

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**

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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:

- 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 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	320,000	59,295	379,295
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	12,800	22,739	35,539
Net Book Value			
At 31 March 2025	307,200	36,556	343,756
At 31 March 2024	313,600	30,015	343,615

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)
	163,360	167,248

14. Debtors

	2025	2024
	£	£
Debtors	64,700	68,078
Prepayments and accrued income	1,584	1,564
	66,284	69,642

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
	25,899	26,317

16. Funds

	Unrestricted funds			Restricted Funds	Total
	Designated Funds	General funds	Revaluation 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	195,607	351,854	148,149	45,392	741,002

17. Analysis of net assets between funds

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

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
	25,889	190,514	(112,394)	(6,579)	(52,038)	45,392

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.