30,000	30,000	-
Mental Health Link worker	4,232	-	4,232	4,160
NLC – Covid Vaccination Support	11,874	-	11,874	-
Mind grant -Connecting Minds	-	-	-	20,696
Mind grant – Fundraiser post	-	11,572	11,572	-
Mind grant – Children & Young Persons	-	22,374	22,374	-
Grant – Active Humber	-	-	-	1,000
Grant – Lincs Community Fund	-	-	-	2,500
	<u>229,807</u>	<u>278,946</u>	<u>508,753</u>	<u>250,847</u>

NORTH LINCOLNSHIRE MIND**Notes to the Financial Statements for the year ended 31 March 2022****6. Other Income**

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Room hire	2,705	-	2,705	1,050
Subscriptions	20	-	20	5
Grant Mind - IT	-	-	-	5,000
Grant Mind -digital service	-	-	-	500
North Lincs Council – Coronavirus support grant	8,000	-	8,000	15,931
CCG – Crisis House (capital grant)	-	15,000	15,000	-
	<u>10,725</u>	<u>15,000</u>	<u>10,725</u>	<u>22,486</u>

7. Charitable activities

	Designated Funds	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£	£
Support and development of mental health	3,907	257,294	15,929	277,130	262,724
Training/conferences	-	2,295	-	2,295	472
	<u>3,907</u>	<u>259,589</u>	<u>15,929</u>	<u>279,425</u>	<u>263,196</u>

8. Governance costs

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Legal & Professional Independent Examination	7,375	-	7,375	601
	300	-	300	300
	<u>7,675</u>	<u>-</u>	<u>7,675</u>	<u>901</u>

9. Total expenditure

	Staff costs	Other costs	Total 2022	Total 2021
	£	£	£	£
Charitable activities	240,019	39,406	279,425	263,196
Governance costs	-	7,675	7,675	901
	<u>240,019</u>	<u>47,081</u>	<u>287,100</u>	<u>264,097</u>

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2022

9. **Total expenditure (continued)**

Staff Costs	Restricted	Unrestricted	Total 2022 £	Total 2021 £
Wages and salaries	12,970	211,644	224,614	211,618
Employer's NIC	432	10,999	11,431	12,487
Employer's pension contributions	94	3,880	3,974	3,897
	<u>13,496</u>	<u>226,523</u>	<u>240,019</u>	<u>228,002</u>

No member of staff is paid over £60,000 per year.

The average number of employees, analysed by function, was:

	Total 2022	Total 2021
Charitable activities	16	7
Administration	1	1
	<u>17</u>	<u>8</u>

Other Costs	Unrestricted Designated	Unrestricted General	Restricted	Total 2022 £	Total 2021 £
Premises and office running costs	-	431	-	431	414
Depreciation and loss on disposal	3,907	-	-	3,907	2,782
Telephone and postage	-	4,111	-	4,111	4,625
Printing and stationery	-	1,301	-	1,301	439
Equipment hire and property repairs	-	3,820	-	3,820	6,197
IT consumables and repairs	-	190	-	190	-
Cleaning	-	3,372	-	3,372	1,048
Light and heat	-	3,546	-	3,546	1,802
Insurance	-	5,542	-	5,542	1,992
Rates and water	-	3,300	-	3,300	(209)
Staff and volunteer expenses	-	364	-	364	1,023
Miscellaneous	-	584	-	584	813
Publications and subscriptions	-	1,615	-	1,615	2,162
Governance costs	-	7,675	-	7,675	901
Bank and credit card charges	-	96	-	96	87
Events and training	-	2,295	-	2,295	3,813
Centre activities and marketing	-	2,499	2,433	4,932	8,206
	<u>3,907</u>	<u>40,741</u>	<u>2,433</u>	<u>47,081</u>	<u>36,095</u>

10. **Trustees remuneration and expenses**

	Total 2022 £	Total 2021 £
Trustees remuneration	-	-
Trustees' expenses reimbursed	-	-

NORTH LINCOLNSHIRE MIND**Notes to the Financial Statements for the year ended 31 March 2022****11. Taxation**

As a charity the company is exempt from Corporation Tax.

12. Tangible Assets

	Freehold land and buildings £	Fixtures and fittings £	Total £
Cost			
At 1 April 2021	58,331	17,848	76,179
Additions	15,490	7,316	22,806
Transfer in from Investments	100,000	-	100,000
Disposal	-	(1,404)	(1,404)
At 31 March 2022	<u>173,821</u>	<u>23,760</u>	<u>197,581</u>
Depreciation			
At 1 April 2021	21,815	6,555	28,370
Charge for the year	730	2,189	2,919
Eliminated on disposals	-	(416)	(416)
31 March 2022	<u>22,545</u>	<u>8,328</u>	<u>30,873</u>
Net Book Value			
At 31 March 2022	<u>151,276</u>	<u>15,432</u>	<u>166,708</u>
At 31 March 2021	<u>36,516</u>	<u>11,293</u>	<u>47,809</u>

13. Investments

The investment asset was a freehold property. During the year the charity took the decision to refurbish the property and use it for it's own charitable purposes as a crisis house. As such the property has been transferred to fixed assets. Work on refurbishing the property was not commenced until March 2022 and as such the fair value of £100,000 is still considered to be the open market value of the property at the balance sheet date.

	Total Unlisted Investments £
Fair value	
At 1 April 2021	100,000
Transfer to fixed assets	<u>(100,000)</u>
At 31 March 2022	<u>Nil</u>

14. Debtors

	Total 2022 £	Total 2021 £
Debtors	47,213	68,428
Prepayments and accrued income	3,146	2,268
	<u>50,359</u>	<u>70,696</u>

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2022

15. Creditors: Amounts falling due within one year

	Total 2022	Total 2021
	£	£
Creditors and accruals	11,426	11,197
	<u>11,426</u>	<u>11,197</u>

16. Funds

	Unrestricted funds			Restricted	Total
	Designated Funds	General funds	Revaluation Reserve	Funds	
	£	£	£	£	£
Balance at 1.4.21	103,160	221,120	44,649	1,282	370,211
Movement in funds for the year	(3,907)	(17,226)	-	282,845	261,712
Transfers between funds					
-Fixed assets	22,806	(7,148)	-	(15,658)	-
-Core costs	-	2,700	-	(2,700)	-
-write off underspend	-	11	-	(11)	-
Balance at 31.3.22	<u>122,059</u>	<u>199,457</u>	<u>44,649</u>	<u>265,758</u>	<u>631,923</u>

17. Analysis of net assets between funds

	Unrestricted funds			Restricted	Total
	Designated Funds	General funds	Revaluation Reserve	Funds	
	£	£	£	£	£
Fixed assets	122,059	-	44,649	-	166,708
Current assets	-	210,883	-	265,758	476,641
Current liabilities	-	(11,426)	-	-	(11,426)
	<u>122,059</u>	<u>199,457</u>	<u>44,649</u>	<u>265,758</u>	<u>631,923</u>

18. Legal status of the charity

The charity is a company limited by guarantee and has no share capital. 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.

19. Summary of Restricted Funds

	1.4.21	Income	Expenses	Transfers		31.3.22
	£	£	£	Designated	General	£
Sue Craven	468	-	-	-	-	468
Active Humber	814	-	(284)	-	-	530
Connecting minds	-	-	11	-	11	-
Mind-Children & Young Persons	-	22,374	(10,828)	(658)	(2700)	8,188
Coronavirus Job Retention Scheme	-	4,828	(4,828)	-	-	-
Mind-Fundraiser post	-	11,572	-	-	-	11,572
CCG -Talking Minds Plus	-	85,000	-	-	-	85,000
CCG - digital service	-	30,000	-	-	-	30,000
CCG - recovery college	-	50,000	-	-	-	50,000
CCG - Pre/post hospital support	-	80,000	-	-	-	80,000
CCG - Haven House (Capital)	-	15,000	-	(15,000)	-	-
	<u>1,282</u>	<u>298,774</u>	<u>(15,929)</u>	<u>(15,658)</u>	<u>(2,689)</u>	<u>265,758</u>

North Lincolnshire Mind

England & Wales - Charity number 701801

Accounts

Company registration number no 2391367
Charity registration number no 701801

NORTH LINCOLNSHIRE MIND
(A COMPANY LIMITED BY GUARANTEE)

**ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

Company registration number no 2391367
Charity registration number no 701801

**NORTH LINCOLNSHIRE MIND
(FORMERLY SCUNTHORPE & DISTRICT MIND)**

**ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

CONTENTS

Chief Executive's Introduction	1
Reference and Administrative Details	2
Trustees' Report	3 to 9
Statement of Trustees' Responsibilities	10
Independent Examiner's Report	11
Statement of Financial Activities	12
Balance Sheet	13
Cashflow	14
Notes to the Financial Statements	15 to 21

If you are interested in mental health, would like to use our services or perhaps contribute some time and energy to help us develop our services please contact us at:

*North Lincolnshire Mind
Printers Yard
Fenton Street
Scunthorpe
North Lincolnshire
DN15 6QX*

*Email: support@sdmind.org.uk
Tel: 01724 279500*

<http://www.scunthorpemind.org.uk>

NORTH LINCOLNSHIRE MIND

Chief Executive's Introduction

I don't think any of us were prepared for the demands that this year has placed on our team with the challenges of a pandemic and multiple lockdowns added to the ever-increasing demands for mental health support. The year began with a hasty transition to remote delivery for all our services, something we would have thought impossible a few weeks earlier. As always our team of trustees, staff and volunteers worked tirelessly to face these challenges and ensured that we have not only continued to provide support but have continued to develop our services to support local people. I really can't thank our team enough for their hard work, dedication and support.

Covid presented a unique challenge in that although we were able to facilitate remote service delivery, many of our service users lacked the resources to be able to engage remotely. We were able to address this by providing both skills support and financial support thanks to funding from national Mind, the Pears Foundation, and the Department of Culture, Media, and Sport. This has made a huge difference in tackling social isolation which has had a detrimental effect on the lives of so many people. The National Emergencies Trust provided a grant which enabled us to delivery a wellbeing pack full of activities to promote positive wellbeing for many of our service users and this was greatly appreciated.

Although this has undoubtedly been a difficult year, I think we have all been able to learn some valuable lessons which will help us to better meet the needs of our beneficiaries. The transition to remote service delivery can be used to make our services more accessible to many, including people with caring responsibilities, people with disabilities, those living in rural areas, or those facing transport problems. We continue to deliver services in a blended format to meet these needs and will no doubt continue to do so.

Technology has also been a useful tool for collaborative working and thanks must also go to our partners in both the statutory and voluntary sector for their support during these difficult times.

As we move forward, Covid is still causing a great deal of worry. A mental health epidemic seems to be following, as predicted by research carried out by Mind. The challenges continue and demand seems to be increasing exponentially, but I'm confident in our team's ability to continue to meet the needs of the people of North Lincolnshire.

Claire Chapman

Chief Executive Officer

Company registration number no 2391367
Charity registration number no 701801

NORTH LINCOLNSHIRE MIND

Reference and Administrative Details

DIRECTORS and TRUSTEES	R Gilliatt – appointed 4 November 2014, appointed Chair 28 September 2018 C Phillips – Treasurer, appointed 28 March 2012 E Marshall – appointed 26 February 2018, Deceased 31 December 2021 N Modak – appointed 28 September 2018
REGISTERED OFFICE	Printers Yard Fenton Street Scunthorpe North Lincolnshire DN15 6QX
REGISTERED COMPANY NUMBER	2391367
REGISTERED CHARITY NUMBER	701801
INDEPENDENT EXAMINER	Voluntary Action North Lincolnshire Ltd 4-6 Robert Street Scunthorpe North Lincolnshire DN15 6NG
BANKERS	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME 19 4JQ

NORTH LINCOLNSHIRE MIND

Trustees' Report

The Trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2021.

Our Team

Trustees (Executive Committee)

R Gilliatt – appointed 4 November 2014, appointed Chair 28 September 2018

C Phillips – Treasurer, appointed 28 March 2012

E Marshall – appointed 26 February 2018, Deceased 31 December 2021

N Modak – appointed 28 September 2018

Staff (Paid and unpaid) during the year

Claire Chapman (Chief Executive Officer)

Jason Coy (Community Development Worker)

Jurate Klusaite (Centre Support Worker)

Linda Harrison (Volunteer)

Wayne Hopkins (Volunteer/Centre Support Worker)

Claire Stead (Admin/Centre Support Worker)

Graham Young (Caretaker)

Mark Carpenter (Centre Support Worker)

Susan Carpenter (Centre Support Worker)

Lisa Wright (Centre Support Worker)

Paula Mann (Centre Support Worker)

Vicky Mumby (Centre Support Worker)

Danielle Smith (Centre Support Worker)

Richard Brumby (Centre Support Worker)

We would like to thank all of our volunteers for all their time and to acknowledge the valuable contribution they make to the organisation.

NORTH LINCOLNSHIRE MIND

Trustees' Report (Continued)

Chair's Summary

Once again North Lincolnshire Mind has faced a challenging year with the continuing pandemic both increasing the need for our services and needing more creative ways to deliver them. Fortunately we are blessed with dedicated and talented staff who rise to the challenge to ensure we offer the best help for all service users.

The Haven has gone from strength to strength, the service changing throughout the year to adapt to the needs of service users and the restrictions of the pandemic and this is now recognised as an extremely vital lifeline for many people.

We finally managed to formalise our name change during the year – to reflect that our reach extends beyond the town of Scunthorpe, although the celebrations to mark that have had to be postponed due to the covid restrictions.

We have continued to work closely with The Forge and are in the planning stages of setting up a Crisis House which will be an invaluable support for people in need.

As always, funding is a challenge, and our donations have dropped off somewhat as a result of the pandemic but our team has always made excellent use of our resources and we continue to routinely over-perform on our contracted work.

There are many new plans in the pipeline and we remain excited about the future for North Lincolnshire Mind which I hope will continue to grow and support our local community.

Ruth Gilliatt

Chair

North Lincolnshire Mind

NORTH LINCOLNSHIRE MIND

Trustees' Report (Continued)

Objectives and Activities

The charity's objectives are to 'promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorders and conditions of emotional or mental distress requiring advice or treatment'.

Our Aims

- To promote a positive image of mental health through challenging stigma, discrimination and inequality
- To provide a range of socially inclusive services to meet the needs of our service users
- To support our service users to have a voice and to ensure that their views are valued and respected
- To campaign on mental health issues

Our Values

- We take pride in being part of North Lincolnshire Mind
- We commit ourselves to goals that make a positive difference
- We raise expectations of our own performance and that of others
- We seize new opportunities with energy and enthusiasm
- We strive to achieve excellence and quality in all that we do
- We create opportunities to work in partnership with others
- We care, we listen, we respect and we value everyone
- We are accountable for all our decisions and actions

Our Quality Statement

Quality is at the heart of everything we do. We strive to provide quality services to meet the needs of our members and other stakeholders.

We aim to provide quality services to meet the needs of our service users and other stakeholders by working towards continually improving our practice. A key part of this is our commitment to the Mind Quality Mark which gives us the opportunity to recognise our achievement and also to identify how we can improve the quality of our services to benefit our service users.

Our Mission Statement

Our mission is to empower people to make positive choices, achieve their aspirations and take control over their own wellbeing by providing quality services to meet the needs of our community.

Activities

All activities are undertaken to meet the charitable purposes for the public benefit, and due regard has been paid to the public benefit guidance provided by the Charity Commission.

NORTH LINCOLNSHIRE MIND

Trustees' Report (Continued)

The services provided are:

- ***Peer Support***

Our Peer Support sessions provide social support for our service users in a safe environment. Peer support is available 3 afternoons each week, and our staff and volunteers work with service users to encourage them to integrate, develop social skills and also to consider positive steps towards recovery. The service provides informal support and also offers signposting and information about mental health related issues. There are a number of activities available during peer support sessions including a fun quiz, games afternoons, Karaoke.

- ***WRAP group***

Our WRAP group continues to provide a valuable source of support to service users. WRAP gives service users the opportunity to develop their own plan for their recovery journey.

- ***Art/craft activities***

Art/Craft sessions are often requested at our regular open meetings and although attendance is often quite low those that do come along have the chance to explore their creativity and make a variety of projects.

- ***Health & Wellbeing and Physical Activities***

We provide these sessions to promote health and wellbeing and to encourage people using the service to increase their level of physical activity. There is a wealth of evidence to link our mental health and physical health so these sessions aim to promote a better understanding of how we can look after our minds and bodies.

- ***One to one support***

We offer a range of one to one support to facilitate recovery and promote self-management and independence. Including a confidential listening service, life coaching, information and sign posting, and informal advocacy. There is a great deal of demand for this type of support which can enable people to offload and also to explore their options, develop more effective coping strategies as part of their recovery.

- ***Training***

We have two instructors trained to deliver both Mental Health First Aid and Mental Health First Aid Lite. Mental Health First Aid not only increases mental health awareness and literacy. It also enables people to recognise the signs and symptoms of common mental health problems, provide help on a first aid basis and to guide people towards appropriate support. This course has proven very popular and consistently receives excellent feedback. We also have a range of course developed by our team including Mental Health Awareness, Mindfulness, Team WRAP and Mental Health in the Workplace.

NORTH LINCOLNSHIRE MIND

Trustees' Report (Continued)

- ***Coping with Life Courses***

We offer a range of courses designed for people with mild/moderate mental health issues. The courses cover Managing Stress, Managing Anxiety, Building Self Esteem, Coping with Loss and Change, Depression, Assertiveness Skills and Anger Management. These courses give people the opportunity to develop better ways of coping with their mental health. Each course consists of 6 two hour sessions. Groups are small and very informal. Again these courses receive very positive feedback from those attending

- ***Outreach work***

We are pleased to work collaboratively with staff from the Forge Project in Scunthorpe as part of their lottery funded project for homeless/vulnerable people. We provide mental health outreach and liaison at the Forge on a weekly basis.

- ***The Haven***

The Haven provides out of hours mental health support from 6pm to midnight every day. It is open to those over the age of 16 living in North Lincolnshire and provides both group and 1:1 support for people experiencing mental distress.

Achievements and Performance

In the year from 1 April 2020 to 31 March 2021

Day services: Our day services provided 2024 hours of support to 395 people, this included:

- Listening Service: 1151 1:1 appointments by telephone/video or face to face for 283 people
- Telephone support: 1637 calls to 156 people
- WRAP group: 188 attendances at groups either face to face or remotely
- 245 new service users accessed support from our day services

Connecting Minds: 105 people accessed 1038 hours support from Connecting Minds,, including:

- 32 People accessed skills support
- 685 attendances at Connecting Minds social groups
- 49 people accessed financial support for data/broadband etc.
- 54 people engaged in art/craft activities

The Haven: Provided 2731 hours support to 245 hours including:

- 5925 calls providing telephone support for 237 people
- 95 prebooked appointments for 48 people in crisis

Financial Review

During the year total incoming resources were £378,574 (2020 £143,554), the final result for the year was a surplus of £114,477 (2020 deficit £7,241).

NORTH LINCOLNSHIRE MIND

Trustees' Report (Continued)

Reserves Policy

Our central funding sources are the Clinical Commissioning Group for NHS North Lincolnshire however we also have an active Fundraising Group who have worked hard to supplement our core funding. Our reserves policy is written in the light of the Charity Commissioner's Guidance "Charities Reserves" (January 2016). Our aim is to keep unrestricted reserves equivalent to 9 months average expenditure and to enable us to cover staff redundancy payments should the need arise. Budgeted expenditure for 2021/2022 is £107,078 and redundancy provision is £22,186 at 31 March 2021, therefore the target is £129,264. The reserves are needed to meet the working capital requirements of the charity and the trustees are confident that at this level they would be able to continue. This policy is reviewed annually by trustees.

Structure, Governance and Management

Governing Document

North Lincolnshire Mind is a registered charity and a company limited by guarantee incorporated on 2 June 1989 and registered as a charity on 31 July 1989. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under the Articles of Association. In the event of a winding up of the charity members are required to contribute an amount not exceeding £1.

Organisational Structure

North Lincolnshire Mind is governed by our Board of Trustees (the Executive Committee) who are responsible for strategic planning and appointing staff to manage the day to day running of the organisation. The staff team work to ensure that the strategic plan is implemented and our services are delivered effectively

The Executive Committee meet monthly and have also organised sub-committees to cover all the statutory and management needs of the organisation. The Executive Committee are responsible for the finance, governance and strategy of the charity. It is also responsible for the review of our policies according to our policy review schedule. Our policies are available on request.

North Lincolnshire Mind is affiliated to the national charity Mind, this affiliation is governed by a membership agreement setting out the conditions of affiliation and a Trademark License

NORTH LINCOLNSHIRE MIND

Trustees' Report (Continued)

Recruitment and Appointment of New Trustees

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Executive Committee.

Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve to each Annual General Meeting. They must be re-elected at each AGM.

The Trustees are responsible for the recruitment of new Trustees. New trustees are recruited in a number of ways, either as service users/carers, through volunteering in our projects, working in collaboration with us through other agencies or by recommendation. We also register opportunities as a volunteering opportunity with Voluntary Action North Lincolnshire.

Our aim is to ensure that each post is filled by the most appropriate skills whilst also reflecting the diversity of our community. Our recruitment process is as follows, completion of application form, CV, meeting with the Executive committee, visit to a Executive Committee meeting, references/DBS check and the presentation of recommended trustees to the Board/AGM for approval. If there are more suitable candidates than places then an election is held at the AGM. Our Trustees give their time voluntarily and do not receive benefits from North Lincolnshire Mind. Any expenses claimed from the charity are set out in the notes to the financial statements.

Induction and training of new trustees

Induction is carried out as soon as possible after appointment.

New trustees receive an induction pack including:

- Memorandum and Articles of Association
- Relevant policies
- Role and responsibilities of trustees leaflet
- Minutes from latest Management Committee meeting
- Information about North Lincolnshire Mind and our services
- Operational and Development Plan
- Organisational Structure

New trustees are also encouraged to spend some time in the centre so that they can be introduced to our team and meet our service users. We also arrange training as required (e.g. Mental Health First Aid, Legal Responsibilities of Trustees, etc.). Trustees are required to undergo an appropriate level of training in the areas of mental health awareness and the role and responsibility of a Trustee.

We also expect new trustees to take a proactive approach, to ask questions and read the information provided.

NORTH LINCOLNSHIRE MIND

Year ended 31 March 2021

Statement of Trustees' Responsibilities

The trustees (who are also the directors of North Lincolnshire Mind for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and regulations 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 its income and expenditure, for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

Approved by the Trustees of the Charity on28/1/2022..... and signed on its behalf by:



R Gilliatt
Chair

Independent Examiner's Report to the Trustees (Directors) of North Lincolnshire Mind

I report on the accounts of North Lincolnshire Mind for the year ended 31 March 2021, which are set out on pages 12 to 21.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Chartered Certified Accountants (ACCA).

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not which accord with such records; or
- the accounts do not comply with the relevant accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

Mrs Katie Sauvage FCCA
Voluntary Action North Lincolnshire Limited
4-6 Robert Street
Scunthorpe, North Lincolnshire
DN15 6NG



Date:

28 January 2022

NORTH LINCOLNSHIRE MIND

Statement of Financial Activities for the year ended 31 March 2021 (including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Notes	Unrestricted Funds		Restricted Funds	Total 2021 Funds	Unrestricted Funds		Restricted Funds	Total 2020 Funds
		Designated	General			Designated	General		
		£	£	£	£	£	£	£	£
Income and endowments									
Donations and gift aid	3	-	16,277	14,304	30,581	-	14,961	538	15,499
Legacies	3	-	72,480	-	72,480	-	-	-	-
Investment income	4	-	2,180	-	2,180	-	2,372	-	2,372
Charitable activities	5	-	226,651	24,196	250,847	-	121,252	-	121,252
Other income	6	-	16,986	5,500	22,486	-	4,431	-	4,431
Total income		-	334,574	44,000	378,574	-	143,016	538	143,554
Expenditure									
Charitable activities	7	2,782	225,285	35,129	263,196	1,997	143,979	4,164	150,140
Governance costs	8	-	901	-	901	-	655	-	655
Total expenditure	9	2,782	226,186	35,129	264,097	1,997	144,634	4,164	150,795
Net income/(expenditure)		(2,782)	108,388	8,871	114,477	(1,997)	(1,618)	(3,626)	(7,241)
Transfers between Funds		8,000	57	(8,057)	-	2,419	(2,419)	-	-
Net movement in funds	16	5,218	108,445	814	114,477	422	(4,037)	(3,626)	(7,241)
Reconciliation of Funds									
Total funds brought forward		97,942	157,324	468	255,734	97,520	161,361	4,094	262,975
Total funds carried forward	16	103,160	265,769	1,282	370,211	97,942	157,324	468	255,734

The statement of financial activities includes all gains and losses recognized in the year. All income and expenditure derive from continuing activities.

The notes on pages 15 to 21 form part of these financial statements.

Balance Sheet as at 31 March 2021

	Notes	£	2021 £	£	2020 £
Fixed Assets					
Tangible Assets	12		47,809		42,591
Investments	13		100,000		100,000
Current Assets					
Debtors	14	70,696		46,816	
Cash at bank & in hand		162,903		75,182	
			<u>233,599</u>	<u>121,998</u>	
Creditors: Amounts falling due within one year	15	11,197		8,855	
Net current assets			222,402		113,143
Total net assets			<u>370,211</u>		<u>255,734</u>
Funds of the charity:					
Restricted income funds	16		1,282		468
Unrestricted funds:					
General purpose fund	16		221,120		112,675
Revaluation reserve	16		44,649		44,649
Designated Fund (Fixed Assets)	16		103,160		97,942
	16		<u>370,211</u>		<u>255,734</u>

For the year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts;

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS102 SORP.

The financial statements on pages 12 to 21 were approved by the Trustees on .

28/1/2022 and signed on their behalf by:



**R Gilliatt – Chair
Trustee**

The notes on pages 15 to 21 form part of these financial statements.

NORTH LINCOLNSHIRE MIND

Statement of Cash Flows

For the year ending 31 March 2021

	Notes	2021 £	2020 £
Net Movement in Funds		114,477	(7,241)
Add back depreciation charge and loss on disposal	7	2,782	1,997
Deduct interest income shown in investing activities	4	(426)	(444)
Decrease/(increase) in debtors	14	(23,880)	(26,778)
Increase/(decrease) in creditors	15	2,342	5,836
Net cash used in operating activities		95,295	(26,630)
Cash flows from investing activities			
Interest income	4	426	444
Sale of tangible fixed assets	12	-	50
Purchase of tangible fixed assets	12	(8,000)	(2,469)
Cash provided by (used in) investing activities		(7,574)	(1,975)
Cash flows from financing activities			
Repayment of borrowing		-	-
Cash used in financing activities		-	-
Increase/(decrease) in cash and cash equivalents at the beginning of the year		87,721	(28,605)
Cash and cash equivalents at the start of the year		75,182	103,787
Total cash and cash equivalents at the end of the year		162,903	75,182

The notes on pages 15 to 21 form part of these financial statements.

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2021

1. Basis of preparation

North Lincolnshire Mind is a registered charity, registration number 701801, company number 02391367, registered in the United Kingdom. The address of the charity is given in the reference and administrative details on page 1 of these financial statements. The nature of the charity's operations and principal activities are described in the Trustees Annual report set out on pages 3 to 9.

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to UK and Republic of Ireland (FRS102) issued on 16 July 2014; and with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and with the Charities Act 2011.

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 2.

2. Accounting policies

Income and endowments

- All grants and voluntary income are accounted for gross where receivable, as long as they are capable of financial measurement. This includes gifts in kind, included at estimated valuation. For legacies, entitlement is taken as the date on which notification has been made by the Executors to the Trustees that a distribution will be made.
- Tax reclaims on donations and gifts. Any incoming resources from tax reclaims are included in the Statement of Activities at the same time as the donation or gift to which they relate.
- Investment income is included in the accounts when receivable.

Expenditure

- All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources.
- Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2021

- Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Assets

- Tangible fixed assets are included at cost. There are no uncapitalised fixed assets.
- Depreciation is provided to write off the cost or valuation, less estimated residual values, of all fixed assets except freehold land, over their expected useful lives. It is calculated at the following rates:

Buildings	2% per annum on written down value
Equipment and fittings	15% per annum on written down value
- Investment property, which is property held to earn rentals and/or for capital appreciation, is initially recognised at cost, which includes purchase cost and any directly attributable expenditure. Subsequently it is measured at fair value at the reporting end date. The surplus or deficit on revaluation is recognised in the statement of financial activities.

Where fair value cannot be achieved without undue cost or effort, the investment property is accounted for as tangible fixed assets.

Although this accounting policy is in accordance with FRS102, it is a departure from the general requirement of the Companies Act 2006 for all tangible assets to be depreciated. In the opinion of the trustees compliance with the standard is necessary for the financial statements to give a true and fair view. Depreciation or amortisation is only one of many factors reflected in the annual valuation and the amount of this which might otherwise have been charged cannot be separately identified or quantified.

- Debtors are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be achieved.
- Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Liabilities

- Liabilities are recognised where it is more than likely that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
- The charity has creditors which are measured at settlement amounts less any trade discounts.

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2021

- Basic financial instruments are accounted for on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19. FRS102 SORP.

Fund Accounting

Funds held by the charity are:

- Unrestricted general funds – these are funds which can be used in accordance with the aims of the charity at the discretion of the trustees.
- Designated funds – these are unrestricted funds which have been set aside by the trustees representing the carrying value of all fixed assets held by the charity.
- Restricted funds – these are funds arising from donations, contracts and grants received in respect of specific projects. Deficits arising in the year are covered by unrestricted funds.

3. Income from Donations

During the year the charity received numerous donations. The Charity intends to use the donations to support its general purposes.

	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
			£	£
Donations and Gift Aid	16,277	-	16,277	14,961
Coronavirus Job Retention	-	14,304	14,304	538
	<u>16,277</u>	<u>14,304</u>	<u>30,581</u>	<u>15,499</u>

Income from Legacies

During the year the charity received a significant legacy £72,480 (2020 – NIL). The Charity intends to use the legacy to support its general purposes.

4. Investment income

	Total 2021	Total 2020
	£	£
Bank interest	426	444
Rental Income	1,754	1,928
	<u>2,180</u>	<u>2,372</u>

5. Income from charitable activities

	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
	£	£	£	£
NHS re North Lincolnshire	78,790	-	78,790	78,441
CCG re Crisis Project (Haven)	143,701	-	143,701	35,926
Mental Health Link worker	4,160	-	4,160	6,885
Mind grant -Connecting Minds	-	20,696	20,696	-
Grant – Active Humber	-	1,000	1,000	-
Grant –Lincs Community Fund	-	2,500	2,500	-
	<u>226,651</u>	<u>24,196</u>	<u>250,847</u>	<u>121,252</u>

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2021

6. Other Income

	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
	£	£	£	£
Room hire	1,050	-	1,050	4,336
Subscriptions	5	-	5	95
Grant – Mind re IT	-	5,000	5,000	-
Grant – Mind re digital service	-	500	500	-
North Lincs Council – Coronavirus support grant	15,931	-	15,931	-
	<u>16,986</u>	<u>5,500</u>	<u>22,486</u>	<u>4,431</u>

7. Charitable activities

	Designated Funds	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
	£	£	£	£	£
Support and development of mental health	2,782	224,813	35,129	262,724	147,785
Training/conferences	-	472	-	472	2,355
	<u>2,782</u>	<u>225,285</u>	<u>35,129</u>	<u>263,196</u>	<u>150,140</u>

8. Governance costs

	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
	£	£	£	£
Legal & Professional	601	-	601	355
Independent Examination	300	-	300	300
	<u>901</u>	<u>-</u>	<u>901</u>	<u>655</u>

9. Total expenditure

	Staff costs	Other costs	Total 2021	Total 2020
	£	£	£	£
Charitable activities	228,002	35,194	263,196	150,140
Governance costs	-	901	901	655
	<u>228,002</u>	<u>36,095</u>	<u>264,097</u>	<u>150,795</u>

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2021

9. **Total expenditure (continued)**

Staff Costs	Restricted	Unrestricted	Total 2021 £	Total 2020 £
Wages and salaries	26,098	185,520	211,618	113,608
Employer's NIC	-	12,487	12,487	5,383
Employer's pension contributions	-	3,897	3,897	1,939
	<u>26,098</u>	<u>201,904</u>	<u>228,002</u>	<u>120,930</u>

No member of staff is paid over £60,000 per year.

The average number of employees, analysed by function, was:

	Total 2021	Total 2020
Charitable activities	7	7
Administration	1	1
	<u>8</u>	<u>8</u>

Other Costs	Unrestricted Designated	Unrestricted General	Restricted	Total 2021 £	Total 2020 £
Premises and office running costs	-	414	-	414	410
Depreciation and loss on disposal	2,782	-	-	2,782	1,997
Telephone and postage	-	4,300	325	4,625	2,239
Printing and stationery	-	439	-	439	3,658
Equipment hire and property repairs	-	6,197	-	6,197	7,188
IT consumables and repairs	-	-	-	-	208
Cleaning	-	1,048	-	1,048	1,018
Light and heat	-	1,802	-	1,802	2,627
Insurance	-	1,992	-	1,992	1,363
Rates and water	-	(209)	-	(209)	463
Staff and volunteer expenses	-	1,023	-	1,023	1,383
Miscellaneous	-	813	-	813	263
Publications and subscriptions	-	1,662	500	2,162	1,117
Governance costs	-	901	-	901	655
Bank and credit card charges	-	87	-	87	77
Events and training	-	3,813	-	3,813	5,199
Centre activities and marketing	-	-	8,206	8,206	-
	<u>2,782</u>	<u>24,282</u>	<u>9,031</u>	<u>36,095</u>	<u>29,865</u>

10. **Trustees remuneration and expenses**

	Total 2021 £	Total 2020 £
Trustees remuneration	-	-
Trustees' expenses reimbursed	-	-

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2021

11. **Taxation**

As a charity the company is exempt from Corporation Tax.

12. **Tangible Assets**

	Freehold land and buildings £	Fixtures and fittings £	Total £
Cost			
At 1 April 2020	58,331	11,165	69,496
Additions	-	8,000	8,000
Disposal	-	(1,317)	(1,317)
At 31 March 2021	<u>58,331</u>	<u>17,848</u>	<u>76,179</u>
Depreciation			
At 1 April 2020	21,069	5,836	26,905
Charge for the year	746	1,574	2,320
Eliminated on disposals	-	(855)	(855)
31 March 2021	<u>21,815</u>	<u>6,555</u>	<u>28,370</u>
Net Book Value			
At 31 March 2021	<u>36,516</u>	<u>11,293</u>	<u>47,809</u>
At 31 March 2020	<u>37,262</u>	<u>5,329</u>	<u>42,591</u>

13. **Investments**

The investment asset is a freehold property. The fair value of the investment property has been arrived at the basis of an open market value on an existing use basis at £100,000 in October 2014 by North Lincolnshire Homes Limited (Ongo), the lessees for insurance purposes. The Trustees consider this valuation represents fair value at the balance sheet date.

	Total Unlisted Investments £
Fair value	
At 1 April 2020 and at 31 March 2021	<u>100,000</u>

14. **Debtors**

	Total 2021 £	Total 2020 £
Debtors	68,428	43,966
Prepayments and accrued income	2,268	2,850
	<u>70,696</u>	<u>46,816</u>

NORTH LINCOLNSHIRE MIND

Notes to the Financial Statements for the year ended 31 March 2021

15. Creditors: Amounts falling due within one year

	Total 2021	Total 2020
	£	£
Creditors and accruals	11,197	8,855
	<u>11,197</u>	<u>8,855</u>

16. Funds

	Unrestricted funds			Restricted	Total
	Designated Funds	General funds	Revaluation Reserve	Funds	
	£	£	£	£	£
Balance at 1.4.20	97,942	112,675	44,649	468	255,734
Movement in funds for the year	(2,782)	108,388	-	8,871	114,477
Transfers between funds					
-Fixed assets	8,000	(1,211)	-	(6,789)	-
-Core costs	-	1,451	-	(1,451)	-
-Grant overspend	-	(327)	-	327	-
-Grant underspend	-	144	-	(144)	-
Balance at 31.3.21	<u>103,160</u>	<u>221,120</u>	<u>44,649</u>	<u>1,282</u>	<u>370,211</u>

17. Analysis of net assets between funds

	Unrestricted funds			Restricted	Total
	Designated Funds	General funds	Revaluation Reserve	Funds	
	£	£	£	£	£
Fixed assets	103,160	-	44,649	-	147,809
Current assets	-	231,386	-	2,213	233,599
Current liabilities	-	(10,266)	-	(931)	(11,197)
	<u>103,160</u>	<u>221,120</u>	<u>44,649</u>	<u>1,282</u>	<u>370,211</u>

18. Legal status of the charity

The charity is a company limited by guarantee and has no share capital. 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.

19. Summary of Restricted Funds

	1.4.20	Income	Expenses	Transfers	Transfers	31.3.21
	£	£	£	Designated	General	£
Sue Craven	468	-	-	-	-	468
Connecting Minds	-	20,696	(17,371)	(1,730)	(1,595)	-
Active Humber	-	1,000	(186)	-	-	814
Lincs Community Fund	-	2,500	(2,768)	-	268	-
Coronavirus Job Retention Scheme	-	14,304	(14,304)	-	-	-
Mind re IT	-	5,000	-	(5,058)	58	-
Mind re digital service	-	500	(500)	-	-	-
	<u>468</u>	<u>44,000</u>	<u>(35,129)</u>	<u>(6,788)</u>	<u>(1,269)</u>	<u>1,282</u>