



Mind In Mid Herts

**Trustees' Annual Report
& Audited Financial Statements**

Year ended 31 March 2023

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

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Mind In Mid Herts
Year ended 31 March 2023
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 Alexis Louise Ernst Isaac Kenyon Neil Kavin Margererson Paul Ronald (Chair) Danielle Yvette Adams Mary Compton Claire Wilkinson Rachel Chetty Charlotte Wood	Resigned 9/05/2023 Resigned 26/09/2022 Appointed 21/07/2022 Appointed 26/09/2022 Appointed 26/09/2022 Appointed 6/06/2023
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Patron – Alon's House Project Rosemary Farmer

Patron Mahesh Dabba

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Introduction

If we can begin by welcoming you to share our story and thanking you for taking the time to read our Annual Report and Accounts and also for the wider engagement and support that you provide to Mind in Mid Herts (MiMH's), in so many ways. We are hugely appreciative of all you do for us.

Report Summary

This section of the Report contains key reflections of both of us as Chair and CEO. It is always a great privilege to have the opportunity to write this, to highlight key successes to acknowledge outstanding contributions and to set out some of the challenges and the opportunities anticipated in the period ahead. As you can imagine it is very difficult to try to distil down all that has taken place into a few pages and it is a worry that we omit a particular highlight, when there is so many.

As always we will do the best we can and we set out below most (if not all) of the key events in what has been another both successful and challenging year, as we continue to learn, grow and develop with existing and new partners.

Our history

In setting out this report we firstly highlight that **MiMH** has been providing vital services and support for over 40 years, initially covering St Albans and offering support to people who were being discharged from Hill End Hospital and then progressively extending the geography and the range of services. We are tremendously proud of our history. This longevity is testament to the huge contributions of our staff and volunteers, the continuing support of our funders and also illustrates the ongoing need for the services that we provide. What should be clear from the detail below is the need and type of support required has grown substantially and the role and potential contribution of MiMH is ever increasing.

Our challenges

In the previous Annual Report we highlighted some of the challenges that we anticipated in 2022/23. We expected a significant increase in service need as the impact of the pandemic period and lockdown became clearer. For many people who were already living with a mental health problem the challenges of those two years exacerbated their condition and many more in society experienced a mental health condition for the first time, with the lockdown measures breaking established support arrangements and creating greater isolation.

Increased waiting lists and waiting times meant that the people who come to see us are often more unwell and in need of different types of support for longer periods than previously. In addition, we also recognised the adverse impact from the cost of living pressures, which we know can make mental health problems more severe and long lasting.

So whilst society looked to move on from Covid-19 we foresaw, correctly, that the negative impact on mental health would continue for some time.

Our Finances

You will read below that we have increased our income but with that also our expenditure. During the previous two years we were fortunate to receive covid emergency grants to meet some of the extra demand of increasing numbers of people coming to see us. This demand continues to grow and we are finding that when people are brave enough to reach out it is often when they are feeling seriously unwell and therefore need more intensive one to one support.

This puts a strain on our resources. Regrettably in FY22/23 the emergency grant funding stopped that we had used to employ more people. This has left a gap in our funding which puts at risk our capacity and staff just when people need us most.

We have made the decision not to shy away from the lack of funds but to be bold and invest in a team for income generation. We began last year with recruiting a fund raiser and this year a Business Development Manager, and, we have more plans to expand the team.

Adrian our Business Development Manager is bringing his experience in the corporate world to our charity to build our offer to corporate partners. Adrian says:

Coming from a Sales & Marketing background within the IT & Telecoms industry, I wasn't completely sure what to expect when I joined MiMH as BDM. All my questions were answered & worries alleviated when I attended my first MiMH all hands team meeting, which was a few weeks before my start date. Everyone was so welcoming & excited for me to be joining the team, it really made me feel at ease & a part of the team. I learned so much during the day, about the individuals that make up MiMH & the amazing work that they do for people who face Mental ill Health. Everyone was clearly skilled & well experienced in their field, it was very inspiring & made me proud to think that I would soon be joining this amazing organisation. Overall, it motivated me to begin to conjure up ways that we could bottle up all the expertise in MiMH & evangelise across the county to individuals & employees of local organisations – 'Tour Bus' was my first thought'

A particular highlight this year was three members of staff ran between our four centres a total of over 26 miles and raised over £3,000. Hero worship from the rest of the team to Patrick, Matt and Ash. This was to raise awareness in mental health awareness week in May.



Beginning of the day setting off;



Being waved on by the people who use services in Hertford



The end of the day celebrating

Our Impact

In 2022-23, as we describe below, MiMH has continued to surpass all expectations, with the team continuing to go above and beyond in supporting the people who use our services, maintaining access and support at this time of huge uncertainty and disruption. An indication of the value and success of those efforts is shown in the table below;

year	19-20	20-21	21-22	22-23
People supported	1267	1840	1740	1957
Increase against 19-20		45%	38%	54%

This is an increase of people we are working with of over circa 50% over the last 3 years.

For MiMH this has meant we have received many new referrals which has led to an increase in our waiting lists and in waiting times and it has meant that people are more unwell when we first see them.

Our Partners

The landscape for mental health services continues to develop and we are active in participating in those changes and influencing them for the people we serve. We are co-chairing the Crisis Care Partnership, we invest time to attend meetings with the ICS health and care partnerships which signals a shift towards a

new model of collaboration, partnership and integration. We will continue to work with the ICS to ensure that the mental health third sector voice is heard and that new investments are supported particularly concerning the prevention work, so well-known to our sector.

As part of our objectives to prevent mental ill health we are building our training team. Education is key in informing people about how they can be proactive in looking after their mental health as they do their physical health (diet/exercise etc.). Just like physical health early intervention is crucial, not ignoring early signs, getting help and talking means that recovery can be swift. We are pleased to be working with a number of organisations as corporate partners that understand that caring for their workforce is a priority and are commissioning our training team to provide wellbeing support.

As part of these partnerships with organisations (who are also keen to get involved with us as a charity) last year, we created the role of patron and we now have several people supporting key areas of growth and development. The role allows people to utilise their exceptional skills and experience helping deliver key elements of our strategic plan without having the full responsibility of a trustee role.

Our Capital Appeal Alon's House -

For those of you that are not aware, Alon was a lovely young man who sadly took his own life in 2016 on Christmas day. He felt alone, in memory of him his parents Ehud and Shlomit have made a substantial donation to Mind in Mid Herts to ensure that no one feels alone and they have somewhere to go.

Our ambition is to open Alon's House as a centre of excellence that responds to people when they reach out for support with a mental health problem. We will be locating Alon's House in Hatfield, central to most of Hertfordshire, allowing as many people as possible to access this help. We will offer training, consultancy, counselling, psychoeducation and much more. As part of the development of this ambition, we are excited to announce that we have a new space opening very soon in Hatfield named Alon's Wellbeing Centre. The Centre will deliver day services Monday to Friday and evening services in partnership with Herts Mind Network Nightlight service, Friday to Monday 7pm to 1am for people experiencing a mental health crisis or in distress and needing support. We see this as a stepping stone to realising our vision for a centre of excellence – Alon's House that delivers day and evening services 7 days a week. Ensuring no one feels alone when they need mental health support. As part of the drive to realise our ambition, for Alon's House, we are investing in a plan to raise the capital funding to purchase a freehold property.

The mobilisation of Alon's Wellbeing Centre is being progressed now with the planned opening before December to meet the growing needs of our local population for support and early intervention. This will reduce the numbers of people going to our local Accident and Emergency Departments for support for their mental health when they do not feel safe.

To realise this exciting opportunity to open our centre in Hatfield before the winter when we know demands will rise we need your help!

Builders, gardeners, property experts and volunteers to support the running of the centre, giving people information and a friendly face for a chat and a cuppa.

If you think you can help please do get in touch.

We hope this report will give you a sense of the direction MiMH is going. We are both very proud of what MiMH has achieved and clear on the important role we will play in the future. There is much that it is changing but you will also see that our inspirational staff and volunteers give us a platform to continue to build and help deliver -

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."

Living 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 Team



Our Services

This last year as previous years, has seen a continuous increase in people reaching out for support and in addition we are being asked by the System to do more. This is exciting but also challenging especially for our management team working in partnership with the local Trust and new corporate partners:

Training and Development: Over the last year, we have trained 1006 people – as well as upskilling our own workforce. We offer Mental Health Awareness (MHA), MHA for managers, Mindfulness, Men's mental health, Safeguarding, Suicide Awareness and prevention and Mental Health Peer Support (MHPS) Training. MHPS Training was funded for development by the Coop Resilience Fund through National Mind. This program of work allowed us to deliver to local Voluntary organisations training for over 100 MHPS's. We have continued to develop this program with corporate partners who have seen the value of training colleagues to create cultures in organisations that are a safe space to be open about their mental health struggles. The key thing with our training is that it does not end when the individual is trained. We run monthly network/supervision meetings to connect the peer supporters with each other to continue to learn and develop. They also stay connected to us so if they are worried or concerned about a person they are

supporting they have direct access to our team to support them to support their colleague/friend. This last year we have trained 79 people from local businesses. We know that if we can get support for individuals early we can ensure they will not need medical intervention and if they do, it will be less serious and they will recover more quickly.

All of our services focus on supporting people, valuing staff and volunteers is a core principle. We have continued to deliver support in a variety of ways including:

- Befriending/buddy project is a small but valuable – only held back by the number of volunteers coming forward. The service offers 12 weeks support to individuals, from a volunteer, to get back to doing whatever they were doing before becoming isolated.
- Psychological therapy service continues to expand reaching more people every year. We saw 480 people last year and they have attended 6185 therapy sessions. We continue to have volunteer counsellors offering a range of different models of therapy/counselling to a wide range of people with different needs.
- 87 people regularly attend on line groups including the Friday quiz, book group, wellbeing group, peer support for people experiencing long Covid and others. This was a new innovation during the pandemic and is now part of the choices we offer people to engage in whatever way suits them.
- We have supported 356 people making 2367 keeping in touch calls (KIT), these calls are highly valued by individuals who for whatever reason cannot make it into our centres or do not feel comfortable joining the community groups we are running in their area. These calls are often people's first step asking for help and do lead to joining groups and finding support from others with similar experiences and interests;

This remains a highly valued service:

When we first met a woman in her 50s she explained that she was experiencing depression, anxiety, and hoarding and has medical health problems.

We allocated a volunteer to her to do 'Keeping in Touch' calls with her. The volunteer explained that when she began calling her, the woman was always upset, she would cry when she picked up the phone until the call ended. She used to tell the volunteer that she wished she would sleep and never wake up.

The woman told our volunteer - she *hates the hoarding but feels safe having a lot of clutter around because somehow that will never leave her like a lot of people in her life have done.*

Slowly by slowly as the weeks, months and year went by, we at Mind in Mid Herts noticed an improvement in this lady - her cries turned into laughter. She got her sense of humour back. She told us that thanks to the kind volunteer who calls her every Friday, she is hopeful that things will improve in her life.

She manages to go out twice a week for a walk. She has started tidying up her home but still holds on

to a lot of stuff, she says with time she will learn to let go of the clutter. She tells us about the improvements she has made each week and the volunteer responds enthusiastically and encourages her to continue.

The woman told us that she really appreciates our volunteer who came into her life when she most needed her. She was isolated, very sad and had lost hope. She is eating more healthy food. She told us that she was surprised that people like our volunteer take their time to listen, she is very grateful for the Mind in Mid Herts services.

- 217 people have attended in-person groups in our centres. Each week across our 4 centres groups include Music, Art/crafts, peer support, games, women and men's groups. We also offer monthly evening groups for men and the LGBTQ+ community to attend.



- We visited 161 people as part of our Stepping Stones service which remains one of our key projects visiting patients on acute wards - Aston ward at the Lister Hospital and Albany Lodge in St Albans. Ensuring a smooth transition from inpatient to community services. Our support goes on when they leave the hospital with outreach services.
- Physical Activities - include walking groups in Welwyn Garden City and Hitchin, table tennis and football sessions in Stevenage and expanding the football to St Albans working with a new partner St Albans YFC. Offering Physical activity remains part of our approach to ensure that we engage people in services with other people with similar interests.

Mind in Mid Herts has already helped me enormously in my battle with PTSD, depression, anxiety and agoraphobia. Before engaging with Mind, I very rarely left the house and I was incredibly isolated and lonely. I first joined their online quiz as an easy way in to using their services, and gradually have built up from there and am generally now doing 3 - 4 different sessions per week. I've engaged in the quiz, Wellbeing Group, Walking Group, Social Group (playing games) and even Pottery (which was just brilliant for me). I

intend to try to do even more groups as I (hopefully) continue to improve. For me, this is great because I used to have absolutely no structure to my days or weeks, which made my mental health so much worse. Working with Mind has helped me create a schedule to my week and give me free, positive touchpoints throughout the week that help me manage my time better generally.

Mind also provides me with safe spaces to talk, to open up, to think and to make connections. Their services are utterly invaluable and there is no way I would have made so much progress without them. The two Senior Support Workers I know best (Matt Tarry and Tara Johnson) have been just incredible - supportive, helpful, understanding, knowledgeable, welcoming and both professional and personable at the same time. They have made progressing to new activities and groups so much easier and I am incredibly grateful to them both for their ongoing kindness and support.

One of the greatest benefits I've experienced with Mind is making new connections and friendships with other service users. Some of us have set up what's App chats for some of the groups and I'm now regularly in contact with around 10 lovely people who access Mind services too. We all use the chats to support and help each other, and we all recognise that these chats are safe spaces in which we can be open if we're having a bad day. There's also a lot of banter too. It's just lovely to feel connected to people.

Some of us have even done more than that - I've actually met up face to face with two guys from the Quiz Group, and we've started playing board games together and trying other social activities. And I've become close with members of the Walking group too - we've even done a couple of our own unofficial walking groups, and we now generally sit together for a drink after our work. One lady is even planning to come swimming with me, to help me get over my anxiety about going, and we text and chat in the week.

Overall, I have to say that Mind is just awesome. I've seen so many benefits for myself and others and I'm so proud of how far I've managed to come with their support. It has opened the world up for me and made me push myself to challenge my mental boundaries and start to engage in life again. I cannot recommend their staff and services highly enough. Thank you, Thank you, and Thank you!

Our Living Well courses remain valued and we have delivered them online in person – over 118 people have attended 374 recovery based training sessions. 48 people engaged in our Vocational Support service finding work, getting back into education, or starting voluntary positions. As well as this our vocational support project works with people who are going back to work following a period off sick and supporting people to stay in work.

We met a young adult female wanting to move from her current employment. She has been working part time in the food chain since her school days. Recently she has become depressed and struggled in the past with anxiety. She did not feel she was able to move forward in her career due to this.

After an initial session of getting to know her and having a look at her CV, we discussed what she thought her ideal role would be.

After this she completed specific online vocational interest surveys and reported some feedback. These aligned with what she had originally highlighted as an interest, and motivated her to pursue her goal.

It was a very different work field.

She also sent some job roles she thought she would like to pursue. We began to restructure her CV and personal statement based on this information.

The end result was a CV tailored specifically to the role she was interested in.

She also began to log on to different websites for similar roles and created alerts. We planned to look at 3 titles and roles that she wanted to pursue.

She also created a vision board, detailing her ideal future and various reflection exercises related to building confidence. Soon she had secured an interview and we began to do interview practice using the STAR technique and other preparation. She went through 2 successful interview stages. She began to feel anxious because she was not sure she was ready to leave her food chain job that had been a mainstay for many years, it was related to letting go of the people and places that had supported her and made her feel safe.

We worked through the emotional responses to change and also the pressure performance curve points. This was difficult for her and a process of leaving the food chain was arranged with the manager. Once the initial DBS checks were completed for the new role, discussions turned to disclosure, and how this was her choice, she decided of her own volition that she would disclose her diagnosis and this resulted in a further interview with the occupational health department.

She was given the clear and has since completed her training and started her role.

Finally, we completed a wellness action plan which will form a part of a guide for the future at work.

We will continue to meet for the first 3 months of her new job, once a month.

In her words:

'Week after week talking about everything helped so much, mostly keeping you up to date with the process and how you advised me. You have been a massive help with everything thank you so much for it all. I think the improvements you recommended on my profile were beneficial and I updated it using the suggestions. I found your help with the zoom practice helped me and also the questions that you asked me to prepare because I had never had an interview like that before. I am sorry our sessions are coming to an end because you have been there with me all along!'

Volunteers

MiMH have always been reliant on the dedication of our volunteers and never more so than now. We have had the support of 88 volunteers working in a variety of ways over the last year they contributed 4281 hours, this is equivalent to 611 days. In addition to this number we have volunteer counsellors and our wonderful board of Trustees. The volunteers are essential to our success in reaching out and maintaining contact with the people who use our service - Keeping in Touch calls, befriender/buddy's, administration, online course assistants as well as supporting the in person groups.

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 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. In addition to this we have a safe app so if any of the volunteers are meeting with their befriended on their own we ask that they log in and alert us to their meeting and log in when their visit is over. This way we are alerted if a meeting is taking longer than anticipated and we can give them a call to check in.

We recently surveyed all our volunteers a **summary of the main findings:**

- New volunteers felt generally positive about the recruitment process
- The volunteer newsletter is read by 93% of respondents who find it a helpful way to keep in touch with volunteer news and opportunities
- Everyone who accessed training felt it was useful
- 87% of respondents felt MiMH staff are friendly, with 13% giving a neutral response
- The reason people volunteer is split between those who want to gain experience in a mental health environment (47%) and those who want to give something back (53%)

Meet Chetna she has been volunteering with Mind in Mid Herts for six months and she facilitates the 'the Creative Writing group'

'She is a very jolly lady who makes the groups very relaxing and fun'.

'We really like the games as it breaks up the session nicely'. Participants St Albans

'My volunteering role at MiMH (St Albans) involves facilitating the weekly Creative Writing group for some very talented and engaged service users.

I look forward to running this session and enjoy pre-planning the theme, writing prompts and games ahead of time. Although there is some planning behind the session, on the day that can change depending on various factors and we just go with the flow of the room.

The sessions are fun and fluid: a safe space, without judgment and no pressure for the service users to share their work (although they are always happy to do so!). Some use the session to get creative in other ways such as writing recipes or poems! Colouring and doodling are also popular activities, especially when we hit 'writer's block' or simply don't feel like writing.

The discussions during the session bring it to life and we always go away each week having learned something new about the world or each other, or even something new to try for the upcoming week! The service users look forward to the session as it gives them a break from their daily lives but also provides routine. Each week they come to the session with an open mind and smile regardless of what is going on in their lives and they leave with a smile feeling somewhat empowered to keep going whatever challenges they are facing.

I'm grateful for the opportunity to volunteer at MiMH and facilitate this session. Not only has it had a positive impact on the mental wellbeing of the service users, but on mine too. It's been a rewarding experience in many ways and has motivated me to continue making a difference to better the lives of those around us. I've further developed my active listening and communication skills and learned to adapt to suit the needs of others. I'm continuing to grow as a person and learning so much through the lives of others, including the staff at MiMH.'

- 87% of respondents are either 'satisfied' or 'very satisfied' with their MiMH volunteer experience.

We also continue to rely on the very active involvement of our Board of Trustees and continue to develop how our Board supports our management team. During the last year we have developed a very active subcommittee structure which involves trustees working directly with our staff on key projects. We have also introduced the role of patrons which is providing us with expertise and specialist skills from volunteers who wish to support our work on key projects.

We look forward to welcoming more people joining as patrons to support key developments with us such as fundraising, corporate partnerships and building our resilience as an organisation with people who are often time poor but expertise rich and want to give back where their time is used most effectively. If you think you may have something to offer please do get in touch.

Fundraising is important to us as it can provide us with discretionary income that we use to pump prime some innovative service developments and to provide some contingency to meet unexpected costs. Running services from four centres means that we are very concerned by the additional utilities costs we now face at a time we will want to provide more access and comfort. So we will be looking to grow our fundraising work through a dedicated team of volunteers so that we can help support the impact of the cost of living crises that is now upon us.

Partnerships

We continue 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 project is receiving much recognition as it improves 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. 180 people with a serious mental illness had their physical health check with our team, this was through home visits and in clinics. Many people had been contacted several times but our team is there to continue to reach out and build a relationship and trust with people encouraging them and helping them to overcome their fears and anxieties about tests and health checks. We met with people where ever they were most comfortable.

We continue to enjoy a very strong partnership with Hertfordshire Partnership NHS Foundation Trust (HPFT) collaborating in a variety of ways including increasing access and engagement, co-chairing the Crisis Care Partnership, involvement in steering groups for the substance misuse and mental health partnership with Change Grow Live (CGL) and HPFT, on task and finish groups including the Borderline Personality Pathway and Depression Pathways.

We continue to work with Dr Alison Cowan and her team in St Albans to offer a children and young people's clinic every Thursday. This clinic enables CYP to be seen quickly by a GP and ensure they are getting support for their mental health early.

We have enjoyed working with the staff at Deloitte in St Albans who have chosen us as their charity. We have benefitted from the donation of 20 laptops, a donation towards our growing costs to run buildings.

The staff have put on a Christmas Raffle and Football World Cup Office Sweepstake and are enthusiastic participants in Mental Elf.

Finance and our Funders

Thanks to the Lloyds Bank Foundation; National Mind, working with Sport England and The Coop Resilience Fund; Councils including Welwyn Hatfield, St Albans, and East Herts, as well as Herts County Council Health Protection Board; Charitable Trusts: Simon Gibson, Childwick, Harpenden Trust, Edward Gostling, Bedford and Luton Community Foundation and Etauliers Charitable Trust for grants to deliver services and new projects including the Mental Health Peer Support program.

We also value and are so pleased that our partnership with Hertfordshire Partnership Foundation NHS Trust (HPFT) continues to develop and this year has seen two new pilots being developed.

We remain very grateful to Hertfordshire County Council and the, Mental Health Integrated Health and Care Commissioning team for Adult Care Services for continuing to commission us to deliver Wellbeing Services, Counselling, Vocational Support MH link workers in primary care in St Albans and Stepping Stones; also with the new services A&E Mental Health Link workers, Physical Health checks for people with serious mental illness in partnership with Central London Community NHS Trust (CLCH) who also have given us a grant to support people with Long co-vid.

Hertfordshire West Essex Integrated Care Board who have through East of England NHS supported capital grants to develop our infrastructure which means that we will be opening a new Crisis Café, a safe space for people who are experiencing emotional distress. This is an alternative to people visiting A&E departments when they do not feel safe.

We appreciate and benefit greatly by collaborating and working with our nearest local Minds Bedfordshire, Luton and Milton Keynes (BLMK) Mind who we have a partnership with training all our staff; Herts Mind Network who we collaborate and joint deliver projects and West Essex Mind who are part of the Alliance and support the development of services across the Herts and West Essex ICS.

Our Gratitude

To All the people and community groups who raised funds for us:
we received a donation from Harpenden Parish; WGC Male Voice Choir; Chipping Barnet Masonic Lodge, St Faiths Church, Waitrose Harpenden; Robert Williamson; Malina Skorupski who ran 10k to raise awareness; Samuel Morais who took on the London to Brighton 100km ultra challenge; Fleet House Light Blues Club who raised money in memory of Charles Wandrag; James Burrell; Joanne Lawson; Trustee Isaac Kenyon who took on the challenge of becoming the first person to run the Welsh Three Peaks; all the people who buy lottery tickets from East Herts Lottery, North Herts Lottery & St Albans Lottery; Charlotte Gibson; Katie's Jumping Fleas; Jenifer Hurlock; Pauline Rhodes who has raised money through selling her book and beautiful hand painted greeting cards; Gordon Dickens and The Holly Bush, Redbourn; The Broadhall Way; Sally Geraghty who asked friends for donations for her 60th birthday; Starbucks in Hoddesdon; Hannah Petrouis and the Healthy Pub Co; Nigel Rhodes; Heather Pearson; Aisha Ekangaki; Austin Miller; Lloyd & Whyte; Emma – from @LucyPeachSlice, who has raised money for the last 5 years each year increasing the

donation; The Hertford Club; all the participants who joined Mental Elf 2022 and raised money and awareness, as well as the main event sponsors Foxleys; students from the University of Herts who put on a bake sale; friends and family who donated in memory of Daniel Ballam; friends who donated in memory of Maria Cooper; and to thank you to all the family and friends who donated in memory of Renie Lewis.

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.

Structure

Mind in Mid Herts is a registered charity and a company limited by guarantee, with its constitution set out in its Articles of Association.

Trustees, appointment and induction

Trustees are responsible for ensuring the charity is well managed and operating within agreed policies, the law and its budget. The Board meets throughout the year to consider reports and matters on the functioning of the charity.

Trustees are appointed by the Board for an initial three-year term, which can then be extended by the Board. The Board considers the mix of skills and experience of the members as a group, to identify any gaps. All new Trustees undergo an induction program to ensure they understand their legal obligations, Charity Commission guidance and governance matters generally in the context of the company's Articles of Associations.

Trustees are encouraged to attend appropriate training where this will support and enhance their understanding of the charity and their role.

Public Benefit Statement

The Trustees confirm that they have complied with the duty in the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. The charity's objective is focussed on public benefit through the provision of their services.

Risk Management

The Trustees are aware of the need to minimise the risks that the charity is exposed to and implement policies and systems to mitigate the identified risks. The Board assess the position on an ongoing basis and carry out actions as required on a timely basis.

Signed on behalf of the Board, on October 6th 2023



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Paul Ronald, Chair

Mind In Mid Herts
Year ended 31 March 2023
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.

Mind In Mid Herts

Year ended 31 March 2023

Independent auditor's report to the members of Mind In Mid Herts

Opinion

We have audited the financial statements of Mind In Mid Herts ('the company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows 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 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

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.

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.

Mind In Mid Herts

Year ended 31 March 2023

Independent auditor's report to the members of Mind In Mid Herts

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 have 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.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 17, 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.

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.

Mind In Mid Herts

Year ended 31 March 2023

Independent auditor's report to the members of Mind In Mid Herts

- 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.

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

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.

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.

Independent auditor's report to the members of Mind In Mid Herts

- 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.

There are inherent limitations in the audit procedures described above. We are less likely to become aware of instances of non-compliance with laws and regulations that are not closely related to events and transactions reflected in the financial statements. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

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 (Senior Statutory Auditor)
for and on behalf of Moore Kingston Smith LLP
4 Victoria Square
St Albans
AL1 3TF

Date 1 November 2023

Mind In Mid Herts
Year ended 31 March 2023

Statement of Financial Activities

	Note	2023			2022 Unaudited		
		Unrestricted funds	Restricted funds	Total funds 2023	Unrestricted funds	Restricted funds	Total funds 2022
		£	£	£	£	£	£
Income and endowments from:							
Donations and legacies	2	70,759	-	70,759	66,644	-	66,644
Charitable activities - grants	3	-	1,029,725	1,029,725	39,105	840,257	879,362
Charitable activities - other	4	107,425	-	107,425	38,228	-	38,228
Investments	5	134	9,581	9,715	245	4,228	4,473
Total		178,318	1,039,306	1,217,624	144,222	844,485	988,707
Expenditure on:							
Raising funds	6	37,629	58,445	96,074	7,750	45,026	52,776
Charitable activities	6	130,766	1,056,213	1,186,979	186,327	745,308	931,635
Total		168,395	1,114,658	1,283,053	194,077	790,334	984,411
Net gains/(losses) on investments	8	(3,868)	-	(3,868)	8,154	-	8,154
Net income/(expenditure)		6,055	(75,352)	(69,297)	32,991	(20,541)	12,450
Transfers between funds		(24,240)	24,240	-	(4,946)	4,946	-
Net movement in funds		(18,185)	(51,112)	(69,297)	28,045	(15,595)	12,450
Reconciliation of funds:							
Total funds brought forward		200,560	701,112	901,672	172,515	716,707	889,222
Total funds carried forward	12	182,375	650,000	832,375	200,560	701,112	901,672

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 2023

Balance sheet

		2023	2022
		£	Unaudited £
	Note		
Fixed assets:			
Tangible assets	7	2,986	4,221
Investments	8	81,440	85,308
Total fixed assets		<u>84,426</u>	<u>89,529</u>
Current assets:			
Debtors	9	73,504	67,459
Investments	10	409,729	473,975
Cash at bank and in hand		570,247	351,132
Total current assets		<u>1,053,480</u>	<u>892,566</u>
Liabilities:			
Creditors: Amounts falling due with	11	(305,531)	(80,423)
Net current assets		747,949	812,143
Total assets less current liabilities		832,375	901,672
Total net assets or liabilities		<u>832,375</u>	<u>901,672</u>
The funds of the charity:			
Restricted income funds	12	650,000	701,112
Unrestricted funds	12	182,375	200,560
Total charity funds		<u>832,375</u>	<u>901,672</u>

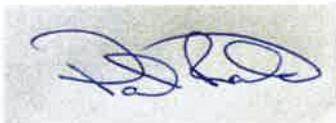
For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

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 20 to 25 were approved by the Board of Trustees and signed on its behalf by



.....
Paul Ronald
Trustee

6th October 2023

.....
Date

Company number: 04746078

Statement of Cash Flows

	2023	2022
	£	Unaudited £
Cash flows from operating activities:		
Net cash provided by (used in) operating activities (note 16)	<u>147,071</u>	<u>(39,183)</u>
Cash flows from investing activities:		
Dividends, interest and rents from investments	9,715	4,473
Purchase of property, plant and equipment	(1,917)	(1,972)
Investment drawdown less fees	64,246	(1,702)
Net cash used in investing activities	72,044	799
Change in cash and cash equivalents in the reporting period	219,115	(38,384)
Cash and cash equivalents at the beginning of the reporting period	351,132	389,516
Cash and cash equivalents at the end of the reporting period	<u>570,247</u>	<u>351,132</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.

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 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.

Mind In Mid Herts
Year ended 31 March 2023
Notes to the financial statements

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 2023			Unaudited Unrestricted Restricted Total 2022		
	£	£	£	£	£	£
Donations	70,759	-	70,759	66,644	-	66,644
	70,759	-	70,759	66,644	-	66,644

3 Charitable activities - grants

	Unrestricted Restricted Total 2023			Unaudited Unrestricted Restricted Total 2022		
	£	£	£	£	£	£
Grants	-	1,029,725	1,029,725	29,897	849,465	879,362
	-	1,029,725	1,029,725	29,897	849,465	879,362

Grant analysis:

	2023 £	2022 £
<u>East & North Herts, Herts Valleys CCG's and Hertfordshire County Council</u>		
Psychological Services - NHS/Hertfordshire County Council	68,296	68,296
Stepping Stones - Hertfordshire County Council	29,200	29,200
Vocational Support	41,529	41,529
Wellbeing Services	141,112	141,112
SMI Physical Health Checks	115,201	67,000
Mental Health Project	44,088	32,418
A & E Link Workers	74,568	-
Health Board Royston outreach	5,075	-
KIT Calls core costs	-	40,000
Miscellaneous	5,297	24,138
Urgent Emergency Care	14,840	-
Counselling for Depression Project	27,900	11,500
<u>Hertfordshire Partnership University NHS Foundation Trust</u>		
DIT Project	37,475	18,672
IAPT- Hertfordshire Partnership Foundation NHS Trust	67,158	59,818
Spot the Signs Hertfordshire Partnership Foundation NHS Trust	37,035	31,205
Mindfulness Project	14,328	14,328
Eros Project	24,152	-
CMHT Outreach	6,155	-
HMN Complex House Needs	82,415	-
St Albans - Mental Health	-	10,266
St Albans District Council	13,907	44,618
Small Grants	35,548	69,002
Impact Governance	-	21,592
Central London NHS Trust	13,980	45,263
Harpenden Trust	11,593	8,154
Lloyds Bank Foundation	35,360	34,365
Mind National - unrestricted	-	38,099
Mind National	38,788	-
National Lottery	4,947	4,947
North Herts DC	12,500	9,000
Stevenage Borough Council	3,750	11,090
Welwyn and Hatfield BC	10,170	3,750
East Herts Council	13,358	-
	1,029,725	879,362

4 Charitable activities - other

	Unrestricted Restricted Total 2023			Unaudited Unrestricted Restricted Total 2022		
	£	£	£	£	£	£
Other trading activities	107,425	-	107,425	38,228	-	38,228
	107,425	-	107,425	38,228	-	38,228

Mind In Mid Herts
Year ended 31 March 2023
Notes to the financial statements

5 Investment income

	2023	Unaudited 2022
	£	£
Bank interest	9,715	4,473
	<u>9,715</u>	<u>4,473</u>

6 Expenditure analysis

	2023	Unaudited 2022
	£	£
Direct cost		
Staff costs (including expenses)	1,008,008	755,865
Bidding	10,077	14,630
Project costs	76,689	66,483
	<u>1,094,774</u>	<u>836,978</u>
Support costs		
Premises and insurance	54,268	50,373
IT costs	26,439	19,370
Office running	42,425	38,734
Depreciation	3,152	3,620
Audit/accountancy	12,594	6,024
Affiliation fees	2,160	201
Consultancy	14,736	14,155
Counselling	-	150
Other	11,609	3,749
Travel	-	2,078
Professional fees	17,843	5,707
Advertising	3,053	3,272
	<u>188,279</u>	<u>147,433</u>
Total	<u>1,283,053</u>	<u>984,411</u>

6.1 Net income/(expenditure)

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

	2023	Unaudited 2022
	£	£
Depreciation	3,152	3,620
Accountancy	12,594	6,024

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 (2022 - £nil) towards travel costs of the trustees.

6.3 Staff costs

	2023	Unaudited 2022
	£	£
Salaries and wages	912,450	694,477
Social security costs	62,803	40,985
Employer's pension contributions	17,651	14,058
	<u>992,903</u>	<u>749,520</u>

Average number of employees was 53 (2022: 44).

No employees received emoluments in excess of £60,000 (2022: none).

Key management personnel received remuneration of £206,488 (2022: £204,579)

7 Tangible fixed assets

	Fixtures and fittings £	Computer equipment and Website £	Total £
Cost			
At 1st April 2022	18,528	52,750	71,278
Additions	367	1,550	1,917
At 31st March 2023	<u>18,895</u>	<u>54,300</u>	<u>73,195</u>
Depreciation			
At 1st April 2022	18,176	48,881	67,057
Charge for year	244	2,908	3,152
At 31st March 2023	<u>-</u>	<u>-</u>	<u>-</u>
At 31st March 2022	<u>18,420</u>	<u>51,789</u>	<u>70,209</u>
Net Book Value			
At 31st March 2023	<u>475</u>	<u>2,511</u>	<u>2,986</u>
At 31st March 2022	<u>352</u>	<u>3,869</u>	<u>4,221</u>

8 Fixed Assets Investments

	Listed investments £
Market Value	
At 1st April 2022	85,308
Revaluations	<u>(3,868)</u>
At 31st March 2023	<u>81,440</u>
Net Book Value	
At 31st March 2023	<u>81,440</u>
At 31st March 2022	<u>85,308</u>

There were no investment assets outside the UK.

All investments are held primarily for an investment return.

9 Debtors

	2023 £	Unaudited 2022 £
Trade debtors	70,181	66,095
Prepayments and accrued income	<u>3,323</u>	<u>1,364</u>
	<u>73,504</u>	<u>67,459</u>

Mind In Mid Herts
Year ended 31 March 2023
Notes to the financial statements

10 Current Assets Investments	2023	Unaudited 2022
	£	£
Investment bond	-	-
Cash investments	409,729	473,975
	<u>409,729</u>	<u>473,975</u>

11 Creditors: Amounts falling due within one year	2023	Unaudited 2022
	£	£
Trade creditors	14,477	12,482
Deferred income	257,865	44,006
Accrued expenses	17,320	8,220
PAYE payable	11,051	12,451
Other Creditors	4,818	3,264
	<u>305,531</u>	<u>80,423</u>

11b. Deferred income	2023	2022
	£	£
Deferred Income at 1 April	44,006	74,091
Resources deferred in the year	257,865	44,006
Amounts released from previous years	(44,006)	(74,091)
Deferred income at 31 March	<u>257,865</u>	<u>44,006</u>

12 Funds

	Balance b/fwd	Income	Expenditure	Transfers	Gains and losses	Balance c/fwd
	£	£	£	£	£	£
Unrestricted Func	200,560	178,318	(168,395)	(24,240)	(3,868)	182,375
Restricted Funds:						
Grants	-	-	-	-	-	-
Donations	701,112	1,039,306	(1,114,858)	24,240	-	650,000
	<u>901,672</u>	<u>1,217,624</u>	<u>(1,283,053)</u>	<u>-</u>	<u>(3,868)</u>	<u>832,375</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	84,426		84,426
Current assets	403,480	650,000	1,053,480
Current liabilities	(305,531)		(305,531)
	<u>182,375</u>	<u>650,000</u>	<u>832,375</u>

Mind In Mid Herts
Year ended 31 March 2023
Notes to the financial statements

14 Operating leases

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

	2023	Unaudited 2022
Not later than one year	28,459	28,459
Later than one year but not later than five years	12,420	40,244
In over five years	-	-
	<u>40,879</u>	<u>68,703</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

	2023	Unaudited 2022
Net income/(expenditure) for the reporting period	(69,297)	12,450
Adjustments for:		
Depreciation charges	3,152	3,620
(Gains)/losses on investments	3,868	(8,154)
Dividends, interest and rents from investments	(9,715)	(4,473)
(Increase)/decrease in debtors	(6,045)	(25,471)
Increase/(decrease) in creditors	225,108	(17,155)
Net cash provided by (used in) operating activities	<u>147,071</u>	<u>(39,183)</u>

17 Analysis of changes in net debt

	At start of year	Cash flows	Fair value movements	At end of year
Cash	351,132	219,115	-	570,247
Cash equivalents	559,283	(64,246)	(3,868)	491,169
Total	<u>910,415</u>	<u>154,869</u>	<u>(3,868)</u>	<u>1,061,416</u>

18. Prior Year's Financial Statements

The financial statements for the year ended 31 March 2022 were not subject to a statutory audit as the charity fell below the size criteria for a mandatory audit and was instead subject to an Independent Examination. For the year ended 31 March 2023, the financial statements have been subject to a statutory audit.