



Mind In Mid Herts

Trustees' Annual Report
& Financial Statements

Year ended 31 March 2021

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

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Mind In Mid Herts
Year ended 31 March 2021
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 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 Danielle Yvette Adams Michaela Clark	Resigned 31 May 2021 Resigned 6 July 2021 Appointed 14 May 2021 Appointed 14 May 2021
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Patron – Alon House Project Rosemary Farmer

Registered and Principal Office 11 Hatfield Road
St Albans
Hertfordshire
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AL1 3RR

Auditors 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 Crane & Staples
Longcroft House
Fretherne Road
Welwyn Garden City
AL8 6TU

Mind in Mid Herts

Report of the Trustees for Financial Year End 2021

Introduction

Firstly, can we thank you for taking the time to read our report, as a charitable organisation we rely on the support of individuals and organisation who like you have a positive interest in what we do. Your support is invaluable to what we have set out to do and we never forget to express our gratitude.

This part of the Annual Report contains the key reflections of both of us as Chair and CEO. It is the 6th report we have prepared together and is for the reasons set out below, the one, which on balance, that we are the proudest to present. This assessment is not made lightly and throughout the last 6 years, we have both been consistently overwhelmed by the commitment and dedication that our staff and volunteers have provided. Yet in 2020-2021, as we describe below, MiMH has surpassed all expectations, with so many of the team having gone above and beyond in supporting the users of our services, by maintaining access and support at this time of huge uncertainty and disruption. To give an indication of the value and success of our efforts throughout the year we can share that in 2019-2020, we supported 1267 people and in 2020-2021, we have supported 1840. This is an increase of over 45% at a time when contact and keeping connected was so much more challenging yet so vital to the wellbeing and recovery of so many.

We connected with people on the telephone, by email, online and in person when it was needed.

During 2020 we saw the emergence of the “Clap for Carers” and then the “Clap for Heroes” movements which showed the huge public appreciation for those who care and support those in need. Originally focussed on the NHS, this was quickly extended to cover the valuable work of the wider public and third sectors, of organisations like ours, of the staff and volunteers who work tirelessly to care for those who need our services. This recognition was hugely deserved and in truth well overdue.

As the country continues to recover from the exceptional period it has endured since March 2020, we know that the future for healthcare will be different. The recent Health & Social Care White Paper heralds a number of future changes within the sector including the establishment of ICS health and care partnerships. Whilst not mandated, the membership of these partnerships is expected to include charity/voluntary sector organisations and can provide greater opportunity for organisations like ourselves to influence the response to the future health, public health and social care needs of our population. The White Paper signals a shift towards a new model of collaboration, partnership and integration.

What we seek to show below is how MiMH is already working collaboratively with a number of partners to provide new services in Hertfordshire embracing and shaping new ways of working.

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

National Accreditation

A key highlight in 2020-2021 has been the award by National Mind of the quality accreditation, the Mind Quality Mark (MQM). This accreditation is mandated for all Mind organisations and is a very thorough evaluation and peer review that examines all the key elements of a well-governed high performing organisation. This is a tremendous team achievement and demonstrates how we can work flexibly with a localised focus whilst maintaining nationally set standards and processes.

One of the comments that we were most pleased to hear from the assessors was:

“People feel valued, collectively working to do the best they can. The review team were impressed by the focus on wellbeing and the internal training and development provided which enhances and validates the skills of the workforce. The opportunities for volunteers are particularly strong. It is clearly a positive experience working in the organisation”

Our Services

The focus on supporting and valuing staff is a core principle and has been fundamental to MiMH remaining resilient throughout this challenging period. At the end of March 2020 MiMH like many organisations had to look closely at its ways of working, **adapting, developing and redesigning** services to continue to support people through Covid-19 lockdown whilst allowing staff to remain safe and feel secure. This rapid review included:

- Assessing everyone registered with us as to whether they were low, medium or high risk in terms of their mental health deteriorating and adapting our care plans appropriately.
- Supporting over 700 people with Keeping In Touch calls (KIT),
- Developing a new service offering a befriending/buddy system (thank you to National Mind for the grant) with the idea in mind to support people back to doing whatever they were doing pre-Covid-19.
- Training all our volunteer counsellors to offer telephone counselling. 181 people have attended counselling. Which, although less than the previous year, reflected the additional challenges of reduced counsellor capacity and the challenges of arranging meetings for many individuals.
- Delivering daily free **live mindfulness sessions** for frontline workers including the workforce from the NHS, social care, housing and financial support, teachers, carers, volunteers and staff from a variety of charity sector partners
- Introducing several social support Groups on line: Friday quiz, book group, wellbeing group, carers, LGBTQ and others
- Continuing, where permitted, to visit patients on the Aston Ward at the Lister Hospital providing much needed contact during such a difficult time.
- Organising walking groups in St Albans and Hitchin and continuing to run football sessions in Stevenage
- Developing Living Well courses delivered online: Staying Calm, Coping with Loss, Staying Well at Work, Developing Self-Compassion, Building Courage, Feeling Well, Learning to Relax, Sleeping Well, Being Assertive, Becoming Active & Eating Well.

- Delivering 48 courses/workshops over the last 12 months, which 302 people attended.
- Sending out 600 winter buddy boxes, in January 2021, to those we support. Some pictures are provided below with examples of the many thank you letters/emails and calls from people who received them.



Thank you so much for the buddy box I have received today, it is lovely. I especially like the wellbeing journal (and the chocolate of course). I have been feeling very down at the moment, and this has cheered me up, it is much appreciated.

Hi, received my buddy box today. I live on my own and have severe anxiety & stress was so overwhelmed you had thought of me for a buddy box thank you so much means so much to me big thank u to all involved best wishes

Dear Mind in Mid Herts team,

My Winter Buddy Box arrived in the post today, what a truly wonderful surprise!

My children and I have been going through a challenging time for the last several months. Support from Mind in Mid Herts has certainly helped me to cope, support the children and their mental health and to keep taking steps forward, even when I can't see my future.

Receiving my Buddy Box today really brightened my day. So often the postman brings bad news, so it was really lovely to get something to make us smile today. The children were also very excited and I will be sharing some of the treats with them. Thank you to all involved.

Training

You can see above that we have continued to grow and develop the range of courses we offer. It is one of the things that we are proudest of.

New Courses were being developed throughout 2020 with most the recent new course being Getting Ready for Work. This six-week course enables participants to gain an understanding of their own readiness for work and develop tools and strategies to support their development and confidence.

All online courses are delivered via Zoom by an experienced Mind in Mid Herts trainer, giving people all the benefit of face-to-face support in their own homes.

Training & Development during 2020-2021 was exceptionally challenging; corporate sessions that had been booked were cancelled and the training plan was abandoned to account for change of delivery and content that was needed as a result of the Coronavirus pandemic. The Life Skills courses were re-designed and re-branded to become 'Living Well' and these were delivered online. The majority of people who have engaged with these courses were new

to our services so we also needed to create a new process for registering these attendees, as assessing this number of people was not feasible. We also wanted to create a service that was easily accessible and as such attractive to people who may not consider themselves to have a 'mental health problem'.

I enjoyed the course so much! It has helped a lot. Wish it could go on longer!

Developing Self-compassion

The content of the course was well balanced and the team delivering it was very friendly and supportive.

Staying Well at Work

The trainers were very good at presenting and engaging, using some of their own personal examples really helped my confidence

Learning to Relax

Volunteers

MiMH has always been reliant on the dedication of our volunteers and never more so over this period. We have been able to double the number of volunteers supporting our work and this has been essential to our success in reaching out and maintaining contact with service users, with volunteers at the core of our Keeping in Touch calls, and the brand-new service – befrienders/buddies. In March 2020, we were fortunate to have 31 volunteers delivering 46 hours of support weekly and now we have over 70 volunteers delivering over 100 hours every week. We would not be able to operate without all of this commitment.

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.

We ensure that all volunteers stay well by regular de-briefs, supervision and a robust personal development plan that includes training in mental health awareness; spot the signs save a life and specific training to do with the role they are delivering i.e. KIT calls or befriending.

I have been volunteering since January 2021 and I honestly haven't looked back since. I have always been aware of Mind in Mid Herts and the great work that they do. One of my friends was a previous employee so I was regularly hearing about the important projects Mind in Mid Herts were doing.

I started my Mind in Mid Herts journey through a fundraiser, running 100km in 30 days and raising over £800, but more importantly mental health awareness. I wanted to do more; I wanted to help people who may have been feeling the same way as my friend. I got in touch with Mind in Mid Herts about their volunteering opportunities and from there I started training for their 'Keeping in Touch Calls', which are regular calls to check in with people who feel they need extra support and someone to speak to or to listen.

I would 100% recommend anyone to volunteer, it is so fulfilling to know and hear that you are helping people who really need some extra support. For me, it is so worth giving up an evening of my week because I know how valuable it is to the people on the other end of the phone. (From Izzy's blog on our website)

Partnerships

We have been commissioned to work with Central London Community Healthcare Trust (CLCH) in West Herts to deliver physical health checks for people with serious mental illness (SMI). This has been a great initiative to improve the life chances of people with SMI. On average, a person diagnosed with a SMI lives between 15 and 20 years shorter than someone without a SMI. Following the success of the project, it has recently this has been expanded to cover the whole of Hertfordshire and we have increased our team from 1 to 3 people.

We were excited to work with Dr Alison Cowan and her team in St Albans to offer a children and young people's (CYP) clinic every Thursday, again thanks to funding from our Commissioners. This clinic enables CYP to be seen quickly by a GP and ensure they are getting support for their mental health early.

We are also partners in the Young Peoples healthy hub in Stevenage offering counselling to young people, 3 evenings a week on the telephone or in person at our centre. Thanks to funding from Stevenage Borough Council through the Public Health initiative to have a healthy hub in every district.

Finance and our Funders

You will read elsewhere in the report that thanks to the continuing generosity of our external commissioners and the work of our own staff and volunteers we have seen an increase in funding this year and have reported a small surplus that can help support our future work. Clearly, the financial position for all third sector organisations remains uncertain but this year's finances will help and enable us to make some small investments to support future potential projects.

We have been pleased to continue our out-reach work in North Herts – thanks to funding from North Herts District Council.

Thanks to the Lloyds Bank Foundation, National Lottery and Julia and Hans Rausing Trust for Covid-19 emergency funding that enabled us to continue operating as safely as possible, investing in Personal Protective Equipment for our centres and ensure that we did not lose services with the loss of income from trading, fees and fundraising.

We remain eternally grateful to the Community Wellbeing, Integrated Community Commissioning, Adult Care Services for a grant and donations from HCC councillors.

In 2020-2021 we were the humble recipients of a further donation from Ehud and Shlomit Eliashar for the Alon's House Project, which following the addition of gift aid on the further donation takes the total funds received to over £700,000. This restricted funding, which is so generously provided, is a foundation to fund our own freehold building to support the delivery of services in the Welwyn/Hatfield/St Albans area. This is an exciting opportunity for MiMH to create a much more secure future, giving the people who use our services the confidence that we will support them for as long as they require us to.

Never more, than after this last year, when things have been so unpredictable, has it been important for Mind in Mid Herts to have a solid, secure foundation for the future. We know that the next months and years will bring greater uncertainty and challenge and we need a centre, which provides a range of services to support those who need it. We want to ensure that no one feels that the only choice they have is to take their life.

The pandemic has meant that we have had to focus on adapting, developing, and redesigning services to continue to support people through Covid-19 lockdown. This has meant slower progress on realising our ambition for Alon's House. Recently we have commissioned specialists in capital fundraising to advise, help steer, and plan our fundraising campaign to reach a target that will ensure that we can have a facility fit for purpose, with full disabled

access, 21st century environmentally healthy and that we can be proud of not contributing to the climate emergency. We look forward to reporting early in the New Year on our plans to realise this ambition

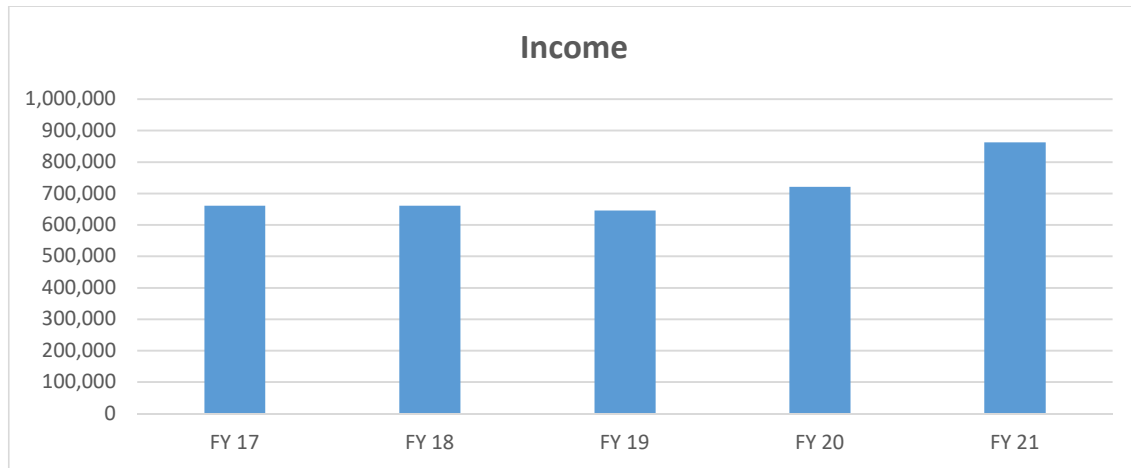
Financial Review

The financial results for the organisation are set out in pages 15 to 23 of this document. As always, our financial focus as a Trustee Board is to maximise our income generation whilst ensuring 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. Whilst the year was challenging, as mentioned above, we were very successful in securing funds to support our service users through the pandemic and cover our overheads, as we did not have the income we would normally get from fees when our centres are open and the normal fundraising activities we would benefit from were restricted.

The financial challenges faced within both the wider charitable sector and specifically within the health sector continue to be very real and ongoing. Despite the challenging circumstances, we were able to end the year with a small surplus. In addition, our investment product recovered from the paper loss recorded to last year and posted a small gain.

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

Our income from ordinary activities for the year totalled £855,976, excluding an additional donation and corresponding gift aid contributions and interest payments totalling £313,216 to the restricted funds for the Alon’s House project. This income from ordinary activities is a very healthy increase of 18.8% over FY20 income from ordinary activities as shown in the graph below. Our success in securing Covid-19 specific funding was a significant factor in this increase.



Income growth in the 5 years to FY21 is 29.5%, which is very respectable 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. Our contract income has remained at the same levels of FY20; it is the smaller grant opportunities, which vary year on year.

The income is comprised of grants £737,497, donations and other fundraising activities £112,280 and investment income of £3,111.

Looking at expenditure, our total costs for the year were £809,701 of which payroll costs of £594,297 were the principal outgoing and support costs of £193,568.

Balance Sheet

Our unrestricted reserves have increased to £172,515, reflecting our success in obtaining Covid-19 specific funding, enabling the addition of the majority of our fundraising income to the reserves to give us a cushion for the coming year where obtaining additional grant funding is likely to be more challenging. The reserves policy requires that we hold unrestricted reserves to cover us for a short-term loss of grant funding whilst we secure replacement funding to enable the Charity to ensure service users receive uninterrupted access to service from the contracted and non-contracted (but committed) services.

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.

In early 2021, we commenced work refreshing our strategy to ensure we take the learning from the last year and recalibrate our ambitions and priorities. This work, which has been brilliantly facilitated by the Lloyds Banking Group, has identified the following three key elements, which will underpin our work over the next period.

- Income diversification to enable financial stability
- Increase user diversity and community reach
- Deliver continually high service quality

We will say more on this exciting development at our AGM.

Our Trustees

We cannot talk about any year without recognising the tremendous support given by our Trustees. Our trustees have been more involved than ever this year attending team and management meetings, bringing their valuable skills and experience to support the management and staff.

Everyone has their personal stories and challenges from this period but despite whatever challenges the pandemic has given, our Trustees have never wavered in their support making themselves available to give advice and practical support.

Auditors

Moore Kingston Smith were appointed as auditors for the year ended 31 March 2021.

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), Central London Community NHS Trust (CLCH), St Albans Federated GP's, Lloyds Bank Foundation, National Lottery with Her Majesty's Government and National Lottery players, Julia Hans Rausing Trust, Garfield Weston, Edward Gostling, National Mind and the English Football League, Active Sports Partnership, National Mind and the Pears Foundation, Hertfordshire Community Foundation, North Herts District Council, Stevenage Borough Council, St Albans District Council, Welwyn Hatfield Borough Council and East Herts District Council, Schreirer Foundation, 29th May 1969

Trust, Shanly Foundation, Stevenage Community Trust and Barratt Development Plc. Charity Foundation

And to all the people who raised funds for us:

The Trustee fundraising subcommittee wrote to county councillors, and we have received £11K in donations, Chesfield Downs Golf Club Captain, Emma – from Lucy Peach Slice, we received a donation from Harpenden Parish, East Herts Lottery, Fairview Residents Association, St Albans Rotary - Swimathon, WGC Male Voice Choir. Chipping Barnet Masonic Lodge, St Faiths Church, Core Fitness, Cleveland, Scott & York, Ernst Hunter & Green, Burston Garden Centre, Noble Solicitors and Strutt & Parker, Waitrose Harpenden

As ever, the Trustees wish to express their appreciation for the commitment and enthusiasm of all the staff and over 100 volunteers who give their time to the charity, and without whom MiMH would be unable to achieve its objectives.

Mind In Mid Herts
Year ended 31 March 2021
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 adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Opinion

We have audited the financial statements of Mind In Mid Herts ('the company') for the year ended 31 March 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard Applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs(UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Independent auditor's report to the Members of Mind In Mid Herts (continued)

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

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

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

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption in preparing the Trustees' Annual Report and from preparing a Strategic Report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 10, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

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

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

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud, are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most significant are the Companies Act 2006, the Charities Act 2011, the Charity SORP, and UK financial reporting standards as issued by the Financial Reporting Council.
- We obtained an understanding of how the charitable company complies with these requirements by discussions with management and those charged with governance.
- We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management and those charged with governance.
- We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.
- Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and those charged with governance and obtaining additional corroborative evidence as required.

Independent auditor's report to the Members of Mind In Mid Herts (continued)

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Other matter

The comparative figures in the financial statements of Mind In Mid Herts were unaudited as the company did not require a statutory audit under the Companies Act 2006 and the Charities Act 2011.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to any party other than the charitable company and charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Silvia Vitiello

for and on behalf of Moore Kingston Smith LLP, Statutory Auditor

4 Victoria Square
St. Albans
Hertfordshire
AL1 3TF

Date:

Statement of Financial Activities

		2021			2020 (unaudited)		
	Note	Unrestricted funds	Restricted funds	Total funds 2021	Unrestricted funds	Restricted funds	Total funds 2020
		£	£	£	£	£	£
Income and endowments from:							
Donations and legacies	2	79,700	313,216	392,916	107,905	6,632	114,537
Charitable activities - grants	3	126,165	614,420	740,585	-	551,205	551,205
Charitable activities - other	4	32,580	-	32,580	51,086	-	51,086
Investments	5	3,111	-	3,111	3,834	-	3,834
Total		241,556	927,636	1,169,192	162,825	557,837	720,662
Expenditure on:							
Raising funds	6	7,600	43,031	50,631	2,994	35,384	38,378
Charitable activities	6	117,520	641,550	759,070	104,818	595,967	700,785
Total		125,120	684,581	809,701	107,812	631,351	739,163
Net gains/(losses) on investments	8	14,570	-	14,570	(11,458)	-	(11,458)
Net income/(expenditure)		131,006	243,055	374,061	43,555	(73,514)	(29,959)
Transfers between funds		(67,020)	67,020	-	(80,146)	80,146	-
Net movement in funds		63,986	310,075	374,061	(36,591)	6,632	(29,959)
Reconciliation of funds:							
Total funds brought forward		108,529	406,632	515,161	145,120	400,000	545,120
Total funds carried forward	12	172,515	716,707	889,222	108,529	406,632	515,161

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 2021

Balance sheet

		2021	2020
		£	(unaudited) £
	Note		
Fixed assets:			
Tangible assets	7	5,869	8,120
Investments	8	<u>77,154</u>	<u>62,584</u>
Total fixed assets		83,023	70,704
Current assets:			
Debtors	9	41,988	21,267
Investments	10	472,273	78,079
Cash at bank and in hand		<u>389,516</u>	<u>382,496</u>
Total current assets		903,777	481,842
Liabilities:			
Creditors: Amounts falling due with	11	(97,578)	(37,385)
Net current assets		806,199	444,457
Total assets less current liabilities		889,222	515,161
Total net assets or liabilities		<u>889,222</u>	<u>515,161</u>
The funds of the charity:			
Restricted income funds	12	716,707	406,632
Unrestricted funds	12	<u>172,515</u>	<u>108,529</u>
Total charity funds		<u>889,222</u>	<u>515,161</u>

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

The financial statements on pages 15 to 23 were approved by the Board of Trustees and signed on its behalf by:

.....
Paul Ronald
Trustee

.....
Date

Company number: 04746078

Statement of Cash Flows

	2021	2020
	£	(unaudited) £
Cash flows from operating activities:		
Net cash provided by (used in) operating activities (note 16)	<u>402,609</u>	<u>(8,096)</u>
Cash flows from investing activities:		
Dividends, interest and rents from investments	3,111	3,834
Purchase of property, plant and equipment	(4,506)	(8,598)
Investment deposits	(394,194)	
Net cash used in investing activities	(395,589)	(4,764)
Change in cash and cash equivalents in the reporting period	7,020	(12,860)
Cash and cash equivalents at the beginning of the reporting period	382,496	395,356
Cash and cash equivalents at the end of the reporting period	<u>389,516</u>	<u>382,496</u>

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.

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 reserves and have concluded that the going concern basis remains appropriate.

The comparative figures (year ended 31 March 2020) included within the financial statements for the year to 31 March 2021 were not subject to a statutory audit as they did not fall within the requirements for an audit and the Trustees considered an Independent Examination would be sufficient. The activities and balances for the year to 31 March 2021 have been subject to a statutory audit.

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 to particular headings they have been allocated to activities on a basis consistent with the use of resources.

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 and Computer equipment	straight line over 3 years
Website	straight line over 5 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

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 price.

2 Donations and legacies

	Unrestricted Restricted Total 2021			Unrestricted Restricted Total 2020		
	£	£	£	£	£	£
Donations	79,700	250,591	330,291	107,905	6,632	114,537
Gift Aid	-	62,625	62,625	-	-	-
	79,700	313,216	392,916	107,905	6,632	114,537

3 Charitable activities - grants

	Unrestricted Restricted Total 2021			Unrestricted Restricted Total 2020		
	£	£	£			
Grants	126,165	604,621	730,786	-	551,205	551,205
Coronavirus Job Retention Scheme	-	9,799	9,799	-	-	-
	126,165	614,420	740,585	-	551,205	551,205

Grant analysis:

	2021	2020
	£	£
<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
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	24,900	27,690
IAPT- Hertfordshire Partnership Foundation NHS Trust	59,758	59,758
Spot the Signs Hertfordshire Partnership Foundation NHS Trust	28,197	30,872
Blue light project	-	2,650
St Albans - Mental Health	43,224	34,918
Small Grants	76,165	-
Garfield Weston	15,000	15,000
Edward Gosling Foundation	-	5,000
Central london NHS Trust	8,749	-
Hertfordshire County Council Miscellaneous Grants	51,735	-
Lloyds Bank Foundation - unrestricted	7,930	-
Lloyds Bank Foundation	33,139	31,939
Mind National - unrestricted	5,000	-
Mind National	25,057	36,850
National Lottery	23,423	21,269
National Lottery - Covid 19 - unrestricted	39,390	-
North Herts DC	12,000	12,000
Stevenage Borough Council	2,660	-
Welwyn and Hatfield BC	5,200	4,000
	730,786	551,205

4 Charitable activities - other

	Unrestricted Restricted Total 2020			Unrestricted Restricted Total 2020		
	£	£	£	£	£	£
Sundry income	32,580	-	32,580	51,086	-	51,086
	32,580	-	32,580	51,086	-	51,086

5 Investment income

	2021	2020
	£	£
Bank interest	3,111	3,834
	<u>3,111</u>	<u>3,834</u>

6 Expenditure analysis

	2021	2020
	£	£
Direct cost		
Staff costs (including expenses)	603,633	566,590
Bidding	24,669	16,131
Project costs	29,847	-
	<u>658,149</u>	<u>582,721</u>
Support costs		
Premises and insurance	49,092	48,987
IT costs	22,141	14,570
Office running	25,751	48,085
Depreciation	6,757	6,800
Audit/accountancy	8,148	4,840
Affiliation fees	5,967	2,294
Consultancy	12,936	6,320
Counselling	-	21,808
Publications	-	1,962
Other	3,849	776
Covid-19 costs	10,263	-
Professional fees	565	-
Advertising	6,083	-
	<u>151,552</u>	<u>156,442</u>
Total	<u>809,701</u>	<u>739,163</u>

6.1 Net income/(expenditure)

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

	2021	2020
	£	£
Depreciation	6,757	6,800
Audit	8,148	4,840

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 (2020 - £nil) towards travel costs of the trustees.

6.3 Staff costs

	2021	2020
	£	£
Salaries and wages	548,801	511,425
Social security costs	31,592	28,137
Employer's pension contributions	13,904	9,681
	<u>594,297</u>	<u>549,243</u>

Average number of employees was 36 (2020: 35).
No employees received emoluments in excess of £60,000 (2020: none).
Key management personnel received remuneration of £205,618 (2020: £189,570)

7 Tangible fixed assets

	Fixtures and fittings £	Computer equipment and Website £	Total £
Cost			
At 1st April 2020	18,210	46,590	64,800
Additions	-	4,506	4,506
At 31st March 2021	<u>18,210</u>	<u>51,096</u>	<u>69,306</u>
Depreciation			
At 1st April 2020	17,123	39,557	56,680
Charge for year	595	6,162	6,757
At 31st March 2021	<u>17,718</u>	<u>45,719</u>	<u>63,437</u>
Net Book Value			
At 31st March 2021	<u>492</u>	<u>5,377</u>	<u>5,869</u>
At 31st March 2020	<u>1,087</u>	<u>7,033</u>	<u>8,120</u>

8 Fixed Assets Investments

	Listed investments £
Market Value	
At 1st April 2020	62,584
Revaluations	14,570
At 31st March 2021	<u>77,154</u>
Net Book Value	
At 31st March 2020	<u>77,154</u>
At 31st March 2019	<u>62,584</u>

There were no investment assets outside the UK.

All investments are held primarily for an investment return.

9 Debtors

	2021 £	2020 £
Trade debtors	39,359	20,667
Prepayments and accrued income	2,629	600
	<u>41,988</u>	<u>21,267</u>

10 Current Assets Investments

	2021 £	2020 £
Investment bond	-	78,079
Cash investments	472,273	-
	<u>472,273</u>	<u>78,079</u>

11 Creditors: Amounts falling due within one year

	2021 £	2020 £
Trade creditors	11,014	2,017
Deferred income	74,091	20,745
Accrued expenses	8,930	14,623
PAYE payable	3,543	-
	<u>97,578</u>	<u>37,385</u>

11b. Deferred income

	2021 £	2020 £
Deferred income at 1 April	20,745	6,650
Resources deferred in the year	74,091	20,745
Amounts released from previous years	(20,745)	(6,650)
Deferred income at 31 March	<u>74,091</u>	<u>20,745</u>

12 Funds

	Balance b/fwd £	Income £	Expenditure £	Transfers £	Gains and losses £	Balance c/fwd £
Unrestricted Fund	108,529	241,556	(125,120)	(67,020)	14,570	172,515
Restricted Funds:						
Grants	-	614,420	(641,550)	27,130	-	-
Donations	406,632	313,216	(43,031)	39,890	-	716,707
	<u>515,161</u>	<u>1,169,192</u>	<u>(809,701)</u>	<u>-</u>	<u>14,570</u>	<u>889,222</u>

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

Restricted funds have accumulated through donations for the specific purpose of acquiring a building, in memory of a young man who took his life, to provide MiMH with a long term secure future for delivery of services.

13 Analysis of net assets between funds

	Unrestricted Fund £	Restricted Funds £	Total £
Fixed assets	83,023	-	83,023
Current assets	187,070	716,707	903,777
Current liabilities	(97,578)	-	(97,578)
	<u>172,515</u>	<u>716,707</u>	<u>889,222</u>

14 Operating leases

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

	2021	2020
Not later than one year	28,309	29,141
Later than one year but not later than five years	64,945	75,050
In over five years	<u>93,254</u>	<u>104,191</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

	2021	2020
Net income/(expenditure) for the reporting period	374,061	(29,959)
Adjustments for:		
Depreciation charges	6,757	6,800
(Gains)/losses on investments	(14,570)	10,685
Dividends, interest and rents from investments	(3,111)	(3,834)
(Increase)/decrease in debtors	(20,721)	(7,660)
Increase/(decrease) in creditors	60,193	15,872
Net cash provided by (used in) operating activities	<u>402,609</u>	<u>(8,096)</u>

17 Analysis of changes in net debt

	At start of year	Cash flows	Fair value movements	At end of year
Cash	382,496	7,020	-	389,516
Cash equivalents	140,663	394,194	14,570	549,427
Total	<u>523,159</u>	<u>401,214</u>	<u>14,570</u>	<u>938,943</u>