

**YORK MIND (INCORPORATING OUR CELEBRATION) LTD**

**REPORT OF THE TRUSTEES AND  
FINANCIAL STATEMENTS FOR YEAR  
ENDED 31<sup>st</sup> MARCH 2023**

**Company Registration Number 02659442  
Charity Number 1006759**

**Thomas Coombs Limited  
Statutory Auditor  
Chartered Accountants  
3365 The Pentagon  
Century Way  
Thorpe Park  
Leeds  
West Yorkshire  
LS15 8ZB**

**YORK MIND (INCORPORATING OUR CELEBRATION) LTD**  
**31<sup>ST</sup> MARCH 2023**  
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**YORK MIND (INCORPORATING OUR CELEBRATION) LTD**

**31<sup>ST</sup> MARCH 2023**

**Reference and administration details**

**TRUSTEES**

D Ellis -Chair  
P Yeomans -Vice chair  
N Wood (resigned 1<sup>st</sup> November 23)  
I Smith (resigned 1<sup>st</sup> February 23)  
G Hughes - Treasurer (resigned 1<sup>st</sup> November 23)  
Yvonne Okyere-Whalley  
Sarah Tosney  
Simon Taylor (resigned August 22)  
Jennifer Potter (appointed 1<sup>st</sup> July 22)

**CHIEF EXECUTIVE**

A Scott

**REGISTERED OFFICE**

Highcliffe House  
Highcliffe Court  
York  
YO30 6PB

**REGISTERED COMPANY NUMBER** 02659442

**REGISTERED CHARITY NUMBER** 1006759

**INDEPENDENT AUDITORS**

Thomas Coombs Limited  
Statutory Auditor  
Chartered Accountants  
3365 The Pentagon  
Century Way  
Thorpe Park  
Leeds  
West Yorkshire  
LS15 8ZB

**BANKERS**

CAF Bank Limited  
PO Box 289  
Kings Hill  
West Malling  
Kent  
ME19 4TA

HSBC UK  
13 Parliament Street  
York  
YO1 8XS

**YORK MIND (INCORPORATING OUR CELEBRATION) LTD**  
**31<sup>ST</sup> MARCH 2023**

**Report of the trustees**  
**OBJECTIVES AND ACTIVITIES**

**Main activities**

The purpose of the charity is to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment. It is also to promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

York Mind deliver a range of community mental health services for children, young people and adults. In this financial year this has included Advocacy, Mentoring, Counselling, Training, Coaching, Peer Support, specific support around employment and a range of activities for young people from aged eight.

**Public benefit statement**

The trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'. York Mind's charitable purpose is enshrined in its objects 'the relief of people who are suffering or who have suffered from mental illness and in particular but not so as to limit the generality of the foregoing, the provision of education, training and rehabilitation facilities to enable them to earn their living and develop their full potential as members of society'. The trustees ensure that this purpose is carried out for the public benefit by delivering services that are valued by our members at zero or low cost for clients living within York and the surrounding areas.

**Contribution made by volunteers**

Every year, we continue to be amazed at the number of people who volunteer for York Mind and this year is no exception. We would especially like to thank Judy Muir who has volunteered for the organisation in a variety of roles for at least 18 years (it could easily be more, but this is as far as the current records show!)

York Mind have a paid staff team, but our work could not happen as effectively without the contribution of volunteers who support us in a range of ways. This includes our Counsellors and Mentors, many of whom give hours of their time on a weekly basis to offer 121 support to children, young people and adults, volunteers who support our group work, much of which cannot run by one person alone, and volunteers who support our fundraising on a one-off basis or through regular community events. Finally, a word on our Trustees who all give their time freely and generously and offer invaluable support and direction for the whole organisation but particularly the senior leadership team and the Chief Executive Officer.

## **ACHIEVEMENTS AND PERFORMANCE**

### **Summary**

Last year, Trustees decided to invest the surplus we made in 20-21 in new posts within the organisation.

We knew there were some gaps in service provision, and we also knew that to be a sustainable organisation, we had to continue to invest in income generation.

We recruited to 11 new posts bringing in a new department of Corporate Wellbeing Services that contains fundraisers, marketing and campaigns, additional freelance trainers, and an administrator to ensure the easiest possible access to our training courses and speedy responses to enquiries from those wishing to raise funds for us.

We grew our adult services one to one offer with the aim in 22-23 of adding coaching to our current Counselling provision.

We recruited a Client Liaison Officer to help triage the significant numbers of people who approached us for help but were not sure exactly what they needed.

As with all changes, there are benefits and challenges and, like many other voluntary organisations the cost-of-living crisis has impacted on us in terms of rising costs, falling donations and increased demand.

Trustees continue to work alongside the staff team to mitigate these risks as effectively as possible.

### **OUR SERVICES**

As well as the updates on our services, we have attached our Impact Report for 22-23

#### **Action to Inclusion (ATI)**

Our support into employment programme ended June 2023. Participants in this service were long-term with help being available for up to 1 year. Consequently, we had to manage new referrals to ensure that they could be appropriately supported.

During the year, 15 clients were supported intensively and long-term over 217 sessions.

The funding for this project was secured by Better Connect and because of their hard work across the whole partnership they were able to secure funding for a new project that built on the success of ATI. The RISE project emerges from the 1<sup>st</sup> June 2023

#### **Corporate Wellbeing Services**

The recently established CWS department includes four main areas of work:

- New Service Development
- Fundraising
- Training
- Funded projects (Thriving at Work and Wellbeing Education Return)

The aims of the department are to generate unrestricted income for the charity, raise awareness of mental health both in organisations and across the community, and to support the wellbeing of organisations and their employees across York.

Across the department, key developments included the beginning of implementing a new Customer Relationship Management (CRM) database for use within fundraising and training, development of a

new Freelancer Framework, and delivery of a new awareness-raising event 'Tackling Stigma', developed alongside York City Football Club Foundation and two ex-professional footballers to raise awareness.

In the new financial year, the department will see a focus on building a longer-term strategic plan for each area of work, diversifying income streams, expanding our client and supporter base and increasing our support offer.

Below summarises the work done in each specific area over the past year and any corresponding developments.

### **New Services**

A new 'Knowledge Hub' is being developed alongside City of York Council as part of the Inclusive Growth Funding, to complement the existing training offer. The purpose of this resource is to offer businesses across York a locally focused set of informational resources to support individual and organisational mental wellbeing. The funding also includes delivery of free training for business leaders which will be delivered in the following financial year.

### **Fundraising**

This year saw us bring on two new fundraisers to re-establish our fundraising function. These roles separated corporate and community and events fundraising roles. Key milestones for this year included our partnership with Betty's and the York Designer Outlet, as well as our successful participation in three major challenge events; the York 10k, Yorkshire Marathon and Great North Run.

#### *Key Summary Statistics*

- In total, we raise £98,995 through fundraising in this year
- £38,703 was from corporate fundraising, with other income mainly from events and community fundraising, alongside some grants and in-memoriam payments
- The York 10k and Yorkshire Marathon brought in just under £14,000 combined, showing continued the importance of these annual events for generating fundraising income

The current economic environment has meant that fundraising across the sector has been challenging. We have therefore begun to adapt our approach to find more innovative and modern fundraising methods. Moving forwards, focus will be placed on building a robust fundraising strategy which aims to diversify income streams and capitalise on new technologies to maximise our income, including the use of our new CRM database.

### **Training**

Our training function has seen some growth in both internal and external support to increase our scope to deliver. This included hiring of new staff to support with co-ordination and marketing, allowing greater time for networking and service improvements, and use of freelancer-trainers for the first time in our seven-year history. We achieve the following over this period:

- Successfully reached target with over £74,000 worth of training income.
- Consistently received excellent feedback throughout the year from both public and corporate, in-house courses.
- Over 150 Mental Health First Aiders taught and registered with MHFA England.
- Over 100 ASIST trained delegates plus a similar number via Safe Talk clients.
- This is in addition to 1000 plus people receiving training from our own, York Mind written courses.
- A post-Covid return to face-to-face training, with the majority of training deliveries being classroom based. However, we continued to use some virtual learning where it suited the client.

Moving forwards, an upgrade to IT/CRM systems will see Training utilising SharePoint and crucially, the new CRM to streamline invoicing and marketing functions. There will also be a focus on strategy development, part of which will be continuing and widening the use of freelancer trainers following the success to-date. New training provision will also include webinars and hosting of external speakers to widen our scope of expertise.

#### **Wellbeing Education Return Project**

The project aim was to support staff working in schools and colleges to respond to the additional pressures some children and young people may have experienced as a direct result of the Covid-19 pandemic. It included training and 1-1 support for staff. Key outcomes included:

- Supported a range of school staff, including Governors, leadership teams, pastoral staff, headteachers and teaching staff
- Supported 29 schools/colleges in York
- 97 consultancy sessions delivered
- 100% rated training as 'Excellent' for being well delivered, organised and effective

Key challenges included engaging teachers, and teacher time availability to attend training, however the flexibility of the project allowed the project lead to address these barriers through evening delivery and shorter session times.

#### **Thriving at Work Project**

The aim of the project was to create "Inclusive, accessible and healthy workplaces that increase productivity and create an environment where all employees can thrive. " It primarily included 1-1 Coaching for employed individuals, alongside some training. Key outcomes included:

- 27 coaching partnerships across the full programme
- 263 individual coaching sessions took place
- 98% of coaching clients made progress towards their goals
- 96% rated the service as 'excellent'
- 70% of participants increased their wellbeing and 86% improved their resilience
- 100% would recommend the service to others

#### **York Advocacy Hub**

We are contracted by City of York Council to deliver statutory and general advocacy.

We continue to deliver to a high standard, providing accurate and timely qualitative and quantitative information to commissioners.

Actual referrals levels for this service remain high but steady. However, the complexity of the cases has increased significantly with advocates spending significantly more time working with individuals.

#### **Activities**

We have been delivering our activity contract since 2018. We work in partnership with other voluntary sector organisations to ensure we deliver a wide range of options including guided learning, training, creative and outdoor activities. We also offer a popular Sunday afternoon café drop-in.

The numbers accessing this service are always significant (472 in this year) as it is one of the limited number of options with little or no waiting list.

#### **Young Peoples Services**

During this year, our services for young people were:

- Early support for young people in schools delivered online
- 12-15 Counselling
- 16-25 Counselling
- Young People's mentoring

The early support for young people is delivered in partnership with national Mind, other local Minds and the Anna Freud Centre.

During this first year of delivery, practitioners were successfully inducted into the project and developed their knowledge and awareness of the programme, particularly around key interventions for low mood, anxiety and managing panic and worry.

They were proactively involved in facilitating and developing webinars to parents / carers and the Train the Trainer mentor programme for school staff.

As the project progressed, practitioners responded flexibly to service need and adapted their approach to best meet the needs of each young person.

There has been a high engagement rate from young people and practitioners have been able to quickly build trust. Many young people have shared that they felt their mental health had improved and that they had learned skills and strategies to help them in the future

The project has not been without its challenges. Planned transition to a new CRMS in late Autumn 2022 meant that practitioners were required to complete their work with the initial intake of young people within a reduced timeframe. An observed impact of this was that several young people did not benefit from the opportunity to self-reflect between sessions as the session structure was temporarily changed to two per week, to ensure all completed the programme by mid-December.

Following initial training for practitioners in September 2022 there was a significant period before young people were allocated. This had an impact on practitioners maintaining motivation and was addressed through engaging them in observing, developing and delivering webinars to parents / carers and school staff.

### **Young People's Mentoring**

Throughout the 22/23 financial year we continued to offer 8–13-year-olds, 16-20 sessions of 1-1 mentoring. Clients could choose remote, on premises and in the community sessions.

In the last quarter of the 22/23 financial year we started in-school mentoring and offered 11–16-year-olds, 12 sessions of 1-1 mentoring in school.

We supported mentors (who are all volunteers) to offer effective and meaningful variations in support for trauma-led and neurodivergent-led session structure/content, as we are seeing increases in both client groups.

We successfully delivered on all the required outcomes for the project and received positive feedback from those attending the sessions and from volunteers who delivered the work.

### **12-15 and 16-25 Counselling**

Through both the 12-15 and 16-25 provision we continue to deliver a clearly defined counselling service, which provides a confidential space for young people to talk to a trained counsellor.

Young people accessing these services also benefit from the opportunity to refer on to other available support offered as part of the York Mind suite of services. This includes 1:1 mentoring for under 18s and longer-term counselling and various well-being activities for those aged 18+.

We continue to offer a blended approach to delivery through face to face, telephone and online sessions, to best meet the needs of young people.

We delivered 1,553 Counselling sessions across the two services. A significant majority of young people prefer face to face access but having the option of telephone or online Counselling supports young people who could not access the building.

#### **Client Liaison – the entry point to York Mind**

This post was funded from York Mind reserves due to the significant levels of demand that was coming into services where we already had a long waiting list. The idea was to triage people into the most appropriate service within York Mind, offer warm introductions to other services and offer brief interventions to stop people going deeper into crisis.

This service was contacted by 331 people in one year. Of these, 96 people (the most significant amount) were struggling with anxiety, stress and panic attacks. 172 people were able to be referred into other York Mind services, 183 were referred to other organisations.

The biggest challenge for this service was finding any other services who had space to be able to take our referrals

#### **Peer Support**

The year began with one Peer Support project that supported people leaving hospital. The peer supporters were part of a multi-disciplinary team including social prescribers and mental health social workers. Having lived experience of mental ill-health is the key component for staff in this service. It allows them to get alongside those they are supporting in an authentic and meaningful way.

Over the year the project team worked with 45 people delivering over 388 sessions of peer support.

In September 2022, the peer support project was expanded to work with as part of a pilot scheme – a community mental health Hub. Funded through community mental health transformation monies, this aims to be part of a systemic change in the delivery of community mental health services.

A considerable amount of work went in to building a partnership of organisations including the statutory mental health provider, the Local Authority, and a number of voluntary sector organisations.

The service was co-created by people with lived experience of mental ill-health and has been well-received by those accessing it.

However, it has not been without significant challenges particularly around how risk is managed by different organisations. Fortunately, as a pilot scheme work has been able to be done to learn from this.

#### **Achievements against objectives set**

We invested in new posts that sit alongside our existing training and fundraising function. The new Team is known as Corporate Wellbeing Services and they are working hard to increase our unrestricted income, increase awareness of mental-ill health and challenge the stigma that still exists

We have begun the implementation of a new system that acts as both client relationship management for fundraising and a streamlined way of holding reporting and monitoring information across all our services

The move into supported housing has been slower but we end the year with a number of options that are being pursued by the Senior Leadership Team with the support of Trustees. This includes the possibility of a move to new offices.

#### **Plans for the following years**

- An office move! This would open a range of options for York Mind once the sale of the building is complete.
- To re-imagine the role of the Senior Leadership Team and Service Managers to improve communication and support development of new skills and knowledge for the benefit of the entire organisation
- To diversify our income streams ensuring we sustain existing contracts whilst increasing grants and unrestricted income
- Prepare for our Mind Quality Mark assessment across the organisation with Trustees taking a lead on the recruitment, induction, and clarity of role for new Board members to ensure our governance remains strong

#### **FINANCIAL REVIEW**

The financial results of the Charity are shown in the annexed financial statements. The total deficit for the year ending 31st March 2023 was £152,384. With this deficit subtracted from our opening balance of £796,462, the total funds held are £644,078.

Overall income in the year was £1,162,651 (2022: £1,198,678).

Overall expenditure for the year was £1,315,035 (2022: £1,079,483). £64,430 of this was spent on raising funds and £1,250,605 on providing charitable activities. The trustees had agreed investment of £132k from reserves in order to increase both the Corporate Wellbeing Services team and the Adult 121 Service. Both of these investments were made with a view to more sustainable unrestricted income in the long-term

**Reserves Policy**

We review our reserves policy on an annual basis taking into account future activities, the opportunities available to the Charity and the potential risks to which it might be exposed.

Unrestricted free reserves at the end of the financial year were £312,662.

York Mind aims to hold a free reserve that will enable an orderly closure of the charitable company in such an eventuality.

The Trustees have agreed that that the funds should still be able to meet the costs of continuing to run our entire service for between two and four months. In addition, the Trustees consider it prudent that the charity should also be able to meet its contractual obligations and any costs of closure (including redundancy costs) allowing for an orderly wind down of service and so as not to have a sudden and adverse impact upon services.

The trustees have agreed a target range of free reserves of between £246,000 and £450,000. Our level is within this range.

The trustees, together with the senior management team, are looking at projects which could make use of the surplus free reserves available. One idea is to resource a post to assist with the identifying and signposting of appropriate services due to the increased demand we are experiencing due to the impact of Covid.

**Investment Policy**

In accordance with the Memorandum of Association, the trustees have the power to make such investments as they see fit. With short term fluctuations in cash flow due to timing of grant income and the uncertainties of the stock market, we have maintained our existing investment policy of investing the money in an easy access deposit account that offers a competitive and consistent rate of return during the year. However, in view of the recent period of low interest rates, which has resulted in lower than usual investment income, we are continuing to look for better ways to invest the excess funds in order to yield a greater return.

**Risk Management**

The trustees, on a regular basis, reviews the principal risks and uncertainties faced by the charity in its day to day operations. The trustees have established policies, systems and procedures to mitigate those risks identified.

The Risk Register continues to be reviewed and updated by the Finance and Risk Subcommittee which is led by the treasurer together with a trustee appointed to lead our development of our approach to Risk.

The trustees continue to look to improve the assessment of external risks; the definition of our risk policy; review of both risks and controls. This is giving the trustees the confidence that the identifying of risks happens in a timely fashion, and meaningful controls are implemented.

Key and material risks continue to be reviewed at board level, and we have maintained our best practice of ensuring all projects complete individual risk assessments.

## **STRUCTURE, GOVERNANCE & MANAGEMENT**

### **Legal and Administrative details**

The organisation is a charitable company limited by guarantee, incorporated on 31 October 1991 with registered company number 02659442 and registered as a charity on 6 December 1991, registration number 1006759. The principal and registered office is Highcliffe House, Highcliffe Court, York, YO30 6BP.

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

### **Method of recruitment and appointment of trustees**

Members of the Board are trustees for the purpose of Charity Law and Directors for the purposes of Company Law. Members are elected annually and meet a minimum of 6 times per year. The Board aims to be reflective of both the needs of the service users and the needs of managing a charity. We aim, wherever possible, to attract Board members who have either personal experience of mental-ill health or who have relatives and/or friends with these experiences.

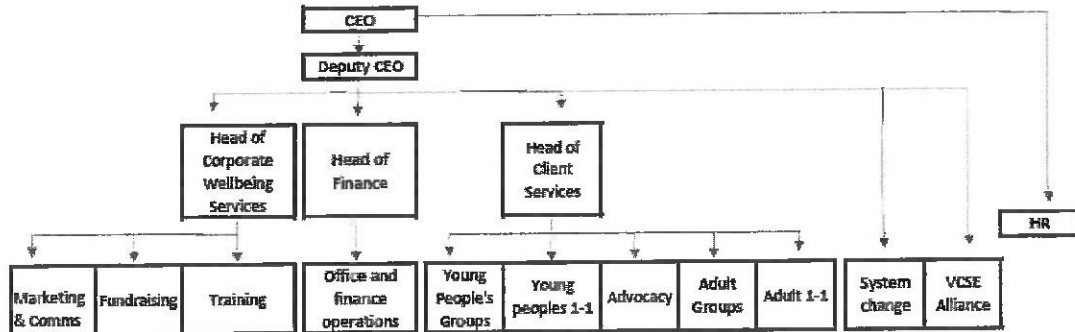
The Board have begun a thorough review and overhaul of the recruitment and induction process. This followed feedback from new Trustees and will ensure that everyone understands their role and responsibilities.

### **Trustee induction and training (currently under review)**

Each new trustee is welcomed by the Chair and, following an informal interview, given a formal induction which includes details of relevant training. Each trustee meets with the Chief Executive Officer and is encouraged to tour the office and meet all staff members, who provide useful information regarding the services we are currently delivering. Prospective trustees are also given a brief information pack and are invited to attend two trustee meetings after which time a decision is made from both sides as to whether they wish to proceed. Our information pack currently consists of the following information:

- Current Trustees' Annual Report
- Charity policies and procedures
- Staff handbook
- Current strategy documents
- Minutes of the two previous trustee meetings

## Organisational structure



The Trustee Board is responsible for governance, policy and strategic direction.

Day-to-day responsibility for running York Mind is delegated to the Chief Executive Officer.

### Key management personnel remuneration

Remuneration for the CEO and Senior Management Team is decided by Trustees. A benchmarking exercise is undertaken using information regarding average salaries for similar sized charities, vacancies in other Local Mind associations and in charities within the same geographical region.

### STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of York Mind for the purposes of company law) are responsible for preparing the Report of the Trustees and the 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 give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.


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

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

The auditors, Thomas Coombs Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 7th December 2023 and signed on the board's behalf by:



.....  
D Ellis-Trustee

**YORK MIND (INCORPORATING OUR CELEBRATION) LTD  
31ST MARCH 2023  
REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS**

**Opinion**

We have audited the financial statements of York Mind (Incorporating Our Celebration) Ltd (the 'charitable company') for the year ended 31st March 2023 which comprise Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 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 31st 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 trustees annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. 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 course of 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 this gives rise to a material misstatement in the financial statements themselves. 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' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' 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 charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which 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 directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit

### **Responsibilities of trustees**

As explained more fully in the trustees' responsibilities statement, 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 the 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:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations.
- We identified the laws and regulations applicable to the charity through discussions with management, and from our commercial knowledge of the sector.
- We focused on specific laws and regulations which we considered may have a direct material effect on the accounts of the operations of the Charity, including the Charities Act 2011.
- We assess the extent of compliance with laws and regulations identified above through making enquiries of management and inspecting legal correspondence.
- Identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- Making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud.
- Considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- Performed analytical procedures to identify any unusual or unexpected relationships.
- Identified and tested journal entries and identified any significant transactions that were unusual or outside the normal course of business.
- Investigated the rationale behind significant or unusual transactions.
- Challenged assumptions and judgements made by management in determining significant accounting estimates.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed audit procedures which included, but were not limited to:

- Agreeing financial statements disclosures to underlying supporting documentation.
- Discussions with management of know or suspected instances of non-compliance with laws and regulations
- Reading the minutes of meetings of those charged with governance.

At the completion stage of the audit, the engagement partner's review included ensuring the team had approached their work with appropriate professional scepticism and thus the capacity to identify non-compliance with laws and regulations and fraud.

There are inherent limitations in the audit procedures described above and the further removed non-compliance of laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement relating to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/Our-Work/Audit/Audit-and-assurance/Standards-and-guidance/Standards-and-guidance-for-auditors/Auditors-responsibilities-for-audit/Description-of-auditors-responsibilities-for-audit.aspx>. This description forms part of our auditor's report.

#### **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 charitable 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 anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

*C. Darwin*

Christopher Darwin (Senior Statutory Auditor)  
for and on behalf of Thomas Coombs Limited  
Statutory Auditor Chartered Accountants  
3365 The Pentagon  
Century Way  
Thorpe Park  
Leeds  
West Yorkshire  
LS15 8ZB  
Date: 7th December 2023

**YORK MIND (INCORPORATING OUR CELEBRATION) LTD**  
**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME & EXPENDITURE ACCOUNT)**  
**YEAR ENDED 31 MARCH 2023**

|                                    | Note | Unrestricted<br>Funds<br>£ | Designated<br>Funds | Restricted<br>Funds<br>£ | Total<br>31 March<br>2023<br>£ | Total<br>31 March<br>2022<br>£ |
|------------------------------------|------|----------------------------|---------------------|--------------------------|--------------------------------|--------------------------------|
| <b>Income and endowments from:</b> |      |                            |                     |                          |                                |                                |
| Donations and legacies             | 3    | 100,660                    | 2,098               | 1,886                    | 104,644                        | 292,059                        |
| Charitable activities              | 5    | 83,563                     | -                   | 973,225                  | 1,056,788                      | 906,601                        |
| Investments                        | 4    | 1,203                      | -                   | 16                       | 1,219                          | 17                             |
| <b>Total income</b>                |      | <b>185,426</b>             | <b>2,098</b>        | <b>975,127</b>           | <b>1,162,651</b>               | <b>1,198,678</b>               |
| <b>Expenditure on:</b>             |      |                            |                     |                          |                                |                                |
| Raising funds                      |      | 64,430                     | -                   | -                        | 64,430                         | 47,227                         |
| Charitable activities              |      | 192,783                    | 155,504             | 902,318                  | 1,250,605                      | 1,032,257                      |
| <b>Total expenditure</b>           | 6    | <b>257,213</b>             | <b>155,504</b>      | <b>902,318</b>           | <b>1,315,035</b>               | <b>1,079,483</b>               |
| <b>Net income/(expenditure)</b>    |      | <b>(71,787)</b>            | <b>(153,406)</b>    | <b>72,809</b>            | <b>(152,384)</b>               | <b>119,194</b>                 |
| Transfers between funds            | 14   | -                          | -                   | -                        | -                              | -                              |
| <b>Net movement in funds</b>       | 14   | <b>(71,787)</b>            | <b>(153,406)</b>    | <b>72,809</b>            | <b>(152,384)</b>               | <b>119,194</b>                 |
| <b>Reconciliation of funds:</b>    |      |                            |                     |                          |                                |                                |
| Total funds brought forward        |      | 481,908                    | 184,418             | 130,136                  | 796,462                        | 677,268                        |
| <b>Total funds carried forward</b> |      | <b>410,121</b>             | <b>31,012</b>       | <b>202,945</b>           | <b>644,078</b>                 | <b>796,462</b>                 |

The Statement of Financial Activities includes all gains or losses recognised in the year.

All income and expenditure derives from continuing activities.

The notes on pages 20 to 28 form part of these financial statements.

# YORK MIND (INCORPORATING OUR CELEBRATION) LTD

## BALANCE SHEET AT 31 MARCH 2023

Company Registration Number: 02659442

|  |      | 2023     |                | 2022     |                |
|--|------|----------|----------------|----------|----------------|
|  | Note | £        | £              | £        | £              |
| <b>Fixed assets:</b>                           |      |          |                |          |                |
| Tangible assets                                | 9    |          | 97,459         |          | 118,432        |
| <b>Current assets:</b>                         |      |          |                |          |                |
| Debtors  | 10   | 168,642  |                | 80,109   |                |
| Cash at bank and in hand                       |      | 444,100  |                | 652,943  |                |
|  |      | 612,742  |                | 733,052  |                |
| <b>Liabilities:</b>                            |      |          |                |          |                |
| Creditors: Amounts falling due within one year | 11   | (66,123) |                | (55,022) |                |
|  |      |          | 546,619        |          | 678,030        |
| <i>Net current assets</i>                      |      |          | 546,619        |          | 678,030        |
| <b>Total net assets</b>                        |      |          | <b>644,078</b> |          | <b>796,462</b> |
| <br><b>The funds of the charity:</b>           |      |          |                |          |                |
| Restricted                                     | 14   |          | 202,945        |          | 130,136        |
| Unrestricted                                   | 14   |          |                |          |                |
| Tangible Fixed Assets                          |      | 97,459   |                | 118,432  |                |
| Free Reserves                                  |      | 312,662  |                | 363,476  |                |
| Designated funds                               |      | 31,012   |                | 184,418  |                |
|  |      |          | 441,133        |          | 666,326        |
| <b>Total charity funds</b>                     | 15   |          | <b>644,078</b> |          | <b>796,462</b> |

The financial statements were approved and authorised for issue by the Board on 7th December 2023  
Signed on behalf of the board of trustees by:

  
 .....  
 D.A. Ellis-Chairperson

The notes on pages 20 to 28 form part of these financial statements.

**YORK MIND (INCORPORATING OUR CELEBRATION) LTD**  
**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

|  | Note | 2023      |             | 2022    |             |
|--|------|-----------|-------------|---------|-------------|
|  |      | £         | £           | £       | £           |
| <b>Net cash provided by / (used in) operating activities</b> | 17   | (207,423) |             | 118,191 |             |
| <b>Cash flow from investing activities:</b>                  |      |           |             |         |             |
| Purchase of tangible fixed assets                            |      | (1,420)   |             | (6,550) |             |
|  |      | <hr/>     |             | <hr/>   |             |
| <b>Change in cash and cash equivalents in the year</b>       |      |           | (208,843)   |         | 111,641     |
| <b>Cash and cash equivalents at beginning of the year</b>    |      |           | 652,943     |         | 541,302     |
|  |      |           | <hr/>       |         | <hr/>       |
| <b>Cash and cash equivalents at end of the year</b>          | 17   |           | 444,100     |         | 652,943     |
|  |      |           | <hr/> <hr/> |         | <hr/> <hr/> |

The notes on pages 20 to 28 form part of these financial statements.

# YORK MIND (INCORPORATING OUR CELEBRATION) LTD

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

### 1 ACCOUNTING POLICIES

#### a) Basis of preparation

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

#### b) Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis.

Like many other voluntary and not for profit organisations the annual income of the charity is dependent on the renewal, recurrence or identification of new sources of short term income. Within the 12 months period following the approval of the financial statements a number of significant grants will reach the end of their contract term. Importantly if a contract is not renewed it would be expected that associated staff would transfer to a third party providing those services going forward.

The trustees have considered the expected level of income and associated costs together with the level of reserves over the 12 months from approval of the financial statements and concluded that the charity will be able to continue in operation and as such the going concern basis of accounting is appropriate.

#### c) Fixed assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

|                                |                               |
|--------------------------------|-------------------------------|
| Freehold land                  | - Nil                         |
| Freehold building              | - 4% straight line            |
| Building Maintenance           | - 10% straight line           |
| General and computer equipment | - 20% to 33.33% straight line |
| Furniture and fittings         | - 20% straight line           |
| Kitchen equipment              | - 20% straight line           |
| Production equipment           | - 20% straight line           |

#### d) Income recognition

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

#### e) Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

When donors specify that donations and grants given to the charity must be used in the future accounting periods, the income is deferred until those periods.

When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When donors specify that donations and grants, including capital grants are for a particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when received.

# YORK MIND (INCORPORATING OUR CELEBRATION) LTD

## NOTES TO THE FINANCIAL STATEMENTS

### 1 ACCOUNTING POLICIES (continued)

#### f) Expenditure

Expenditure is included in the Statement of Financial Activities on an accruals basis once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

Costs of raising funds comprise the costs associated with attracting voluntary income.

Expenditure on Charitable Activities includes the costs incurred by the charity in the delivery of the activities and services for its beneficiaries. It includes costs that are directly attributable to specific activities and the indirect costs necessary to support them. Management, Finance and Admin Support costs are apportioned to activities on the basis of time spent by staff on those activities. Premises and Office Costs are apportioned to activities based on the premises they occupy and the activities they supported.

#### g) Fund accounting

Funds held by the charity are either:

Unrestricted general funds - these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds - these are funds that 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 purpose.

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

#### h) Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity contribution is restricted to the contributions disclosed in note 7. The costs of contributions are recognised in the year that they are payable.

#### i) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and are subsequently measured at their settlement value.

#### j) Taxation

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

#### k) Leases

Rentals payable under operating leases are charged to the SOFA on a straight line basis over the period of the lease.

### 2 LEGAL STATUS OF THE CHARITY

York Mind (incorporating Our Celebration) Ltd is regulated by the Charities Commission (1006759), limited by guarantee and is registered in England & Wales. The address of the registered office and principle place of business is York Mind (incorporating Our Celebration) Ltd, Highcliffe House, Highcliffe Court, York, YO30 6BP. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

**YORK MIND (INCORPORATING OUR CELEBRATION) LTD**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2023**

**3 DONATIONS, GRANTS AND LEGACIES**

|   | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total Funds<br>2023<br>£ | Total Funds<br>2022<br>£ |
|---|----------------------------|--------------------------|--------------------------|--------------------------|
| Donations and Fund Raising                  | 98,766                     | 1,886                    | 100,652                  | 132,989                  |
| BW Memorial Fund                            | 2,098                      | -                        | 2,098                    | 51,828                   |
| Other income                                | 1,644                      | -                        | 1,644                    | 4,126                    |
| Grants receivable                           | -                          | -                        | -                        | -                        |
| City of York Council - Activities           | -                          | -                        | -                        | 32,085                   |
| Vale of York CCG - Mentoring 13 -18 yrs     | -                          | -                        | -                        | 29,225                   |
| City of York Council - Wellbeing in Schools | -                          | -                        | -                        | 37,037                   |
| Two Ridings Foundation                      | -                          | -                        | -                        | 3,270                    |
| Charles Brotherton Trust                    | 250                        | -                        | 250                      | 250                      |
| Norman Collinson Charity Trust              | -                          | -                        | -                        | 1,250                    |
| <b>2023</b>                                 | <b>102,758</b>             | <b>1,886</b>             | <b>104,644</b>           | <b>292,059</b>           |
| <b>2022</b>                                 | <b>189,676</b>             | <b>102,383</b>           | <b>292,059</b>           |                          |

**4 INVESTMENT INCOME**

|                          | 2023<br>£ | 2022<br>£ |
|--------------------------|-----------|-----------|
| Bank interest receivable | 1,219     | 17        |

**5 INCOME FROM CHARITABLE ACTIVITIES**

|   | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total Funds<br>2023<br>£ | Total Funds<br>2022<br>£ |
|---|----------------------------|--------------------------|--------------------------|--------------------------|
| <b>Charitable Activities Income</b>                         |                            |                          |                          |                          |
| Advocacy  | -                          | 5,143                    | 5,143                    | 4,280                    |
| Archbishop Holgate's YP Project                             | -                          | 6,666                    | 6,666                    | -                        |
| BBC Children in Need - 13-18 Mentoring                      | -                          | 13,000                   | 13,000                   | 10,034                   |
| Big Lottery - Awards For All                                | -                          | -                        | -                        | 1,660                    |
| City of York Council - Creative Lives                       | -                          | -                        | -                        | 20,000                   |
| City of York Council - 1-2-1 Service                        | -                          | 50,000                   | 50,000                   | -                        |
| City of York Council - Activities                           | -                          | 80,000                   | 80,000                   | 80,000                   |
| City of York Council - Advocacy Hub                         | -                          | 329,477                  | 329,477                  | 329,477                  |
| City of York Council - Duak Diagnosis                       | -                          | 6,000                    | 6,000                    | 15,000                   |
| City of York Council - Inclusive Growth                     | -                          | 12,500                   | 12,500                   | -                        |
| City of York Council - MH VCSE Alliance                     | -                          | 40,000                   | 40,000                   | -                        |
| City of York Council - Young People 12-15                   | -                          | 70,000                   | 70,000                   | -                        |
| City of York Council - Young People Counselling             | -                          | 80,000                   | 80,000                   | 80,000                   |
| Counselling   | 2,316                      | -                        | 2,316                    | 5,928                    |
| Department of Health - Creative Lives                       | -                          | -                        | -                        | 30,133                   |
| Department of Health - Suicide prevention                   | -                          | -                        | -                        | 10,000                   |
| Doncaster Mind  | 3,033                      | -                        | 3,033                    | 55,504                   |
| Healthwatch North Yorkshire                                 | 8,250                      | -                        | 8,250                    | -                        |
| Mid & North Yorkshire Citizens Advice                       | -                          | 5,778                    | 5,778                    | 5,609                    |
| National Mind - Schools and Colleges Early Support Service  | -                          | 33,186                   | 33,186                   | -                        |
| National Mind - Business Continuation Fund                  | -                          | 40,000                   | 40,000                   | -                        |
| National Mind - Cost of Living Crisis Fund                  | -                          | 18,000                   | 18,000                   | -                        |
| National Mind - Systems Change                              | -                          | 35,750                   | 35,750                   | 64,250                   |
| National Mind - Ukraine Refugees                            | -                          | 5,000                    | 5,000                    | -                        |
| Training  | 69,964                     | -                        | 69,964                   | 55,320                   |
| Vale of York CCG - Creative Lives                           | -                          | -                        | -                        | 20,000                   |
| York Carers Centre - Carers Counselling                     | -                          | -                        | -                        | 16,000                   |
| York CVS-Adult Peer Support                                 | -                          | 90,000                   | 90,000                   | 50,000                   |
| York St John University - Wellbeing Pilot Selby High School | -                          | 4,320                    | 4,320                    | -                        |
| Your Consortium - Action towards Inclusion                  | -                          | 31,212                   | 31,212                   | 38,446                   |
| Your Consortium - Thriving at Work                          | -                          | 17,193                   | 17,193                   | 14,961                   |
| <b>2023</b>   | <b>83,563</b>              | <b>973,225</b>           | <b>1,056,788</b>         | <b>906,601</b>           |
| <b>2022</b>   | <b>113,764</b>             | <b>792,838</b>           | <b>906,601</b>           |                          |

**YORK MIND (INCORPORATING OUR CELEBRATION) LTD**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2023**

**6 TOTAL EXPENDITURE**

| Basis of Allocation                         | Costs of Raising | Charitable Activities |                       |                | Total<br>2023 | Total<br>2022    |                  |
|---|------------------|-----------------------|-----------------------|----------------|---------------|------------------|------------------|
|   | Fundraising      | Restricted Projects   | Unrestricted Projects | Governance     |               |                  |                  |
| <b>Costs charged directly to activities</b> |                  |                       |                       |                |               |                  |                  |
| Staff costs (incl training & recruitment)   | Direct           | 31,093                | 696,759               | 365,753        | 326           | 1,093,931        | 874,095          |
| Beneficiary & volunteer expenses            | Direct           | -                     | 4,361                 | 1,754          | -             | 6,115            | 5,273            |
| Activities & Course costs                   | Direct           | 9,337                 | 80,478                | 94,366         | 795           | 184,976          | 167,613          |
| Trustee expenses & training                 | Direct           | -                     | -                     | -              | -             | -                | 321              |
| Auditor's fees                              | Direct           | -                     | -                     | -              | 6,000         | 6,000            | 6,890            |
| Legal fees                                  | Direct           | -                     | -                     | -              | 1,620         | 1,620            | -                |
| Depreciation                                | Direct           | -                     | -                     | 22,393         | -             | 22,393           | 25,291           |
| Recharged costs to activities               | Activity         | 24,000                | 120,720               | (157,720)      | 13,000        | -                | -                |
| <b>2023</b>                                 |                  | <b>64,430</b>         | <b>902,318</b>        | <b>326,546</b> | <b>21,741</b> | <b>1,315,035</b> | <b>1,079,483</b> |
| <b>2022</b>                                 |                  | <b>47,227</b>         | <b>868,411</b>        | <b>129,110</b> | <b>34,735</b> | <b>1,079,483</b> |                  |

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

7 EMPLOYEE INFORMATION

The aggregate payroll costs of the Charitable Company for the period are as follows:

|                             | 2023<br>£        | 2022<br>£      |
|-----------------------------|------------------|----------------|
| Gross salaries              | 914,385          | 743,945        |
| Social security costs       | 67,610           | 51,473         |
| Pension                     | 55,642           | 47,990         |
| <b>Total staff salaries</b> | <b>1,037,637</b> | <b>843,408</b> |

The trustees received no remuneration.

The trustees received no expenses during the year (2022: £nil).

Average number of employees for the period

Number of management staff  
Number of other staff

|                            | No        | No        |
|----------------------------|-----------|-----------|
| Number of management staff | 6         | 6         |
| Number of other staff      | 51        | 39        |
| <b>Total</b>               | <b>57</b> | <b>45</b> |

No employees received emoluments in excess of £60,000.

The total cost in 2023 of key management personnel was £213,423 (2022 £213,693)

8 NET INCOME/(EXPENDITURE)

Net income/(expenditure) for the year are stated after charging:

|                                     | 2023<br>£ | 2022<br>£ |
|-------------------------------------|-----------|-----------|
| Depreciation                        | 22,393    | 25,292    |
| Auditor remuneration audit fees     | 6,000     | 5,214     |
| Auditor remuneration non-audit fees | -         | 936       |

9 TANGIBLE FIXED ASSETS

|                         | Freehold<br>property<br>£ | Building<br>maintenance<br>£ | General &<br>computer<br>equipment<br>£ | Furniture<br>fittings &<br>production<br>£ | Total<br>£     |
|-------------------------|---------------------------|------------------------------|---|--|----------------|
| <b>COST</b>             |                           |                              |   |  |                |
| At 1 April 2022         | 319,624                   | 32,995                       | 38,086                                  | 12,699                                     | 403,404        |
| Additions               | -                         | -                            | 1,420                                   | -  | 1,420          |
| Disposals               | -                         | -                            | -                                       | -  | -              |
| <b>At 31 March 2023</b> | <b>319,624</b>            | <b>32,995</b>                | <b>39,506</b>                           | <b>12,699</b>                              | <b>404,824</b> |
| <b>DEPRECIATION</b>     |                           |                              |   |  |                |
| At 1 April 2022         | 230,218                   | 20,227                       | 22,654                                  | 11,873                                     | 284,972        |
| Charge for the year     | 9,626                     | 2,298                        | 9,916                                   | 553  | 22,393         |
| On Disposals            | -                         | -                            | -                                       | -  | -              |
| <b>At 31 March 2023</b> | <b>239,844</b>            | <b>22,525</b>                | <b>32,570</b>                           | <b>12,426</b>                              | <b>307,365</b> |
| <b>NET BOOK VALUE</b>   |                           |                              |   |  |                |
| At 31 March 2023        | 79,780                    | 10,470                       | 6,936                                   | 273  | 97,459         |
| At 31 March 2022        | 89,406                    | 12,768                       | 15,432                                  | 826  | 118,432        |

Included in Freehold property is land amounting to £75,000 (2022 £75,000)

All fixed assets are used for charitable purposes.

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

|  |                |                       |                  |           |                |                |
|--|----------------|-----------------------|------------------|-----------|----------------|----------------|
| <b>10 DEBTORS</b>  |                |                       |                  |           | 2023           | 2022           |
|  |                |                       |                  |           | £              | £              |
| Debtors in the ordinary course of activities                                       |                |                       |                  |           | 27,800         | 40,581         |
| Prepayments and accrued income   |                |                       |                  |           | 140,842        | 39,528         |
|  |                |                       |                  |           | <u>168,642</u> | <u>80,109</u>  |
| <b>11 CREDITORS: Amounts falling due within one year</b>                           |                |                       |                  |           | 2023           | 2022           |
|  |                |                       |                  |           | £              | £              |
| Creditors in the ordinary course of activities                                     |                |                       |                  |           | 28,453         | 20,519         |
| Other creditors  |                |                       |                  |           | 25,096         | 22,471         |
| Accruals and deferred income   |                |                       |                  |           | 12,574         | 12,032         |
|  |                |                       |                  |           | <u>66,123</u>  | <u>55,022</u>  |
| <b>12 DEFERRED INCOME</b>  |                |                       |                  |           |                |                |
|  | Balance at     | New Additions         | Amount Released  |           |                | Balance at     |
|  | 31 March 2022  |                       |                  |           |                | 31 March 2023  |
|  | £              | £                     | £                |           |                | £              |
|  | <u>2,500</u>   | <u>-</u>              | <u>(2,500)</u>   |           |                | <u>-</u>       |
| <b>13 LEASE AGREEMENTS</b>   |                |                       |                  |           | 2023           | 2022           |
|  |                |                       |                  |           | £              | £              |
| Minimum lease payments under non-cancellable operating leases fall due as follows: |                |                       |                  |           |                |                |
| Within one year  |                |                       |                  |           | 1,075          | 1,075          |
| Between one and five years   |                |                       |                  |           | 538            | 1,613          |
|  |                |                       |                  |           | <u>1,613</u>   | <u>2,688</u>   |
| <b>14 RESTRICTED FUNDS</b>   |                |                       |                  |           |                |                |
|  | Balance at     | Movement in resources |                  | Transfers |                | Balance at     |
|  | 1 April 2022   | Incoming              | Outgoing         |           |                | 31 March 2023  |
|  | £              | £                     | £                | £         |                | £              |
| Companies Restricted   | 1,790          | -                     | -                | -         |                | 1,790          |
| BBC Children in Need   | 790            | -                     | (790)            | -         |                | -              |
| Activities - SPARTACUS   | 3,722          | 80,387                | (84,109)         | -         |                | -              |
| Activities - Ukraine Refugees  | -              | 5,000                 | (5,000)          | -         |                | -              |
| Adult Peer Support   | 27,588         | 90,000                | (64,708)         | -         |                | 52,880         |
| CYC Counselling Service  | -              | 50,000                | (15,500)         | -         |                | 34,500         |
| Advocacy Hub   | -              | 329,476               | (331,822)        | -         |                | (2,346)        |
| Advocacy Spot Purchases  | -              | 3,743                 | (3,743)          | -         |                | -              |
| Dual Diagnosis Advocacy  | 14,920         | 6,000                 | (20,920)         | -         |                | -              |
| Social Work Students   | -              | 1,400                 | (1,400)          | -         |                | -              |
| ATI  | -              | 31,228                | (31,228)         | -         |                | -              |
| Mind business continuity   | -              | 40,000                | -                | -         |                | 40,000         |
| Mind cost of living  | -              | 18,000                | -                | -         |                | 18,000         |
| Corporate Wellbeing (R)  | -              | 12,500                | -                | -         |                | 12,500         |
| Thriving at Work   | -              | 17,193                | (17,193)         | -         |                | -              |
| Wellbeing Education Return   | 18,590         | -                     | (18,590)         | -         |                | -              |
| Wellbeing Pilot Selby High School  | -              | 4,320                 | (660)            | -         |                | 3,660          |
| NY Citizen's Advice (Selby)  | -              | 5,778                 | (5,778)          | -         |                | -              |
| Systems Change (NM)  | 33,491         | 37,250                | (70,741)         | -         |                | -              |
| VCSE Alliance  | -              | 40,000                | (19,584)         | -         |                | 20,416         |
| YP Creative Lives  | 5,620          | -                     | (5,620)          | -         |                | -              |
| Young People - One to One  | -              | -                     | (1,790)          | -         |                | (1,790)        |
| YP Counselling (12-15 Grant)   | -              | 70,000                | (33,079)         | -         |                | 36,921         |
| YP Counselling (16-25 Contract)  | -              | 80,000                | (98,843)         | -         |                | (18,843)       |
| YP Mentoring & Counselling (12-15 Winter Money 2021-22)                            | 23,625         | -                     | (23,625)         | -         |                | -              |
| YP Mentoring (13-18 CIN 2020-22)   | -              | 13,000                | (10,500)         | -         |                | 2,500          |
| YP Mentoring (AHS Grant)   | -              | 6,666                 | (3,909)          | -         |                | 2,757          |
| YP SCESS (Anna Freud)  | -              | 33,186                | (33,186)         | -         |                | -              |
|  | <u>130,136</u> | <u>975,127</u>        | <u>(902,318)</u> | <u>-</u>  |                | <u>202,945</u> |

**YORK MIND (INCORPORATING OUR CELEBRATION) LTD**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2023**

**RESTRICTED & UNRESTRICTED FUNDS (continued)**

**14 UNRESTRICTED FUNDS**

|                              | Balance at<br>1 April 2022<br>£ | Movement in resources |                  | Transfers<br>£ | Balance at<br>31 March 2023<br>£ |
|------------------------------|---------------------------------|-----------------------|------------------|----------------|----------------------------------|
|                              |                                 | Incoming<br>£         | Outgoing<br>£    |                |                                  |
| General fund                 | 363,476                         | 185,426               | (234,820)        | (1,420)        | 312,662                          |
| Designated fund- Salaries    | 132,590                         | -                     | (132,590)        | -              | -                                |
| Designated fund- BW memorial | 51,828                          | 2,098                 | (22,914)         | -              | 31,012                           |
| Tangible fixed asset         | 118,432                         | -                     | (22,393)         | 1,420          | 97,459                           |
|                              | <u>666,326</u>                  | <u>187,524</u>        | <u>(412,717)</u> | <u>-</u>       | <u>441,133</u>                   |

**Purposes of restricted funds**

During the year, the charity received specific grants restricted to the funding of the following projects:

City of York Council provide funding for a mental health activities programme.

Your Consortium for the Action Towards Inclusion project.

Dept of Health, York City Council and York CCG provided funding for the Creative Lives project.

York CCG and Children in Need for Young People's Mentoring.

Kavli Trust has funded a drop in service for young people.

Bio Lottery's Awards For All is funding for the Young People's Service strateav.

BBC Children in Need funding for Mindfulness courses.

Counselling funding is provided through the receipt of regular gifts, charges for the service and funding from City of York Council for the Young People's Counselling.

City of York Council provide funding for statutory advocacy provision and also for the the dual diagnosis project.

City of York Council provide funding for the Wellbeing Education Return project.

Mind provided a systems change programme including a website and podcast for young people within the City of York.

Counselling was for provided for young carer's being supported by the Young Carer's Centre.

Thriving at Work aims to support people to thrive at work through diversity training and 1-2-1 in-work coaching.

Adult Peer Support is a partnership project to provide early input to support timely and supported discharge, linking with community support. This is being delivered in partnership with TEWW NHS Trust.

Activities Ukraine Refugees is a grant to provide services solely to support Ukrainian refugees.

Corporate Wellbeing is to provide a knowledge Hub for small employers to enable them to support staff mental health.

NY Citizen's Advice (Selby) is to provide coaching and 121 sessions for people struggling with debt and referred to us by Citizens Advice.

VSCCE Alliance is funding for a post to support the development of a mental health alliance and enable system transformation.

Young People Counselling (12-15 Grant) is to provide counselling for young people aged 12-15 in York.

Young People Counselling (16-25 Contract) is to provide Counselling for young people aged 16-25 in York.

Young People Mentoring is for the provision of 121 mentoring for young people in York.

Young People Mentoring (AHS Grant) is for the provision on 121 mentoring solely for pupils of Archbishops Holgate School.

Young People SCESS (Anna Freud) is for the provision of online therapeutic support for young people referred by schools(nationwide).

Fund balances represent balances carried forward on multi-year projects and projects.

**Purposes of unrestricted funds**

The general fund represents the free funds of the charity which are not designated for a particular purpose.

**YORK MIND (INCORPORATING OUR CELEBRATION) LTD**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2023**

**15 ANALYSIS OF NET ASSETS (between restricted and unrestricted funds)**

|                           | Tangible<br>fixed assets | Other net<br>assets | Total          |
|---------------------------|--------------------------|---------------------|----------------|
| Restricted Funds          | -                        | 202,945             | 202,945        |
| Tangible fixed asset fund | 97,459                   | -                   | 97,459         |
| Designated funds          | -                        | 31,012              | 31,012         |
| General Fund              | -                        | 312,662             | 312,662        |
|                           | <u>97,459</u>            | <u>546,619</u>      | <u>644,078</u> |

**16 RELATED PARTY TRANSACTIONS**

No transactions with related parties were undertaken such as are required to be disclosed under Financial Reporting Standards.

**17 RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES**

|                                     | 2023<br>£        | 2022<br>£      |
|-------------------------------------|------------------|----------------|
| Net Income for the reporting period | (152,384)        | 119,194        |
| Depreciation charges                | 22,393           | 25,292         |
| Decrease/(increase) in debtors      | (88,533)         | (33,073)       |
| Increase/(decrease) in creditors    | 11,101           | 6,778          |
|                                     | <u>(207,423)</u> | <u>118,191</u> |

**ANALYSIS OF CASH AND CASH EQUIVALENTS**

|              | 2023<br>£      | Movement<br>£    | 2022<br>£      |
|--------------|----------------|------------------|----------------|
| Cash in hand | 444,100        | (208,843)        | 652,943        |
|              | <u>444,100</u> | <u>(208,843)</u> | <u>652,943</u> |

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

18 COMPARATIVE SOFA

|                                    | Unrestricted<br>Funds<br>£ | Designated<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total<br>31 March<br>2022<br>£ |
|------------------------------------|----------------------------|--------------------------|--------------------------|--------------------------------|
| <b>Income and endowments from:</b> |                            |                          |                          |                                |
| Donations and legacies             | 189,676                    | -                        | 102,383                  | 292,059                        |
| Charitable activities              | 113,764                    | -                        | 792,838                  | 906,601                        |
| Investments                        | 17                         | -                        | -                        | 17                             |
| <b>Total income</b>                | <b>303,457</b>             | <b>-</b>                 | <b>895,221</b>           | <b>1,198,678</b>               |
| <b>Expenditure on:</b>             |                            |                          |                          |                                |
| Raising funds                      | 47,227                     | -                        | -                        | 47,227                         |
| Charitable activities              | 163,846                    | -                        | 868,411                  | 1,032,257                      |
| <b>Total expenditure</b>           | <b>211,072</b>             | <b>-</b>                 | <b>868,411</b>           | <b>1,079,483</b>               |
| <b>Net income</b>                  | <b>92,384</b>              | <b>-</b>                 | <b>26,810</b>            | <b>119,194</b>                 |
| Transfers between funds            | (104,646)                  | 184,418                  | (79,772)                 | -                              |
| <b>Net movement in funds</b>       | <b>(12,262)</b>            | <b>184,418</b>           | <b>(52,962)</b>          | <b>119,194</b>                 |
| <b>Reconciliation of funds:</b>    |                            |                          |                          |                                |
| Total funds brought forward        | 494,170                    | -                        | 183,098                  | 677,268                        |
| <b>Total funds carried forward</b> | <b>481,908</b>             | <b>184,418</b>           | <b>130,136</b>           | <b>796,462</b>                 |