



Mind In Mid Herts

Trustees' Annual Report
& Financial Statements

Year ended 31 March 2020

Registered Charity Number: 1101678
Registered Company Number: 04746078 (England and Wales)

Mind In Mid Herts
Year ended 31 March 2020

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Mind In Mid Herts
Year ended 31 March 2020
Legal and Administrative Information

Mind In Mid Herts is registered as a charity and is a company limited by guarantee governed by its Articles of Association.

Company No. 04746078
Charity No. 1101678

Directors/Trustees

The directors of the Charitable company (the Charity) are its trustees for the purposes of charitable law and, throughout this report, are collectively referred to as the trustees.

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

Trustees	Narcis Marian Balalau Mathew Anthony Caffrey Ian Callaghan Sandy-Lee Connolly Shona Luann Davies Rose Beynon-Dupuy Alexis Louise Ernst Isaac Kenyon Dominic Mahabir Neil Kavin Margereson Paul Ronald (Chair) Peter Michael Walsh Laura Tyrrell Nina Ziaullah Jessica Rose Attard Joanna Couchman	Appointed 26/06/2019 Appointed 04/09/2019 Appointed 27/11/2019 Appointed 26/06/2019 Appointed 16/10/2019 Appointed 16/10/2019 Appointed 29/11/2019 Resigned 06/09/2019 Resigned 08/05/2019 Resigned 08/05/2019
Patron – Alon House Project	Rosemary Farmer	
Registered and Principal Office	11 Hatfield Road St Albans Hertfordshire England AL1 3RR	
Auditors/Independent examiners	Moore Kingston Smith LLP 4 Victoria Square Victoria Street St Albans Hertfordshire AL1 3TF	
Bankers	CAF Bank Limited P O Box 289 West Malling Kent ME19 4TA	
Solicitors	Debenhams Ottaway St Albans Office Ivy House 107 St Peter's Street St Albans AL1 3EW	

MIND IN MID HERTS
REPORT OF THE TRUSTEES for FINANCIAL YEAR END 2020

Our Beginning

Mind in Mid Herts (MiMH) is a local mental health charity affiliated to National Mind. We came into existence through the amalgamation of Mind in Welwyn Garden City and Mind in St Albans on 1st March 2007, with a remit to provide services across the Hertfordshire area. Mind in Mid Herts continued to expand with our Stevenage Wellbeing Centre opening in 2008 and our centre in Hertford opening in April 2009.

Our overarching approach is person centred. We believe and trust in the people who come to see us that they know what is best for them to recover and live well. We support people who are experiencing or who have experienced mental and emotional distress. We provide a positive, holistic approach to promote mental wellbeing, which is underpinned by a Recovery model which enables people to make well-informed life choices. Our primary service is aimed at adults and young people aged 16 and over.

Our Vision

“We will work to ensure the mental health of everyone in Hertfordshire is supported and respected”

Our Mission

“Providing prevention, recovery and support services in Hertfordshire to empower people to take control of their mental health.”

Our Values

- **Inspirational** – inspiring others to achieve their potential
- **Openness** – acting with integrity and transparency caring for staff, volunteers and the people who use our services
- **Altogether** – stronger in partnership
- **We Care** – listening and facilitating change
- **Passion** – caring for the people who use our services is at the heart of everything we do

Our Services

Mind in Mid Herts (MiMH) has continued to run a range of projects and services in furtherance of our objectives in the period **1 April 2019 to 31 March 2020 this includes:**

- **Social Support St Albans** – We welcome self-referrals and referrals from GP’s, CGL, NHS Targeted Treatment Teams and other community services. We offer a range of activities such as creative Writing, Art, Crafts, Music, Motivational Support, and Drama, in addition weekly Woman’s and Peer Support groups run and we have regular Open sessions for everyone to meet new people. These activities are designed to aid recovery, maintain wellbeing and reduce readmissions to hospital. Staff at MiMH work alongside the local NHS Support Targeted Treatment Teams (previously known as Community Mental Health Team, CMHT) and together they identify needs and a care plan for the individual. Our aim is to promote social inclusion and raise levels of confidence. We receive excellent feedback from the people who use our services, at regular forums. We also run monthly Carers group and a group for people who experience Obsessive Compulsive Disorder (OCD) on Thursday evenings. St Albans social support services ran 532 groups and 325 people attended. 80% of those people attending the groups reported that they feel less lonely and 69% are managing their mental health better.

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- **Primary Care Mental Health Project** - we have been working with the St Albans GP Federation to see people in their local GP surgery across the St Albans district including Redbourn and Harpenden. We have 3 part time 1.2 full time equivalent community support workers who deliver a variety of interventions to prevent people needing further medical support. Mainly this has included managing anxiety, reducing feelings of depression and coping with loss. At any one time we are seeing between 70 to 100 people every week and this is either preventing those people from deteriorating waiting to be seen by the mental health service who often are experiencing demands higher than the provision available or no longer needing any further medical intervention. We can see those people whose needs are mild or moderate and this leaves space for people with more severe mental health needs.
- **Stepping Stones** – The aim of this project is to reduce re admissions to hospital and is based on the acute wards, Albany Lodge in St Albans, Aston Ward and Adult Day Treatment Unit (ADTU) in Stevenage. On the wards, staff provide information sessions which signpost people to community support, bridging from inpatient to outpatient services. MiMH staff meet with people on the ward so that they get to know us and feel comfortable coming to MiMH's. They are invited to join in activities at our centres when they have escorted leave. In addition, valuable one to one support is provided when people are discharged. It is difficult to calculate how many people have been advised, signposted and supported on the wards but we have worked with 180 individuals who have reported they are managing their mental health better and they feel less isolated.
- **Vocational Support** - Providing people experiencing mental health problems support to get into paid employment, voluntary work or education. We accept referrals from GP's, other primary care workers, Job Centre Plus and from the NHS Targeted Treatment Teams and self-referrals. Support is flexible and enables people to set their own goals, e.g. getting work ready, volunteering or going back in to education. It includes:
 - Help and advice with job searching, writing a CV, completing application forms and preparing for interviews.
 - Support with returning to work after a period of sick leave
 - One to one meetings to increase confidence and motivation to identify skills.
 - Assistance in securing a voluntary position
 - Support with getting back in to education
 - Workshops such as CV Writing and Interview Skills
- **Psychological Therapies** - Offering individual, couple and family counselling/ therapy to people with mental health problems, their families and carers. We offer early intervention to those suffering with stress. Everyone is invited to a first meeting in order to determine what kind of talking therapy would be most useful. We initially offer 6 sessions to establish whether counselling is going to be useful. Some people only require these 6 sessions, others may need a different form of therapy/counselling and yet others may need more than the initial six. We have 25 diverse volunteer counsellors who practice a variety of different methods of talking therapies, all can be described as brief therapy - systemic, psychodynamic, cognitive behavioural, integrated and we have people completing their Doctorate in Counselling Psychology - and the overall approach of the service is person centred. We also offer a programme of Life Skills courses.

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The psychological therapy service has delivered 2226 individual counselling sessions and we continue seeing over 60 people every week across our three centres. 60% of those people who attended counselling reported improved feelings of self-worth; that they are managing their mental health better and they are feeling less lonely. We use the Increased Access to Psychological Therapies (IAPT) questionnaire to measure outcomes for depression and anxiety before the counselling begins and when the course of counselling ends so that we can show the improvement made. Also as part of our partnership with Hertfordshire Partnership NHS Foundation Trust (HPFT), we offer Dynamic Interpersonal therapy.

- **Stevenage Well Being Centre** - Offers a range of Social Support groups such as Art, Creative Writing, Wellbeing Recovery Group, Enrich your Mind, Peer Support, men and women's groups, open day's and Life Skills courses. The centre works well with the NHS Targeted Treatment teams, the Haven, Job Centre Plus, Children's Centres, the Healthy Hub and other community projects. We also offer popular activities such as: table tennis, yoga and walking groups. We continue to plan physical activities to ensure we are providing exercise, which we know improves wellbeing and life chances. We also have a peer support group for the LGBTQ community and a monthly Carers group on Tuesday evening. Life Skills courses are available on managing anxiety, coping with depression, building self-esteem and managing anger. In addition we have two projects the first Creative Minds (courses in pottery, writing, mindful photography and drama) and Get Set to Go (football and swimming), this is working with a number of partners. We ran 448 groups and 70% of participants said that they had improved feelings of self-worth, they were managing their mental health better and they felt less lonely.

One participant on the pottery course reported to us that she has suffered many losses over the past few years "the course has given me inspiration to try and experiment with new projects in the future"

- **The Seed Warehouse in Hertford** - Open 3 days per week in the town centre, offering a range of services aiming to help people with mild to moderate mental health issues. 274 groups and activities were run including: advice sessions regarding benefits/budgeting, open sessions to meet new people and make friends, craft, Wellbeing Recovery and Art groups. Over 100 people have attended the groups and services 100% of those people reported they feel less lonely.
- **Welwyn Garden City** – Open 3 days a week, there are 11 PCs available for people to use to connect to social media, respond to emails or simply just to browse the net. In addition we run groups which include Wellbeing, Walking, Creative Writing and for Carers for people caring for a loved one diagnosed with Borderline Personality Disorder (BPD) that runs on a monthly basis in the evenings. 173 groups were run last year and 91 people attended.
- **Out-reach services in St Albans District, Stevenage, Hertford and North Herts** - We have out-reach groups running in Hertford, Stevenage, Hitchin, and Royston, having identified a need to reach out to people where centres do not exist. People's budget may not stretch to public transport to main town centres or they may be feeling too anxious or just lack confidence going to new places and groups. This service has been designed to bridge the gap from our centres to the more rural locations where services are rare. We offer 6 one to one sessions to build people's confidence close to their home.

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REPORT OF THE TRUSTEES for FINANCIAL YEAR END 2020

"I don't think I would have been able to deal with the DWP stuff without your help as I would have been too frustrated so just wanted to say a big THANK YOU for helping me out. I would never have been able to do it without you."

- **Spot the Signs** - We are pleased to report the ongoing partnership with Hertfordshire Partnership NHS Foundation Trust (HPFT) and Herts Mind Network delivering this Suicide prevention project. This campaign and training aims to have zero suicides in Hertfordshire and prevent anyone from feeling/thinking that there is no alternative to taking their own life. The following has been delivered in the last year:
 - Volunteer open sessions – 275 attendees over 14 sessions.
 - GP training – 8 sessions run – 112 GPs trained and 89 other practice staff.
 - Other organisations trained – 21 sessions run, training 378 individuals.
- **Access Worker** - Part of this partnership also sees us employing access workers across Hertfordshire who ensure that everyone knows where to go if they are feeling stressed, worried or generally unhappy. Early intervention is a priority for HPFT and Mind in Mid Herts and this service is promoting all the services available to people and is a great collaboration. The Access worker gives talks, attends public events with stands and information, offering advice on services available to people, bridging the gap between community services and the NHS. The team attended over 136 events promoting Improving Access to Psychological Therapies.

MiMH also delivers training and works generally to raise awareness of mental health issues in the community, in businesses and local district councils. Last year our training delivered 98 sessions to 1634 people

Our People

The services we provide are dependent upon the fantastic work of our dedicated staff and volunteers. Once again, we have been humbled by the work that is done, the commitment that is shown and the passion and energy that we see every day in ensuring our services best deliver on the Vision Mission and Values we have set.

Many of our staff began working with us as volunteers, of our current staff group of 37, 8 of them began as volunteers...

"I moved to St Albans three years ago. At the time I was out of work and felt that volunteering would help me get to know more people and support my skills development so that I could get back into work. I had my MSc in Occupational Psychology but not enough work experience therefore I decided to volunteer. A few months later when I was more confident, I applied for job at Mind in Mid Herts."

Our Partners

We are also very fortunate to work with other organisations who have supported our ambitions. To achieve what we have set out we need to work collaboratively with a number of partners and we are pleased that this has continued throughout the year. In particular we would highlight the North Herts, Stevenage, East Herts, Welwyn Hatfield and St Albans District Councils who bring partners together in the Community to collaborate and join forces to benefit the people in their districts. In addition to that, working with Commissioners to pioneer new services such as the Primary Care Mental Health

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project, which has allowed us to meet the GP,'s and work with the whole team in the new St Albans GP Federation.

Our Future

Due to the recent developments, we have transformed, re-designed and developed our services in order to continue to support people through the covid-19 pandemic and lockdown. We have invested in laptops for every member of staff, we have 100 new telephone lines and we are supporting over 600 people remotely. A wonderful staff group has achieved this by changing overnight from working together in our centres and in the community to operating alone in their own homes. We are reaching more people now than ever. We will reopen two of our centres in September to people who need us and we will continue to work with people remotely. Our aim will be to expand what we do by this new way of working and resuming our face-to-face work, combined, reaching more people to prevent mental health problems occurring or getting worse. We have also seen a wonderful surge in people wanting to volunteer and we have developed our training to engage those volunteers in supporting individuals to stay well during these difficult times. We are now delivering counselling on the telephone by counsellors trained in telephone counselling; we have volunteers keeping in touch with people weekly just with a friendly chat and we are developing further training in order that volunteers can support people to get back to whatever they were doing before covid-19 lockdown. Getting back to the things that make life meaningful, volunteering, socialising and work.

A young woman (33 years old) was referred to us for social support by her GP.

"Thank you for your kind words. Attending mind (whether on zoom or at the centre) has been very valuable to me. Your support has guided me along my way, and the talks with you and the other patients on zoom have been inspirational. I hope to continue my recovery further through attending your courses and following your advice."

We have been very fortunate to be the recipients of a substantial donation of restricted funds (£400,000) from a family in memory of their son who died at the end of 2017. This restricted money is the foundation to fund a building to support the delivery of services in the Welwyn/Hatfield/St Albans area. This is an exciting opportunity for MiMH to build a secure future. This means so much to us to give the people who use our services the confidence that we will support them for as long as they require us to.

We will be launching a crowdfunding web page in October. We will need to raise a further £600,000 in order to purchase a building fit for purpose that will mean we can support people and prevent suicide. We want to ensure that no one feels that the only choice they have is to take their life. We are keen to hear from people who would be interested in supporting this development – particularly in the areas of Fundraising, Property Search and Management and Project Management. Our vision is that this building would encapsulate everything we currently run and more.

You will see within our financial report that our financial reserves have reduced in year as we have sought to expand the services we provide. We remain in a reasonable position financially but see 20/21 as an important year to strengthen our finances to provide greater headroom to respond in the future to new service needs and to invest further in our staff.

We are delighted that despite the unique and difficult circumstances we have seen some early successes in our fundraising in 2020 with Computacentre sales force choosing us as their charity - with teams competing to see which one can cycle around the World in 80 days first and raising money and awareness of mental health.

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Our Gratitude

MiMH would like to thank the following for their support with grants and funding during the year: Integrated Health and Care Commissioning team for Hertfordshire County Council, Hertfordshire Partnership NHS Foundation Trust (HPFT), Lloyds Bank Foundation, National Lottery with Her Majesty's Government and National Lottery players, Garfield Weston, Edward Gostling, National Mind and the English Football League, Hertfordshire Community Foundation, North Herts District Council, Stevenage Borough Council, and East Herts District Council.

As ever, the Trustees wish to express their appreciation for the commitment and enthusiasm of all the staff and over 80 volunteers who give their time to the charity, and without whom MiMH would be unable to achieve its objectives. Volunteers are essential to the smooth running of the organisation. When anyone wishes to volunteer with MiMH, a coordinator will interview them and complete the relevant forms to match their skills to the projects within the organisation. We have volunteers who support administration and all of the projects and activities mentioned in this report. We have links with Volunteer Centres and CVS in our areas and we continue to maintain the 6-point promise Accreditation Scheme.

FINANCIAL REVIEW

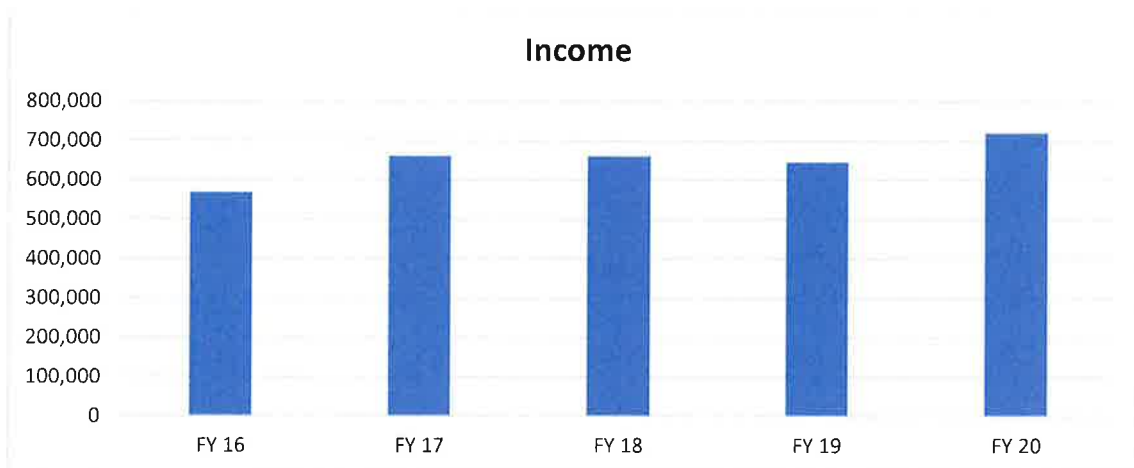
The financial results for the organisation are set out in pages 12 to 14 of this document. As always, our financial focus as a Trustee Board is to maximise our income generation whilst ensuring that we are providing safe, accessible services for our user community and protecting our assets. We also ensure that we have appropriate systems and processes in place to enable safe and effective working for our staff and volunteers and to meet the increasing compliance requirements. The Trustees made the decision to continue to contract a Bid Writer to support the essential application for additional funding to support existing and additional services and to cover our core overhead costs. Once again, we set stretching targets for additional grant/bid income and fundraising activities. We had a very successful year with fundraising/ donations, exceeding the target. The grant/bid environment was particularly challenging, and we did not meet our target income.

The financial challenges faced within both the wider charitable sector and specifically within the health sector continue to be very real and ongoing. Whilst, we have not met our target income, our corresponding expenditure was also reduced although we these were not in balance, so we have posted a larger deficit than our Plan. Our deficit for the year was £29,959 which includes a paper loss on our investments of £11,467, approximately 50% of this loss has been recovered since the end of the financial year. The higher than anticipated deficit, excluding the paper loss on investments, due to a reduction in the anticipated grant income due to the challenging funding environment and not achieving our target External Training and Development income. We are immensely grateful for the hard work and dedication of our staff and volunteers, the ongoing support of our commissioners and funders and the generosity and enthusiasm of those who have donated time and money to support the work we do.

In relation to the detail of our financial performance we would highlight the following:

Our ordinary income for the year totalled £720,662 which is a very healthy increase of 11.7% over the ordinary income for FY19 (excluding the extraordinary donation of £400,000 Restricted Funds) shown in the graph below. Our excellent community fundraising/ donations performance was a significant factor in this increase.

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Income growth in the 5 years to FY20 is 26.8% which is still reasonable in the current climate and reflects the continuing hard work at finding and bidding for new funding opportunities and the focus on community fundraising activities. Despite the increasingly challenging funding environment we have still maintained a satisfactory level of grant/bid income in FY20 (decreasing 3.2%). Our contract income has remained at the same levels of FY19 it is the smaller grant opportunities which vary year on year where we have won new bids, and which haven't totally replaced grants which have finished. The fundraising/donation income was exceptional this year with a 108% increase over FY19.

The income is comprised of grants £551,205, donations and other fundraising activities £165,623 and investment income of £3,834.

Looking at expenditure, our total costs for the year were £739,163 of which payroll costs of £582,721 were the principal outgoing and support costs of £156,442.

Balance Sheet

Our unrestricted reserves have decreased to £108,529, reflecting the Trustees' budget deficit decision for the financial year, including the unanticipated loss on investments, and are held in a mix of investments and cash in bank to meet our ongoing expenditure needs. The current reserves policy requires that we hold unrestricted reserves amounting to £100,000 to enable the Charity to ensure service users receive uninterrupted access to service from the contracted and non-contracted (but committed) services for a period of 6 months. We continue to review this policy to ensure that it remains appropriate

Future Plans

Our financial strategy is to continue to seek to grow our funding base both through developing our relationships with our existing funding bodies and to seek new funding sources including our voluntary and activity related income. In addition, in the coming financial year the Trustee Board are continuing their commitment to increasing support to the management team and in making substantial progress towards the delivery of our major capital project.

We have summarised above our financial performance for the year which we view positively whilst always striving to do more. We share National Mind's commitment that

"We will not give up until everyone experiencing a mental health problem gets support and respect."

We are supported in this ambition by the dedicated support of so many wonderful volunteers whose time and efforts are immense. We recognise however the relentless need to continue grow our

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income in order to meet the increasing needs for our services. This need can be exhausting for our staff and volunteers, yet we are sustained in our efforts by the positive effect our services do have.

Covid-19 Implications

At March 31st 2020 the UK Government had only just introduced Covid-19 lockdown measures. This did materially affect our investment bond on which there was a reported paper loss of £11,467.16. This has now recovered by approximately 50% and it is anticipated that close to a full recovery will be seen by March 31st 2021.

We have now been operating under Covid-19 restrictions for 5 months of our new Financial Year. During this time we have furloughed 4 members of staff who were unable to work due to the closure of our centres. The remaining staff and a significant number of our volunteers have been able to work from home where we have been supporting our service users via telephone and virtual sessions. We have also recruited additional volunteers to deliver the telephone support service.

We have been awarded a number of small grants which have funded the additional equipment needed to enable home working and the supply of additional telephone lines for the telephone support service. In addition, we have been awarded a Big Lottery grant which will go some way to covering the income shortfall from fundraising activities which have been significantly curtailed due to the Covid-19 restrictions.

The environment has been very challenging for our staff and volunteers but everyone has stepped up and been innovative with the ways in which we can support our service user community.

The future is still very uncertain and whilst our financial position has been compromised by our inability to fundraise we have had a few Corporate Sponsors come on board and we have been quite successful in applying for and being awarded grants which have plugged some of the gaps. Our reserves are sufficient to cover the likely fundraising/ donation shortfalls should this be necessary.

Signed on behalf of the Board



Paul Ronald
Chair

15 September 2020

Mind In Mid Herts
Year ended 31 March 2020
Trustees' Responsibilities Statement

The trustees (who are also directors of the Mind In Mid Herts for the purposes of company law) are responsible for preparing the Trustees' report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which gives a true and fair view of the state of affairs of the charitable company and of its income and expenditure for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable accounting standards, including FRS 102, have been followed, subject to any material departures disclosed and explained in the financial statements.
- State whether a Statement of Recommended Practice (SORP) applies and the methods and principles in the SORP have been observed, subject to any material departures which are explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

None of the Trustees had any beneficial interest in any contract to which the Organisation was party during the year.

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2020.

Respective Responsibilities of Trustees and Examiner

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent Examiner's Statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am member of the ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- 1) accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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
- 4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.



Silvia Vitiello

For and on behalf of Moore Kingston Smith LLP
Chartered Accountants

4 Victoria Square
St. Albans
Hertfordshire
AL1 3TF

Date: 21 September 2020

Statement of Financial Activities

Note	2020			2019			
	Unrestricted funds	Restricted funds	Total funds 2020	Unrestricted funds	Restricted funds	Total funds 2019	
	£	£	£	£	£	£	
Income and endowments from:							
Donations and legacies	2	107,905	6,632	114,537	55,067	400,000	455,067
Charitable activities - grants	3	-	551,205	551,205	-	531,356	531,356
Charitable activities - other	4	51,086	-	51,086	57,612	-	57,612
Investments	5	3,834	-	3,834	1,159	-	1,159
Total		162,825	557,837	720,662	113,838	931,356	1,045,194
Expenditure on:							
Raising funds	6	2,994	35,384	38,378	2,577	35,750	38,327
Charitable activities	6	104,818	595,967	700,785	94,137	524,448	618,585
Total		107,812	631,351	739,163	96,714	560,198	656,912
Net gains/(losses) on investments	8	(11,458)	-	(11,458)	2,136	-	2,136
Net income/(expenditure)		43,555	(73,514)	(29,959)	19,260	371,158	390,418
Transfers between funds		(80,146)	80,146	-	(28,842)	28,842	-
Net movement in funds		(36,591)	6,632	(29,959)	(9,582)	400,000	390,418
Reconciliation of funds:							
Total funds brought forward		145,120	400,000	545,120	154,702	-	154,702
Total funds carried forward	12	108,529	406,632	515,161	145,120	400,000	545,120

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

Mind In Mid Herts
Year ended 31 March 2020

Balance sheet

		2020 £	2019 £
	Note		
Fixed assets:			
Tangible assets	7	8,120	6,322
Investments	8	<u>62,584</u>	<u>74,042</u>
Total fixed assets		<u>70,704</u>	<u>80,364</u>
Current assets:			
Debtors	9	21,267	13,607
Investments	10	78,079	77,306
Cash at bank and in hand		<u>382,496</u>	<u>395,356</u>
Total current assets		<u>481,842</u>	<u>486,269</u>
Liabilities:			
Creditors: Amounts falling due with	11	(37,385)	(21,513)
Net current assets		444,457	464,756
Total assets less current liabilities		515,161	545,120
Total net assets or liabilities		<u>515,161</u>	<u>545,120</u>
The funds of the charity:			
Restricted income funds	12	406,632	400,000
Unrestricted funds	12	<u>108,529</u>	<u>145,120</u>
Total charity funds		<u>515,161</u>	<u>545,120</u>

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

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

The financial statements on pages 12 to 20 were approved by the Board of Trustees and signed on its behalf by :



.....
Paul Ronald
Chair

.....
15 September 2020
Date

Company number: 04746078

Statement of Cash Flows

	2020 £	2019 £
Cash flows from operating activities:		
Net cash provided by (used in) operating activities (note 16)	<u>(8,096)</u>	<u>371,717</u>
Cash flows from investing activities:		
Dividends, interest and rents from investments	3,834	1,159
Purchase of property, plant and equipment	(8,598)	(7,165)
Tangible assets	-	-
Net cash provided by (used in) investing activities	<u>(4,764)</u>	<u>(6,006)</u>
Change in cash and cash equivalents in the reporting period	(12,860)	365,711
Cash and cash equivalents at the beginning of the reporting period	395,356	29,645
Cash and cash equivalents at the end of the reporting period	<u>382,496</u>	<u>395,356</u>
	0	

1 Accounting policies

1.1 Basis of preparing the financial statements

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The company is a public benefit entity for the purposes of FRS102 and a registered charity established as a company limited by guarantee and therefore has also prepared its financial statements in accordance with the Charities SORP FRS 102 (second edition - October 2019) - 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 and the Companies Act 2006 and Charities Act 2011.

The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Board have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern including the impact of Covid-19 pandemic. The Board have made this assessment for a period of at least one year from the date of approval of the financial statements. In particular the Board have considered the charity's forecasts and impact on income sources.

1.2 Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

1.3 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed

1.3a Raising funds

Raising funds includes all expenditure incurred by the charity to raise funds for its charitable purposes and includes costs of all fundraising activities, events and non-charitable trading.

1.3b Allocation and apportionment of costs

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, and others are apportioned on an appropriate basis.

1.4 Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off the cost or valuation of each asset less any estimated residual value, over its estimated useful life.

Fixtures and fittings	straight line over 3 years
Computer equipment	straight line over 3 years
Website	straight line over 3 years

Individual fixed assets costing £100 or more are capitalised and recorded at cost.

1.5 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.6 Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

1.7 Operating leases

Rentals payable under operating leases are charged in the statement of financial activities on a straight line basis over the lease term.

1.8 Investments

Investments held as fixed assets are revalued at mid-market value at the balance sheet date and the gain or loss taken to the Statement of Financial Activities.

1.9 Financial instruments

Cash and cash equivalents include cash at banks and in hand and short term deposits with a maturity date of three months or less.

Debtors and creditors receivable or payable within one year of the reporting date are carried at their transaction

Mind In Mid Herts
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2 Donations and legacies

	Unrestricted Restricted Total 2020			Unrestricted Restricted Total 2019		
	£	£	£	£	£	£
Donations	107,905	6,632	114,537	55,067	400,000	455,067
Membership fees	-	-	-	-	-	-
	107,905	6,632	114,537	55,067	400,000	455,067

3 Charitable activities - grants

	Unrestricted Restricted Total 2020			Unrestricted Restricted Total 2019		
	£	£	£			
Grants	-	551,205	551,205	-	531,356	531,356
	-	551,205	551,205	-	531,356	531,356

Grant analysis:

	2020	2019
	£	£
<u>East & North Herts, Herts Valleys CCG's and Hertfordshire County Council</u>		
Hertford - Hertfordshire County Council	33,444	33,444
Psychological Services - NHS/Hertfordshire County Council	65,644	65,644
Social support	37,483	37,483
Specialist Groups including Carers- Hertfordshire County Council	49,568	49,568
Stepping Stones - Hertfordshire County Council	28,068	28,068
Stevenage Borough Council	-	-
Vocational Support	39,916	39,916
Welwyn Garden City Office- Hertfordshire County Council	15,136	15,136
<u>Hertfordshire Partnership University NHS Foundation Trust</u>		
DIT Project	27,690	17,100
IAPT- Hertfordshire Partnership Foundation NHS Trust	59,758	59,396
Spot the Signs Hertfordshire Partnership Foundation NHS Trust	30,872	25,860
Blue light project	2,650	33,397
St Albans - Mental Health	34,918	-
Small Grants	-	14,700
Garfield Weston	15,000	-
Edward Gosling Foundation	5,000	-
Henry Smith Charity	-	20,000
Lloyds Foundation	31,939	15,000
Stevenage Hub - Stevenage Borough Council	-	9,178
National Mind	36,850	-
National Lottery	21,269	11,576
North Herts DC	12,000	25,000
East Herts Council	-	3,890
Herts Workforce Group	-	5,000
Welwyn and Hatfield BC	4,000	22,000
	551,205	531,356

4 Charitable activities - other

	Unrestricted Restricted Total 2020			Unrestricted Restricted Total 2019		
	£	£	£	£	£	£
Sundry income	51,086	-	51,086	57,612	-	57,612
	51,086	-	51,086	57,612	-	57,612

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5 Investment income

	2020 £	2019 £
Bank interest	3,834	1,159
	<u>3,834</u>	<u>1,159</u>

6 Expenditure analysis

	2020 £	2019 £
Direct cost		
Staff costs (including expenses)	566,590	493,781
Bidding	16,131	25,536
	<u>582,721</u>	<u>519,317</u>
Support costs		
Premises and insurance	48,987	51,365
IT costs	14,570	9,982
Office running	48,085	45,366
Depreciation	6,800	4,180
Audit/accountancy	4,840	7,080
Affiliation fees	2,294	1,955
Consultancy	6,320	5,059
Counselling	21,808	10,147
Publications	1,962	2,363
Other	776	98
	<u>156,442</u>	<u>137,595</u>
Total	<u>739,163</u>	<u>656,912</u>

6.1 Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2020 £	2019 £
Depreciation	6,800	4,180
Independent examination over/underprovision	-	(600)
Audit	4,840	6,060
Non-audit fees paid to auditor	-	1,020

6.2 Trustees' remuneration and benefits

The charity paid no salary nor benefits to any trustees for either this year or last.
The charity paid £nil (2019- £nil) towards travel costs of the trustees.

6.3 Staff costs

	2020 £	2019 £
Salaries and wages	511,425	427,574
Social security costs	28,137	23,973
Employer's pension contributions	9,681	5,622
	<u>549,243</u>	<u>457,169</u>

Average number of employees was 35 (2019: 31).
No employees received emoluments in excess of £60,000 (2019: none).
Key management personnel received remuneration of £189,570 (2019: £155,899)

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7 Tangible fixed assets

	Fixtures and fittings	Computer equipment and Website	Total
	£	£	£
Cost			
At 1st April 2019	16,731	39,471	56,202
Additions	1,479	7,119	8,598
At 31st March 2020	<u>18,210</u>	<u>46,590</u>	<u>64,800</u>
Depreciation			
At 1st April 2019	16,528	33,352	49,880
Charge for year	595	6,205	6,800
At 31st March 2020	<u>17,123</u>	<u>39,557</u>	<u>56,680</u>
Net Book Value			
At 31st March 2020	<u>1,087</u>	<u>7,033</u>	<u>8,120</u>
At 31st March 2019	<u>203</u>	<u>6,119</u>	<u>6,322</u>

8 Fixed Assets Investments

	Listed investments
	£
Market Value	
At 1st April 2019	74,042
Revaluations	(11,458)
At 31st March 2020	<u>62,584</u>
Net Book Value	
At 31st March 2020	<u>62,584</u>
At 31st March 2019	<u>74,042</u>

There were no investment assets outside the UK.

All investments are held primarily for an investment return.

9 Debtors

	2020	2019
	£	£
Trade debtors	20,667	13,007
Prepayments and accrued income	600	600
	<u>21,267</u>	<u>13,607</u>

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Notes to the financial statements

10 Current Assets Investments

	2020 £	2019 £
Investment bond	<u>78,079</u>	<u>77,306</u>

This is a 12 month Bond that is due to mature on 12 October 2020.

11 Creditors: Amounts falling due within one year

	2020 £	2019 £
Trade creditors	2,017	3,374
Deferred income	20,745	6,650
Accrued expenses	14,623	11,489
	<u>37,385</u>	<u>21,513</u>

11b. Deferred income

	2020 £	2019 £
Deferred income at 1 April	6,650	33,890
Resources deferred in the year	20,745	6,650
Amounts released from previous years	(6,650)	(33,890)
Deferred income at 31 March	<u>20,745</u>	<u>6,650</u>

Deferred income at 31 March 2020 relates to funds received in advance from East Herts Council, National Lottery Creative, National Mind and Garfield Weston.

12 Funds

	Balance b/fwd £	Income £	Expenditure £	Transfers £	Gains and losses £	Balance c/fwd £
Unrestricted Fund	145,120	162,825	(107,812)	(80,146)	(11,458)	108,529
Restricted Funds:						
Grants		551,205	(631,351)	80,146	-	-
Donations	400,000	6,632	-	-	-	406,632
	<u>545,120</u>	<u>720,662</u>	<u>(739,163)</u>	<u>-</u>	<u>(11,458)</u>	<u>515,161</u>

Unrestricted funds are those funds which are not restricted or designated as committed to specific projects.

Restricted funds relate to grants received for specific projects and donations when donor has specified how the funds should be spent.

13 Analysis of net assets between funds

	Unrestricted Fund £	Restricted Funds £	Total £
Fixed assets	70,704	-	70,704
Current assets	68,560	413,282	481,842
Current liabilities	(30,735)	(6,650)	(37,385)
	<u>108,529</u>	<u>406,632</u>	<u>515,161</u>

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14 Operating leases

The total future minimum payments under non cancellable operating leases for the following periods are:

	2020	2019
Not later than one year	29,141	29,141
Later than one year but not later than five years	75,050	98,503
In over five years	—	7,583
	<u>104,191</u>	<u>135,227</u>

15 Share Capital

The Charity is a company limited by guarantee.

16 Reconciliation of net income/(expenditure) to net cash flow from operating activities

	2020	2019
Net income/(expenditure) for the reporting period	(29,959)	390,418
Adjustments for:		
Depreciation charges	6,800	4,180
(Gains)/losses on investments	10,685	(2,901)
Dividends, interest and rents from investments	(3,834)	(1,159)
(Increase)/decrease in debtors	(7,660)	1,694
Increase/(decrease) in creditors	15,872	(20,515)
Net cash provided by (used in) operating activities	<u>(8,096)</u>	<u>371,717</u>

17 Analysis of changes in net debt

	At start of year	Cash flows	Fair value movements	At end of year
Cash	395,356	(12,860)	—	382,496
Cash equivalents	151,348	773	(11,458)	140,663
Total	<u>546,704</u>	<u>(12,087)</u>	<u>(11,458)</u>	<u>523,159</u>

18 Related party transactions

During the year the charity received £123,282 from Hertfordshire Partnership NHS Trust (HPFT), in which Paul Ronald is a director.