

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR YEAR
ENDED 31st MARCH 2024**

Company Registration Number 02659442

Charity Number 1006759

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2024
CONTENTS

Reference and Administrative Details	1
Report of the trustees	2-13
Report of the independent auditors	14-16
Statement of financial activities	17
Balance sheet	18
Cash flow statement	19
Notes to the financial statements	20-28

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

31ST MARCH 2024

Reference and administration details

TRUSTEES

D Ellis -Chair
P Yeomans -Vice chair
G Hughes - Treasurer (resigned Nov 23)
Nick Wood (resigned Nov 23)
Yvonne Okyere-Whalley (resigned March 24)
Sarah Tosney (resigned March 24)
Jennifer Potter
Jacey Lamerton (appointed Jan 24- resigned
October 24)
Joy Wong (appointed April 24)
Collette Horn (appointed May 24)
David Geddes (appointed June 24)
Ameer Asghar (appointed June 24)
Beverley Peace (appointed July 24)

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

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, Social Prescribing, 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

Volunteering opportunities at York Mind are incredibly diverse. They can range from people attending our bucket collections for a couple of hours, to supporting self-advocacy right through to long-term regular delivery of Counselling, Coaching and Mentoring. In recognition to this crucial part of our service delivery, we have strengthened our support offer through a Practise Supervisor who is a point of contact for our volunteers, facilitates continuing professional development (CPD) and meets with them individually to ensure they are supported, and quality is maintained.

Last year our regular volunteers contributed 1,680.

Additionally, our Trustees attended monthly meetings each lasting two hours. They also give considerable time over and above meetings supporting the CEO and the wider organisation. We are grateful for the time they commit to York Mind.

Fundraising Practice

In all our activities we aim to ensure that our supporters and the wider public are treated fairly and with respect. All our fundraising is undertaken by our staff team and volunteers. Individuals who fundraise themselves in order to make a donation to York Mind are sent an information pack that advises on good practise. We inform people how to opt out of our communications, should they wish to do so. We continually monitor and review our practices to ensure we are adhering to the

latest in fundraising regulations and practices. York Mind (Incorporating Our Celebration) Ltd is registered with the Fundraising Regulator and is committed to following its Code of Fundraising Practice.

All staff are aware of and adhere to Charity Commission guidelines and The Code of Fundraising Practice which sets out statutory obligations and best practice standards. We do not employ third party fundraising organisations to work on our behalf or use methods of fundraising that can be seen as intrusive or persistent. We are also very conscientious about self-regulation of our fundraising activities and protecting vulnerable people. We are especially careful and sensitive when engaging with those affected by mental health disorder. We don't sell or lend our database of supporters to other charities or organisations. York Mind (Incorporating Our Celebration) Ltd continues to be a member of the Fundraising Regulator. During 2024 we received no complaints relating to any of our fundraising activities.

ACHIEVEMENTS AND PERFORMANCE

Our key achievement has been the increase in our partnership work as part of the Community Mental Health Transformation agenda. York is demonstrating genuine leadership and innovation as parts of the system work together to ensure that we are adopting the principles co-produced by people who use mental health services and their family, friends and carers. Although we know there is a long way to go, the commitment shown by statutory services and other voluntary organisations to work together on challenges that have been around for many years is hugely heartening.

We have seen a sharp increase in resource for our Social Prescribing and Peer Support work and launched our first open access young people's drop-in. Our drop-in was co-designed by young people and rotates around venues in the city, we can only do this due to the generosity of other partners who deliver aspects of the drop-in (drug and alcohol support and sexual health) and offer their venues (York Explore).

At a time of high demand and limited resource, our services continue to deliver high-quality and effective interventions. I remain extremely proud of the entire staff team and all our volunteers

OUR SERVICES

121 Services

New services

In January 2024 we launched a new online Coaching service, for adults aged 18+. Staffed by experienced volunteers from a range of coaching backgrounds, we offer 6 sessions, (over 6 months) at a minimum cost of £30 per session. We continue to promote this service through new and existing networks and early feedback from volunteers and clients is very positive. This offer provides an additional move-on option for adults ending counselling.

In February 2024 we added two trainee Children's Wellbeing Practitioners (CWP) to our services for young people. CWPs work with those aged 12-18 years and provide 6-8 sessions of 1-1 early intervention work, using a CBT and behavioural activation model. These practitioners also offer Parent-Led CBT in an online group setting, to provide support and psychoeducation to parents/carers of young people experiencing anxiety and low mood. This service broadens the spectrum of our young people 1-1 offer, working on early intervention and as a pathway pre/post counselling.

Services ended

The early support for young people service, delivered in partnership with the Anna Freud Centre and National Mind ended in December 2023. Following some challenges around the transition to a new CRMS, feedback clearly evidenced the benefit of the programme for the young people it supported, seeing a real change in terms of helping build their confidence and developing practical ways of managing their mental health and wellbeing. This service delivered a total of 247 sessions to young people and held 11 sessions for teaching staff, during the financial year.

Practitioners experienced a high engagement rate and were quickly able to build a relationship of trust with young people, supporting them to be able to openly discuss their issues and move towards achieving their goals. Young people were able to easily relate to information and strategies from the programme and the majority of those supported reported either achieving or making significant steps towards achievement of the aim they set themselves at the start of the intervention. Many shared that they felt their mental health had improved and that they had the skills and strategies to manage challenges better in the future.

Mentoring

From September 2022 to December 2023, we delivered a mentoring service in partnership with Archbishop Holgate School, designed to increase the confidence, emotional literacy and resilience of 11-16-year-olds. Pupils could access the service in person (at school) or online during holidays and were offered up to 12 sessions. 40 pupils accessed the service and the most reported support needs were related to bullying / friendships / anxiety / low mood / wanting to learn positive coping strategies. 30 pupils achieved at least one of their goals and feedback included, 'I now understand my feelings better' and 'I always felt supported and not judged by my mentor, even if I was having a bad day'. Following collation of all project data, pupils most valued the access to a safe and flexible space where they felt heard and supported. They also appreciated the variety of talking / activity based sessions.

August 2023 saw the start of a one-year mentoring project offering 1-1 wellbeing support to LGBTQ+ young people aged 16-25. These sessions were held at Highcliffe House and additional group outreach took place at Portal Bookshop in the centre of York. Seven volunteer mentors were recruited specifically for this service and delivery started in October 2023. During the reporting period 57 face to face and 20 remote sessions were held, in addition to 5 group outreach sessions. Through this service we have reached questioning, cis-gender, trans and non-binary identifying young people, plus those who identify as lesbian, gay and bi-sexual. Examples of their goals included, 'to help me improve my self-esteem and better understand my identity' and 'to talk to someone

about how I'm feeling about myself'. This service is due to end in August 2024, with the potential for an additional two years of funding to further grow and develop the service.

Counselling services

Our counselling services continue to support young people and adults throughout York. For young people we offer 6 sessions of 1-1 counselling, (either face to face or online) at a range of times to suit individual need. This service is split by age group, into provision for 12–15-year-olds and 16–25-year-olds. Staffing includes a specialist Art Therapist as well as two experienced general counsellors. Feedback is consistently positive, with 100% of evaluation forms reporting that they would recommend the service to others. Additional comments included, 'Counselling has given me a space to feel grounded',

'I know now how to do other things to change the way I'm feeling, rather than self-harm', 'I loved having a safe space to talk and a calm environment to be in each week'.

For adults aged 18+ we offer up to 16 sessions at a minimum cost of £20 per session. This service is staffed by a team of 22 volunteer counsellors, some of whom are trainees on placement working towards their clinical hours. In the reporting period we delivered 1,596 sessions to 177 individual clients. This support has made a real difference to the lives of many people, facilitating changes such as returning to employment, rebuilding relationships with family members and providing psychoeducation to enable people to manage their anxiety and feel more confident in their lives as a whole. Feedback included the following comments, 'I have really valued using the counselling sessions how I wanted to. The counsellor didn't try to force me to do one thing or another and went at my pace', 'Learning different ways of coping with problems that would normally make me angry or sad, has been so valuable', 'I have felt lucky to have a safe space to come and be myself and talk. I have unloaded things now and at the start everything was so overwhelming that I couldn't function'.

Corporate Wellbeing Services

The CWS department's key activities include:

- Fundraising
- Mental Health Training
- New Service Development
- Marketing
- Funded Projects (RISE and Mental Health Matters)
- Elements of operations and finance

The department is primarily responsible for generating unrestricted income for the charity through fundraising and training, whilst raising awareness of mental health through its fundraising and marketing activities. As of June 2023, the Finance Officer and Office Manager roles were integrated into the CWS department. Due to this change, the development of new services was put on hold for this year.

Over the year, there was a key focus of growing income-generating potential through relationship development, trialing of new events, and developing new training leads. This followed the development of a fundraising strategy, in addition to the continued work in implementing the newly procured Customer Relationship Management (CRM) database, Beacon.

Below summarises the work in each of the key areas outlined.

Fundraising

This year saw some key successes for the department, which included the newly established Castle to Abbey Challenge, which raised over £8,000 in total, and our first Mental Elf 5km fun run which raised £5,518. Unfortunately, the Mental Elf event did not take place due to adverse weather, but we retained almost all the funds raised despite this. Through Mental Elf, we were also able to explore a new fundraising stream of 'sponsorship', which allowed us to raise £4,000 as part of the Mental Elf event.

Key Summary Statistics

- In total, we raised approximately £126,000 through fundraising this year
- Events raised around £42,000 over the year
- Around £25,000 of our income was from 1-off donations

Fundraising has continued to be a challenge this year due to the external economic environment, a lack of consistency in the staff team and our limited reach. To continue improving our fundraising prospects into 2024, this year, we started to work on a marketing strategy to increase our supporter base. We predict that this work will make it easier to fill events and increase our corporate and community relationships. This work is coupled with development of a clear events calendar and 2024-25 strategy.

Mental Health Training

Training was on course to meet annual targets within the first six months of the year, however, began to see a drop-off in referrals in the latter 6 months, meaning that the target of £75,000 was not met by year-end. This drop-off in interest may have been for a variety of reasons, including reductions in business budgets for wellbeing activities, or a reduction in interest for mental health-specific training provision.

One of the key changes in training was the use of an events ticketing system as part of the new CRM, which now allows clients to book on to public courses via our website.

Key Summary Statistics

- Training achieved an annual income of approximately £59,000
- 11 Mental Health First Aid courses and 2 ASIST courses took place

New Service Development

New service development was stunted somewhat by the addition of other functions to the department; however we were still able to soft-launch our 'MindMap' wellbeing strategy support' service, in addition to a series of free workplace wellbeing webinars for businesses. The MindMap service has not had any clients to date, however the webinar series has been successful as a means to increase our reach to both businesses and individuals. In this year, the webinars reached 137 people and directly raised £150 in donations.

Marketing

Following the drop-off in both training and fundraising income in the latter months of this year, following a gap analysis, we have looked to our marketing as a means to increase the income trajectory across both these functions into the new financial year. This year, we have started creating a marketing strategy in collaboration with an external consultant (pro-bono), implemented initiatives such as the aforementioned webinar series to increase our reach, and have re-started a monthly York Mind newsletter which is sent to over 1,200 people. We have also invested in

MailChimp to improve our external email communications and created partnerships with organisations who are able to advertise on our behalf.

Funded Projects

RISE

Funded through Better Connect and York City Council, the RISE project helps economically inactive individuals to overcome barriers to employment through 1-1 support from a key worker for up to six months. Whilst the timeframe for the project was significantly reduced, outcomes remain favorable. These are summarised below:

- Supported a total of 16 individuals (target of 15)
- Exceeded all output measures, including:
 - o 8 people accessing mental and physical health support leading to employment
 - o 9 people being supported to engage in job-searching
 - o 7 people supported to engage with the benefits system

Mental Health Matters

The Mental Health Matters project is commissioned by Citizens Advice and is part of a larger support project for those engaging with services at Citizens Advice. The service involves 1-1 non-clinical support for clients who present with mental health challenges, and clients can access up to 3 sessions. Outcomes for this project from July 2023-March 2024 are summarised below:

- A total of 50 unique clients were referred into the service
- A total of 95 sessions were conducted

York Advocacy Hub

We are currently in the 8th year of our contract with City of York Council to deliver statutory and general advocacy. Through this contract, we support individuals to have their voice heard and help them exercise their rights. Over the year, York Advocacy Hub received 938 referrals. The number of work sessions completed was 18,498.

We often work with clients who are non-instructed or are acutely unwell and therefore our biggest challenge is getting clients to complete feedback forms. We do however collect qualitative feedback throughout the advocacy relationship which is generally positive.

For 2023-24, our stakeholder feedback shows a value to the work we provide:

- 100% of respondents said that they would recommend York Advocacy Hub to others.
- 88.9% said that York Advocacy Hub met a need that is not met in other ways.
- 90.7% of respondents said that the advocate helped the client... “to have a say and voice their opinions.”

Young Peoples Services

The **YorChoice** project commenced 1st March 2024. This is a three-year project with the overarching aim of ensuring that young people (14-21yrs or 25 SEND) will have access to the appropriate support at the appropriate time and are not reliant on statutory mental health services. It will provide them with the awareness of who can support them and the autonomy to help themselves. Young people

will have an increased understanding of the support that is available to them at a time that they need it. (1000 young people). This will be achieved through a drop-in service, the Yormind website and ChatChit podcasts. Drop-In provision will be twice weekly for at least 48 weeks of the year and will provide support for at least 480 young people. We will maintain the number of organisations featured on YorMind between 50 and 75 and provide regular updates. Coproduction will continue to involve 40 young people a year with 20 annual podcasts.

Future Plan

The **'Expressive Minds' project**. This is an early intervention project, running over two years, to support young people aged 11-18, particularly young males aged 13-16, who are experiencing mental health challenges. Using mixed art media, we will support young people to engage in conversations around mental health and help them to discover different positive coping strategies. Sessions will be delivered in groups, and will involve components of peer support, psychoeducation, and creativity. Groups will be delivered weekly outside of school hours and will support 6-8 young people. These will run 5 times across each year.

The **LGBTQ+ Group Support Project** will commence in November 2024. This is for York residents aged between 12-18 years (25 for vulnerable and/or looked after children) who identify as having a sexuality which is not heterosexual, who are experiencing gender dysphoria/gender distress, or identify as transgender. The overall aim of the project is to prevent poor mental health and support good mental wellbeing of Children and Young people and reduce health inequalities of Children and Young people in this population group. The project will involve school awareness sessions (6 per year), outreach sessions (8 per year), 121 support and group support which will take place outside of school hours on Thursday evenings. The group support will run in 6-week blocks for a minimum of 4 young people involving elements of peer support, psychoeducation, and creativity.

Peer Support

Peer Support and Social Prescribing Projects

We have continued our involvement in the Pathway to Recovery Service (P2R) at Foss Park Hospital. Our peer supporters (PSW) have supported 52 clients over the year. A total of 728 sessions completed face to face. Clients can access up to 16 sessions. A total of 92 ward visits were also completed, to advertise the project and build relations with ward staff and patients.

Peer Support within the MH Hub pilot progressed between April and October 2023. The project was then paused following significant challenges to its delivery, governance and infrastructure. A new Hub manager was employed through TEWV in November 2023 and the Hub was reformed in February 2024, with a new staff team. PSW continued to work with active clients during the transition, to prevent deterioration in their MH. Over the year, PSW engaged 19 clients and delivered 304 sessions.

We have seen a change in management over the period, from Debbie Brown to Jamie Edwards, and a new intake of peer supporters from focused recruitment.

The team consists of a manager, senior peer supporter, 3 peer supporters and a peer support group facilitator.

"A very worthwhile service-peer support in a group and 1-1. A really useful service for people who struggle with their MH in the community, where services don't exist to help them. One minute you have lots of support from MH Teams and then you are dropped. Good to have this service from Mind".

"Good to chat to someone who relates to mental health. Five sessions were enough for me to feel stronger in myself and not need any more support. Was good to have this support when just coming out of hospital".

New:

Due to a successful tender process, York Mind procured the Social Prescribing contract for both the P2R and Hub projects, via Connecting Our City, and have 2 social prescribers in post, as of April 2024.

ACHEIVEMENTS AGAINST OBJECTIVES

An office move! This would open a range of options for York Mind once the sale of the building is complete.

We have looked at several options for moving office. One of the biggest challenges is the cost of renting space in an accessible space in York. What we discovered is the space we have is likely to be sufficient BUT the configuration no longer works for us. We are now working with commercial organisations to look at a complete reconfiguration of the inside of the building and taking the opportunity to improve insulation and heating options to support a move towards Net Zero

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

Service Managers and the CEO now have regular meetings facilitated by our HR Officer and Practise Supervisor. This allows us to focus on a specific task, for example, reviewing and refreshing the appraisal policy and gives the CEO the opportunity to update on information that will impact on the wider team. The meetings aim to increase the wider organisation knowledge of Service Managers and, as a result, allow more timely support for all staff. The feedback from all the meeting participants has been excellent.

To diversify our income streams ensuring we sustain existing contracts whilst increasing grants and unrestricted income

We have maintained our services and grown in the areas of Peer Support and Social Prescribing.

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

Trustees have reviewed and improved our processes for onboarding new Trustees. We have a shared area for documents. They are currently working on a governance dashboard to ensure relevant metrics are used to support strong governance. We were given notification of our MQM visit for July 2024

PLANS FOR 24-25

- Continue our participation in Community Mental Health Transformation both operationally and strategically. Operationally, we will grow our Social Prescribing and Peer Support services that deliver in the transformed operating model. Strategically, the CEO will continue to be an integral part of the ongoing system change across York
- Work with the Mind Federation to address the challenges impacting on the voluntary sector, particularly a decrease in unrestricted funding. This involves developing formal memorandums of understanding with local Minds in our region
- Continue to pursue the potential redevelopment of our building

FINANCIAL REVIEW

The financial results of the Charity are shown in the annexed financial statements. The total deficit for the financial year ending 31st March 2024 was £112,640. With this deficit subtracted from our opening balance of £644,078, the total funds held are £531,438.

Overall income in the year was £1,195,819 (2023: £1,162,651).

Overall expenditure for the year was £1,308,459 (2023: £1,315,035). £71,087 of this was spent on raising funds and £1,234,254 on providing charitable activities.

RESERVES POLICY

We review our reserves policy on a regular 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 £182,652.

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 making all staff redundant, if necessary, and be able to pay notice periods for staff whose notice period is greater

than one month. The Trustees consider that any winding down of a service would be identified at least a month in advance, which would allow most staff to work their notice period and so not to have a sudden and adverse impact upon services.

The trustees have agreed a target minimum level of £110,000 (for 2024). Our level is within this range.

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 policy of investing the money in an easy deposit account that offers a consistent and competitive rate of return during the year. Our Finance and Risk sub-committee will be reviewing our investment strategy in 24-25.

RISK MANAGEMENT

The Trustees, on a regular basis, review 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 involved. This includes a strategic risk register and individual risk assessments for each project.

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

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

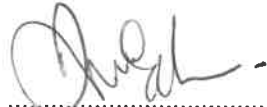
safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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 27th November 2024 and signed on the board's behalf by:



.....
D Ellis-Trustee

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2024
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 2024 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 2024, 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.



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: 27th November 2024

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME & EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Designated Funds	Restricted Funds £	Total 31 March 2024 £	Total 31 March 2023 £
Income and endowments from:						
Donations, grants and legacies	3	127,130	-	-	127,130	104,644
Charitable activities	5	81,724	-	984,240	1,065,964	1,056,788
Investments	4	2,725	-	-	2,725	1,219
Total income		211,579	-	984,240	1,195,819	1,162,651
Expenditure on:						
Raising funds		71,087	-	-	71,087	64,430
Charitable activities		277,720	33,590	926,062	1,237,372	1,250,605
Total expenditure	6	348,807	33,590	926,062	1,308,459	1,315,035
Net income/(expenditure)		(137,228)	(33,590)	58,178	(112,640)	(152,384)
Transfers between funds	14	(2,555)	2,578	(23)	-	-
Net movement in funds	14	(139,783)	(31,012)	58,155	(112,640)	(152,384)
Reconciliation of funds:						
Total funds brought forward		410,121	31,012	202,945	644,078	796,462
Total funds carried forward		270,338	-	261,100	531,438	644,078

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 2024

Company Registration Number: 02659442

		2024		2023	
	Note	£	£	£	£
Fixed assets:					
Tangible assets	9		87,686		97,459
Current assets:					
Debtors	10	367,548		168,642	
Cash at bank and in hand		361,244		444,100	
<i>Total current assets</i>		728,792		612,742	
Liabilities:					
Creditors: Amounts falling due within one year	11	(285,040)		(66,123)	
<i>Net current assets</i>			443,752		546,619
Total net assets			531,438		644,078
The funds of the charity:					
Restricted	13		261,100		202,945
Unrestricted	13				
Tangible Fixed Assets		87,686		97,459	
Free Reserves		182,652		312,662	
Designated funds		-		31,012	
			270,338		441,133
Total charity funds	14		531,438		644,078

The financial statements were approved and authorised for issue by the Board on 27th November 2024.
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 2024

	Note	2024		2023	
		£	£	£	£
Net cash provided by / (used in) operating activities	17	(81,911)		(207,423)	
Cash flow from investing activities:					
Purchase of tangible fixed assets		(945)		(1,420)	
		<hr/>		<hr/>	
Change in cash and cash equivalents in the year			(82,856)		(208,843)
Cash and cash equivalents at beginning of the year			444,100		652,943
			<hr/>		<hr/>
Cash and cash equivalents at end of the year	17		361,244		444,100
			<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 2024

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 2024

3 DONATIONS, GRANTS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Donations and Fund Raising				
BW Memorial Fund	126,653	-	126,653	100,652
Other income	425	-	425	2,098
Grants receivable	52	-	52	1,644
Charles Brotherton Trust				
	-	-	-	250
2024	<u>127,130</u>	<u>-</u>	<u>127,130</u>	<u>104,644</u>
2023	<u>102,758</u>	<u>1,886</u>	<u>104,644</u>	

4 INVESTMENT INCOME

	2024 £	2023 £
Bank interest receivable	<u>2,725</u>	<u>1219</u>

5 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Charitable Activities Income				
Advocacy				
Archbishop Holgate's YP Project	-	-	-	5,143
BBC Children in Need - 13-18 Mentoring	-	3,334	3,334	6,666
City of York Council - 1-2-1 Service	-	-	-	13,000
City of York Council - Activities	60	-	60	50,000
City of York Council - Advocacy Hub	93	80,682	80,775	80,000
City of York Council - Duak Diagnosis	278	365,127	365,405	329,477
City of York Council - Inclusive Growth	-	-	-	6,000
City of York Council - MH VCSE Alliance	-	-	-	12,500
City of York Council - Social Prescribing	-	40,000	40,000	40,000
City of York Council - Young People 12-15	-	106,920	106,920	-
City of York Council - Young People Counselling	-	70,000	70,000	70,000
Counselling	-	80,407	80,407	80,000
Doncaster Mind	21,503	14,500	36,003	2,316
Healthwatch North Yorkshire	-	-	-	3,033
Mid & North Yorkshire Citizens Advice	-	0	-	8,250
National Mind - Schools and Colleges Early Support Service	-	5,900	5,900	5,778
National Mind - Business Continuation Fund	-	40,558	40,558	33,186
National Mind - Cost of Living Crisis Fund	-	-	-	40,000
National Mind - Systems Change	-	-	-	18,000
National Mind - Ukraine Refugees	-	-	-	35,750
RISE Project	-	-	-	5,000
Training	-	19,986	19,986	-
The National Lottery Community Fund - YorChoice Project	59,790	-	59,790	69,964
York CVS-Adult Peer Support	-	49,650	49,650	-
York St John University - Wellbeing Pilot Selby High School	-	85,000	85,000	90,000
City of York Council - Young People LGBT Mentoring	-	-	-	4,320
Your Consortium - Action towards Inclusion	-	15,000	15,000	-
Your Consortium - Thriving at Work	-	2,836	2,836	31,212
	-	4,340	4,340	17,193
2024	<u>81,724</u>	<u>984,240</u>	<u>1,065,964</u>	<u>1,056,788</u>
2023	<u>83,563</u>	<u>973,225</u>	<u>1,056,788</u>	

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

6 TOTAL EXPENDITURE

Basis of Allocation	Costs of Raising	Charitable Activities			Total 2024	Total 2023
	Fundraising	Restricted Projects	Unrestricted Projects	Governance		

Costs charged directly to activities

Staff costs (incl training & recruitment)	Direct	38,491	717,823	348,178	-	1,104,493	1,093,931
Beneficiary & volunteer expenses	Direct	17	6,070	341	-	6,427	6,115
Activities & Course costs	Direct	22,400	39,040	109,833	-	171,273	184,976
Auditor's fees (see note 8)	Direct	-	-	-	17,789	17,789	6,000
Legal fees	Direct	-	-	-	600	600	1,620
Depreciation	Direct	-	-	8,341	-	8,341	22,393
Bad debt written off	-	-	-	(465)	-	(465)	-
Recharged costs to activities	Activity	10,179	163,129	(173,308)	-	-	-

2024

71,087 926,062 292,920 18,389 1,308,459 1,315,035

2023

64,430 902,318 326,546 21,741 1,315,035

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

7 EMPLOYEE INFORMATION

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

	2024 £	2023 £
Gross salaries	946,405	914,385
Social security costs	69,269	67,610
Pension	54,905	55,642
Total staff salaries	1,070,579	1,037,637

The trustees received no remuneration.

The trustees received no expenses during the year (2023: £nil).

Average number of employees for the period

	No	No
Number of management staff	4	6
Number of other staff	45	51
	49	57

One employee received emoluments in excess of £60,000.

The total cost in 2023-24 of key management personnel was £214,761 (2023 £213,423)

8 NET INCOME/(EXPENDITURE)

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

	2024 £	2023 £
Depreciation	8,341	22,393
Auditor remuneration audit fees	6,480	6,000
Auditor remuneration non-audit fees	11,309	-

9 TANGIBLE FIXED ASSETS

	Freehold property £	Building maintenance £	General & computer equipment £	Furniture fittings & production £	Total £
COST					
At 1 April 2023	319,624	32,995	39,506	12,699	404,824
Additions	-	-	945	-	945
Disposals	-	-	(5,504)	-	(5,504)
At 31 March 2024	319,624	32,995	34,947	12,699	400,265
DEPRECIATION					
At 1 April 2023	239,844	22,525	32,570	12,426	307,365
Charge for the year	2,000	2,298	3,850	193	8,341
On Disposals	-	-	(3,127)	-	(3,127)
At 31 March 2024	241,844	24,823	33,293	12,619	312,579
NET BOOK VALUE					
At 31 March 2024	77,780	8,172	1,654	80	87,686
At 31 March 2023	79,780	10,470	6,936	273	97,459

Included in Freehold property is land amounting to £75,000 (2023: £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 2024

10 DEBTORS

Debtors in the ordinary course of activities
Prepayments and accrued income

	2024 £	2023 £
	355,785	27,800
	11,763	140,842
	<u>367,548</u>	<u>168,642</u>

11 CREDITORS: Amounts falling due within one year

Creditors in the ordinary course of activities
Other creditors
Accruals and deferred income

	2024 £	2023 £
	13,961	28,453
	25,057	25,096
	246,022	12,574
	<u>285,040</u>	<u>66,123</u>

12 LEASE AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

Within one year
Between one and five years

	2024 £	2023 £
	538	1,075
	-	538
	<u>538</u>	<u>1,613</u>

13 RESTRICTED FUNDS

	Balance at 31 March 2023 £	Movement in resources		Transfers £	Balance at 31 March 2024 £
		Incoming £	Outgoing £		
Companies Restricted	1,790	-	-	(1,790)	-
Activities - SPARTACUS	-	80,682	(80,682)	-	-
Adult Peer Support	-	85,000	(85,000)	-	-
CYC Counselling Service/Mind Cost of Living	52,880	14,500	(62,713)	-	52,880
Advocacy Hub	52,500	365,127	(383,168)	(2,648)	1,639
RISE	(2,346)	19,986	(22,875)	-	(20,387)
YorChoice	-	49,650	(10,085)	-	(2,889)
Citizens Advice Selby	-	5,900	(5,913)	-	39,565
Mind business continuity	-	-	(40,000)	13	-
Corporate Wellbeing (R)	40,000	-	(12,500)	-	-
CYC Social Prescribing	12,500	-	-	-	-
ATI	-	106,920	-	-	106,920
Wellbeing Pilot Selby High School	-	2,835	(3,092)	-	-
Thriving at Work	3,660	-	(4,477)	257	-
VCSE Alliance	-	4,340	(4,766)	817	-
Young People - One to One	20,416	40,000	-	426	-
YP Counselling (12-15 Grant)	(1,790)	-	-	-	60,416
YP Counselling (16-25 Contract)	36,921	70,000	(62,368)	1,790	-
Young People's LGBT mentoring	(18,843)	80,407	(78,159)	(20,007)	24,546
YP Mentoring (13-18 CIN 2020-22)	-	15,000	(9,870)	-	3,412
YP Mentoring (AHS Grant)	2,500	-	(3,612)	-	5,130
YP SCESS (Anna Freud)	2,757	3,336	(4,310)	1,112	-
HEE Children's Wellbeing Practitioners	-	40,558	(40,558)	-	1,783
	-	-	(11,915)	-	(11,915)
	<u>202,945</u>	<u>984,240</u>	<u>(926,062)</u>	<u>(23)</u>	<u>261,100</u>

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

RESTRICTED & UNRESTRICTED FUNDS (continued)

13 UNRESTRICTED FUNDS

	Balance at 1 April 2023 £	Movement in resources		Transfers £	Balance at 31 March 2024 £
		Incoming £	Outgoing £		
General fund	312,662	211,579	(338,089)	(3,500)	182,652
Designated fund- BW memorial	31,012	-	(33,590)	2,578	-
Tangible fixed asset	97,459	-	(10,718)	945	87,686
	<u>441,133</u>	<u>211,579</u>	<u>(382,397)</u>	<u>23</u>	<u>270,338</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.
 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 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 TEVW 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.
 VSCE 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 2024

14

ANALYSIS OF NET ASSETS (between restricted and unrestricted funds)

Restricted Funds	Tangible fixed assets	Other net assets	Total
Tangible fixed asset fund	-	261,100	261,100
Designated funds	87,686	-	87,686
General Fund	-	182,652	182,652
	<u>87,686</u>	<u>443,752</u>	<u>531,438</u>

15

RELATED PARTY TRANSACTIONS

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

16

RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net Income for the reporting period		
Depreciation charges	(112,640)	(152,384)
Decrease/(increase) in debtors	8,341	22,393
Increase/(decrease) in creditors	(198,906)	(88,533)
Loss on disposal	218,917	11,101
	<u>2,377</u>	<u>-</u>
Net cash provided by (used in) operating activities	(81,911)	(207,423)

	2024 £	Movement £	2023 £
Cash in hand	361,244	(82,856)	444,100
Total cash and cash equivalents	<u>361,244</u>	<u>(82,856)</u>	<u>444,100</u>

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

17 **COMPARATIVE SOFA**

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 31 March 2023 £
Income and endowments from:				
Donations and legacies	100,660	2,098	1,886	104,644
Charitable activities	83,563	-	973,225	1,056,788
Investments	1,203	-	16	1,219
Total income	185,426	2,098	975,127	1,162,651
Expenditure on:				
Raising funds	64,430	-	-	64,430
Charitable activities	192,783	155,504	902,318	1,250,605
Total expenditure	257,213	155,504	902,318	1,315,035
Net income				
Transfers between funds	(71,787)	(153,406)	72,809	(152,384)
Net movement in funds	-	-	-	-
Reconciliation of funds:				
Total funds brought forward	481,908	184,418	130,136	796,462
Total funds carried forward	410,121	31,012	202,945	644,078