

Registered number: 03151981  
Charity number: 1054539

**MIND IN ENFIELD AND BARNET**  
(A Company Limited by Guarantee)

**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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**MIND IN ENFIELD AND BARNET**  
(A Company Limited by Guarantee)

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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS  
FOR THE YEAR ENDED 31 MARCH 2025**

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**Trustees**

Ms J Pearce, Co-Chair  
Ms N R Phillips, Co-Chair  
Dr L Kelly, Trustee  
Ms L Marsh, Trustee  
Ms C Onifade-Carroll, Trustee  
Miss M Tam, Trustee  
Mrs N Van Houtem, Trustee  
Mr R Hayter, Trustee (resigned 2 April 2024)  
Ms B Spillane, Trustee (appointed 30 September 2025)  
Mrs R Parkinson, Trustee (appointed 30 September 2025)  
Mr S Dasgupta, Trustee (appointed 30 September 2025)  
Dr E Aghoghovbia, Trustee (appointed 30 September 2025)

**Company registered number**

03151981

**Charity registered number**

1054539

**Registered office**

275 Fore Street  
Edmonton  
London  
N9 0PD

**Company secretary**

Mr A Tambourides

**Chief executive officer**

Mr A Tambourides

**Auditor**

Goodman Jones LLP  
Chartered Accountants  
Statutory Auditors  
1st Floor  
Arthur Stanley House  
40-50 Tottenham Street  
London  
W1T 4RN

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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS  
(CONTINUED)  
FOR THE YEAR ENDED 31 MARCH 2025**

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**Bankers**

CAF Bank Ltd  
25 Kings Hill Avenue  
Kings Hill  
West Malling  
Kent  
ME19 4JQ

Unity Trust Bank  
9 Brindley Place  
Birmingham  
81 2JB

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**CO-CHAIRS REPORT**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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This year has been one of consolidation and strategic progress for Mind in Enfield and Barnet. The Board has remained firmly focused on its charitable objects: promoting good mental health and addressing the needs of those living with mental health problems in our boroughs.

From a governance perspective, we have strengthened trustee induction, reviewed our approach to risk management, and maintained compliance with the Mind Quality Mark and Charity Commission standards. We have overseen the adoption of a refreshed strategy with four clear objectives — Sustainability, Community Engagement, Services That Change Lives, and Systems Change — underpinned by our values of Real Change, Empowerment, Integrity, Compassion, and Equality.

Financial stewardship has been robust, with a surplus delivered despite sector pressures and reserves held above the three-month target. We are particularly proud that, under the CEO and senior leadership team, MiEB directly supported over 4,000 people this year while maintaining quality and person-centred care across all services.

The Board has also recognised the growing influence of MiEB within the federation and in North Central London, including leading roles in the Voluntary Community Sector (VCS) Mental Health Network and local partnership boards. These system-level positions are vital to ensuring that lived experience continues to shape service design and commissioning.

We thank our fellow trustees, staff, volunteers, and partners for their dedication. With strong governance foundations, a refreshed strategy, and financial resilience, MiEB is well placed to navigate future challenges and continue delivering meaningful change.

**Jayne Pearce**  
**Naomi Phillips**  
Co-Chairs of the Trustees

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**MIND IN ENFIELD AND BARNET**  
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**CEO REPORT**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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It is a privilege to report on a year in which Mind in Enfield and Barnet has continued to deliver against our charitable objects and embed our refreshed strategy. Guided by our values, we have diversified our services, strengthened our workforce, and grown our influence in an increasingly challenging environment. The ongoing cost of living crisis has placed immense pressure on the mental health of our communities, leading to record demand for our services. In this context, our work has never been more vital.

**Sustainability**

Financial stability has been central to our progress. For the year ended 31 March 2025, we achieved total income of £2.03m and a surplus of £57k, a significant achievement compared with a deficit in the previous year. Unrestricted reserves rose to £681k, placing us above our three-month operating costs target. This stable position enabled a one-off staff recognition payment and investment in volunteer coordination. While short-term contracts and commissioning pressures remain risks, diversification has reduced our exposure: new projects such as LEAP Advocacy (£211k) and Family Hubs (£333k) offset the closure of Supported Self-Help. Our cost base was reduced by 10%, while income fell by only 7%, demonstrating prudent financial management. Whilst our rate of growth has slowed we have become more financially stable, and our forecast for this year is that we will exceed all previous years in terms of turnover, reach and impact.

**Community Engagement**

This year, we provided direct, structured support to over 4,000 people, a fourfold increase since 2019. Our Enfield Community Advocacy Service supported 123 clients with over 400 issues, while our BAME advocacy partner supported 46 more. Mental Health Awareness Week engaged over 80 residents, and planning is underway for World Mental Health Day 2025. We launched Enfield LX, a lived experience platform, and deepened partnerships with faith groups, schools, and grassroots VCSE organisations. Our role in local partnership boards ensures that community voices influence service design and delivery.

**Services That Change Lives**

Our NHS Talking Therapies services supported 953 clients, exceeding access and recovery targets, with 41% from Global Majority backgrounds. In Enfield, 658 clients were supported; in Barnet, 295. Client feedback was consistently positive, with 98% reporting satisfaction. The Dove Counselling Service grew to support 47 clients this year, and we have plans to expand into couples and group therapy. Sanctuary services in Barnet and Enfield supported 828 people in crisis, while our Recovery College and courses reached over 330 participants. The Talking Therapies for Autistic Adults programme delivered 298 sessions to 55 clients, with 50% showing reliable improvement.

**Systems Change**

MiEB has taken a leading role in influencing mental health systems. We chair or co-chair borough Mental Health Partnership Boards, lead the North Central London VCS Mental Health Network, and contribute to the Mind Federation Leadership Group as Vice Chair for London. These positions enable us to advocate for equity, lived experience leadership, and investment in the voluntary sector. Our achievements are the result of the dedication of 55 staff, 44 volunteers, and 40 self-employed workers. Together, we have lived our values and made a measurable impact.

**Looking Ahead**

Looking forward, we know that the context for mental health provision will continue to evolve rapidly. The merger of the North Central London and North West London Independent Commissioning Boards (ICB), creating the largest in England, poses both risks and opportunities. We see opportunities to scale successful specialist services across a larger footprint, but we will be vigilant against the risk of smaller, local providers being overlooked in larger commissioning frameworks. We will continue to ensure that local voluntary voices are represented and that community-based provision is protected. At the same time, the rise of artificial intelligence brings both significant risks and transformative opportunities. For MiEB, the path ahead is clear: we will embrace the efficiencies that technology, including AI, can bring to enhance our services, always ensuring it is used ethically to support—not replace—our human-centred approach. We will deepen partnerships that amplify our reach and resilience; and above all safeguard our values and remain steadfast to our charitable objects—to promote the preservation of good mental health, and to address the needs of people with mental health problems by enabling and empowering them to live with, manage, and recover from their condition.

**Alex Tambourides**  
**CEO**

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**MIND IN ENFIELD AND BARNET**  
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**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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The Trustees present their annual report together with the audited financial statements of the Charity for the year 1 April 2024 to 31 March 2025. The Annual Report serves the purposes of both a Trustees' Report and a Directors' Report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document, and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

**Objects of the Charity, Principal Activities, and Organisation of our Work**

**Our objectives**

The Charity is constituted as a company limited by guarantee and is therefore governed by the memorandum and articles of association.

The objects of the Charity are, for the public benefit, primarily but not exclusively in the London Borough of Enfield and the London Borough of Barnet:

- to promote the preservation of good mental health; and
- to address the needs of people with mental health problems, particularly, but not exclusively, by enabling and empowering persons experiencing mental health problems to live with, manage and recover from their condition and by working to increase the understanding of mental health and mental health problems.

**Our activities**

During 2024/25 we delivered the following services:

Counselling

- Community Talking Therapies providing Step 3 high intensity Improving Access to Psychological Therapies (IAPT) services in Enfield and Barnet
- Dove, a paid counselling service, providing counselling to those who need support
- Counselling and supervision support for Woodhouse School
- Social and Emotional Support to Recover from the Pandemic
- Supported Self Help
- Talking Therapies for Autistic Adults

Empowerment

- Forensic advocacy within the North London Forensic Service
- Community advocacy as part of the Enfield Community Advocacy project (secured expanded funding for new LEAP Advocacy project commencing June 2025)
- BAME advocacy subcontracted to a specialist provider
- Enfield LX Assembly

Wellbeing

- Sanctuary, a face-to-face and online service, offering immediate access to emotional and practical support to people with Mental Health problems in Barnet and Enfield
  - Courses and workshops
  - Support groups
  - The Enfield Wellbeing Network
  - Mind in London Parent Support programme
  - North Middlesex Care Coordination
  - Family Hubs Perinatal support
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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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**Our Values**

We are led by lived experience and live by our values.

Real Change

We believe that change in people's lives and the systems we work within must be person centred, meaningful and, where possible, concretely evidenced. We design and deliver services based on need, pro-actively gather, listen to, and act on feedback, and use an outcomes-based approach to ensure we make a real difference in people's lives.

Empowerment

We believe that everyone deserves agency and autonomy and that for real change and growth to be sustainable - empowerment, respect, and involvement in decision-making must be at the centre of how we treat each other and people we work with.

Integrity

We believe that trust and transparency are crucial in how we relate to each other and people we work with. We will be realistic in our aims and expectations, and consistent in our actions. We will listen, we will act on what we hear, and we will ensure that decisions we make are always based on improving the lives of people with mental health issues.

Compassion

We believe that compassion is the beating heart at the centre of everything we do and everyone we do it with. Our boundaries and professionalism co-exist with warmth, empathy, respect, and meeting people where they are, in order to address their needs.

Equality

We believe that health inequalities of any kind are not natural, tolerable, or inevitable. The quality of your life should not be determined by your ethnicity, wealth, gender, or any other factor relating to your health or societal context. We stand against racism, stigma and all forms of prejudice and want to make real and positive changes that move us nearer to a fairer society.

**Public benefit**

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

The Trustees have considered this definition and concluded that:

- The aims of the organisation continue to be charitable;
- The aims and the work done give identifiable benefits to the charitable sector and both indirectly and directly to individuals in need;
- The benefits are for the public, are not unreasonably restricted in any way and not by ability to pay; and
- There is no detriment or harm arising from the aims or activities.

**Principle risks and uncertainties**

The major risks, to which Mind in Enfield and Barnet is exposed, as identified by the Trustees, are reviewed regularly and systems have been established to mitigate risks. These include: clinical, professional liability, health and safety, financial, personnel, premises, and IT risks. We have developed a risk register which identifies the major risks, details mitigations and the management routinely reports to the board on current issues.

**Achievements and performance**

**Therapy**

**Community Talking Therapies Enfield/Barnet**

The counselling service offers Step 3 High-Intensity counselling for individuals aged 16 and over who are registered with a GP in the London Borough of Enfield or Barnet and experiencing common mental health difficulties, such as mild to moderate depression and anxiety.

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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Commissioned by the North Central London Integrated Care Board (NCL ICB), the service provides free, evidence-based individual counselling (up to 8 sessions) and contributes to both local and national NHS England performance targets. We are accredited by the British Association for Counselling and Psychotherapy (BACP), adhere to their Ethical Framework for the Counselling Professions, and have successfully completed compliance assessments in line with the new NHS Talking Therapies Manual.

Counselling is offered in a blended format, enabling clients to choose between face-to-face, online video, or telephone sessions. Our aim is to deliver high-quality, accessible, and evidence-based counselling that reduces mental distress, improves access to psychological therapies, and addresses health inequalities.

Referrals can be made directly by clients via our online e-referral form, by phone, or through a GP or other professional. Within 10 days of receiving a referral, we provide a comprehensive, person-centred assessment to determine needs and the most suitable intervention—either Generic Counselling or Person-Centred Experiential Counselling for Depression (PCE-CFD).

In line with the updated NHS Talking Therapies Manual, we have seen increased uptake of modality-specific NHS training, enabling us to retain a greater number of fully qualified counsellors and maintain the highest standards of care.

#### Enfield

The service operates five days a week and is supported by a dedicated team comprising a Clinical Lead, a Service Coordinator, three administrators, a Lead Assessor, seven self-employed assessors, 24 volunteer counsellors (five fully CFD-qualified, five CFD trainees), and five self-employed supervisors. We have strong workforce retention and effective recruitment processes, ensuring all posts remain filled.

Over the past year, we exceeded our access targets (number of clients supported) and consistently met recovery targets (reductions in depression and anxiety scores post-therapy). As the lead provider for VCS Community Talking Therapies in Enfield, we supported 658 clients in total—490 through MiEB and 168 through our partners Alpha Care, Enfield Saheli, and Nafsiyat. Over the year, the partnership has placed particular focus on meeting compliance requirements.

Since November 2024, we have experienced a sharp rise in referrals alongside an overall increase in case acuity. This surge has placed the service under significant pressure, with demand now exceeding our monthly commissioned capacity. Consequently, waiting times for assessment have risen from two weeks to up to two months, followed by further delays from assessment to the first session. We are working to safely and effectively manage the additional 164 referrals that have accumulated beyond our commissioned quota.

#### Client demographics:

- 57.20% self-referrals
- 41.18% Global Majority

#### Client feedback

*“The whole team at Mind Enfield has been amazing. I’m always welcomed with such warmth whether over the phone. However, the best part of my experience has been being assigned to Patricia. She has allowed me to realise that it’s ok to have moments where I’m anxious or depressed but I am now able to sit in it for only a short time. My wellbeing has improved tremendously as Patricia has allowed me to open up”*

*“It has helped me a lot to understand myself and my problems. The therapist has been very supportive. It was very exhausting and often tearful for me. I wished to have more sessions to overcome and find ways for my daily difficulties. I would like to say thank you very much to my therapist for making me feel to address deep issues and pain/guilts. Claire has been very calm and kind to me throughout the sessions. Thank you for the friendly and polite staff”*

#### Barnet

The service operates three days a week and is supported by a committed team comprising a Clinical Lead, a Service Coordinator, one administrator, a Lead Assessor, three self-employed assessors, nine volunteer counsellors (including two fully CFD-qualified and two CFD trainees), and two self-employed supervisors.

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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Over the past year, we delivered support to 295 clients, while consistently achieving our 50% recovery target, demonstrating the team's effectiveness and dedication to client outcomes.

Client demographics:

- 35.25% Global Majority

Client feedback:

*"I went into this a little skeptical, but have been pleasantly surprised. My counsellor is amazing, helped me implement solutions to my problems in my day to day. 100% would recommend my counsellor and the service."*

*"I was astonished to how much positive impact the therapy had on me and how this really help me to cope and navigate during the difficult time"*

*"I had brilliant support and guidance from Suzi who showed me that there were reasons for the feelings and behaviours that I had identified and wanted to address. I have made changes to my behaviours and feel a great deal happier and more in control as a result. Thank you very much to Suzi, but also to the team who have helped with changes in sessions and making me feel welcome and supported at every turn. You offer an essential service. Thanks everyone!"*

**DOVE service Enfield and Barnet**

DOVE is a self-funded service providing private, fee-paying, open-ended counselling delivered by experienced and fully qualified counsellors. The service is supported by a Therapy Service Manager and two administrators, and has grown to include nine self-employed counsellors (with one more joining in September 2025) and three self-employed supervisors overseeing service delivery.

This year, DOVE has experienced significant growth, moving from a shortage of referrals last year to a surge in demand, particularly for evening sessions. To meet this need, we have expanded our counselling team. Through active participation in networking events across Barnet, we have increased local awareness of our bespoke private counselling service, which serves both Barnet and Enfield residents. We also ran a successful summer sale campaign, offering assessments at a reduced fee of £30. Following its positive impact, all assessments are now permanently offered at this rate.

DOVE has supported 47 clients to date, including 31 new referrals since January. Of these, 25 progressed to assessment, and 23 began counselling sessions with DOVE Private Counselling and Psychotherapy Services.

Looking ahead, DOVE aims to expand further, with plans to introduce couples therapy and group therapy to broaden the range of services available to the community.

Client Feedback

*"This was the first time I had used therapy. Even though it was one session it made me realize that I can't change anything that has happened in the past or change others. The one person who can change is myself and the session motivated and encouraged me to move forward. Thank you"*

*"It's been really beneficial to explore my thoughts & feelings in a safe space. I felt heard & understood by an attentive counsellor. I was pleased on line was offered as an option. I didn't understand that if I had chosen face to face it would have been in Barnet. Thank you"*

*"The service was of great help psychologically, got me to realise how to approach life in general and how to deal with negative emotions and anxiety. Simple questions gave an opportunity to analyse my life experiences and feel positive about the future. Basically, it helped me understand the importance of self awareness and how to handle negative feelings."*

*"I appreciate every effort and commitment of my therapist."*

*"I don't think I can ever thank you all enough ."*

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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**Woodhouse College Counselling Service**

This year marked the fourth consecutive year of the MIEB (Mind in Enfield and Barnet) Counselling Service at Woodhouse College. It has been a year of both continuity and change, with several adjustments to our operations and staffing. Despite these developments, the core purpose of our service has remained unchanged: our counsellors collectively delivered 497 regular counselling sessions, 85 drop-in sessions, and 86 assessments, supporting Woodhouse College students through key stages and challenges in their lives.

To further enhance the effectiveness and responsiveness of our service, we introduced anonymous online feedback via SurveyMonkey. This system has been in place throughout the 2024–2025 academic year, and we will share a breakdown of the results, including open-text responses, as part of this End of Year Report.

The working relationship between the Safeguarding Team and the counselling team has remained strong, supported by consistent communication through fortnightly triage meetings. These meetings facilitate updates on students' progress, emerging needs, and any safeguarding concerns. Counsellors have felt very well supported by the Safeguarding Team and have been able to address and resolve ongoing issues effectively.

This year, for the 76 students that completed counselling, we delivered 476 regular sessions and had 102 drop-in sessions. These numbers are significantly higher than last year, even though the number of referrals has stayed roughly the same.

As in the previous years, we have noticed an increase in the variation and complexity of student presentations. To ensure we can meet students' needs and continue practicing in a helpful and safe manner, our counsellors have attended fortnightly group supervision sessions and had ad hoc access to their supervisor when needed.

Service feedback

We are pleased to share the outcomes of our service feedback collected via SurveyMonkey, which was completed by 29 respondents following the end of counselling. The feedback reflects a strong endorsement of the quality and impact of the support provided by the Woodhouse Counselling Service.

- 100% of respondents felt they received good quality care and support, and felt listened to and respected throughout their involvement.
- 88.47% agreed or strongly agreed that the support helped them address their initial concerns, highlighting the service's effectiveness in meeting client needs.
- 96.15% reported knowing where to go for further support, and the same percentage felt they had access to information on maintaining their mental health and wellbeing.

These results affirm the value of our approach and the dedication of our counselling team. We are especially encouraged by the high levels of trust and respect reported by clients, and we remain committed to building on this foundation to further improve outcomes and efficacy of the service.

*"Joy was a brilliant help in me overcoming underlying issues that I've been (sometimes unknowingly) struggling with for many years. I can't thank her enough!"*

*"I had a really amazing councillor who helped me greatly with my mental health. I was given unconditional support and had good experience."*

*"I had a very positive experience with counselling, as it provided me with a safe and supportive space to express my thoughts and emotions. My counsellor was understanding, patient, and non-judgmental, which made it easier for me to open up about my concerns. Through our sessions, I gained valuable insights into my feelings and learned effective coping strategies to manage stress and anxiety. Overall, counselling was a transformative experience that improved my mental well-being and gave me the tools to navigate my grief."*

*"Counselling was extremely helpful, it gave me a regular space where I could talk about anything I felt like at the time. I got given helpful links relevant to what we spoke about. It helped give me more places to turn to when I needed it!"*

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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*"I'd say that it was a wonderful experience overall. At first I was slightly nervous and initially worried about having counselling again, but this was quickly dismissed after meeting my counsellor as she was very understanding and provided me with the support I needed (such as providing me with specific questions as I asked and also tried her best to help me come to terms with myself). I was also very fond of the email confirmation I received a day before our sessions as it made me feel more comfortable knowing our session was confirmed in advance."*

*"It was very good. Thank you!"*

*"I have been able to reflect and think about how I can change or be more comfortable with myself. I hope that in the long-term it is also beneficial. It was really simple to get in touch with safeguarding so that I could start counselling and my counsellor was lovely and very helpful."*

*"Very calming and welcoming, no complaints"*

*"Very helpful, gave me a safe space to explore my thoughts and unpack memories"*

#### **Woodhouse College Staff Clinical Supervision**

Over the past year, we have continued to support college staff through individual clinical supervision. This service is provided monthly by a self-employed supervisor. Feedback from both staff and the college indicates that the sessions are consistently well-utilised for case discussions, reflective practice, professional development, wellbeing, and self-care.

#### **Talking Therapies for Autistic Adults in Barnet (T4A)**

Talking Therapy for Autistic Adults in Barnet (TTAAB) is a partnership between Barnet Mencap, Mind in Enfield and Barnet, and Resources for Autism, designed to support autistic adults living in Barnet. The project was initially funded by the Learning Disabilities and Physical and Sensory Impairment Joint Commissioning Team and NHS North Central London Integrated Care Board (NCL ICB) until October 2024. From November 2024, the project has been solely commissioned by NHS NCL ICB as a pilot, with the aim of potentially expanding its scope across North Central London, including Enfield, Haringey, Camden, and Islington.

This service was developed in response to the need for autistic adults to access specialised talking therapy that recognises, understands, and values neurodiversity, while providing tailored mental health support. Managed by Mind in Enfield and Barnet and delivered in partnership with Resources for Autism, the service offers up to 16 free talking therapy sessions—available face-to-face or online (blended approach)—for autistic adults experiencing mental health challenges. Sessions run Mondays to Wednesdays, 10am–4pm, at two Barnet locations: the Mind in Enfield and Barnet office (N12) and the Resources for Autism office (NW11).

Our team of three experienced therapists, all of whom have lived experience, accommodates up to 20 clients per week. Reasonable adjustments are a central feature of the service, with needs discussed at referral, at the start of therapy, and reviewed throughout to ensure accessibility for every client. Following a brief period of hibernation, the service was re-established in November 2024 with a newly appointed team. Therapy sessions began in January 2025. Capacity was slightly reduced in the last quarter due to recruitment delays at our partner RFA; however, the service is now operating at full capacity.

We have received 55 referrals and multiple inquiries from members of the public. We have offered 298+ sessions of therapy. Most clients apart from 2 have completed 16 sessions.

- Referrals have come from various partners in the community: voluntary sector, Primary Care including GPs and SPLW, Secondary Care (CMHT, Adult Psychology team, ASD Diagnostic Service, Urgent Care Inpatient Service), social care, local authority etc. There is growing awareness of the service throughout Barnet showing that clients are being referred to us via all mental health pathways.
- 50% of clients who completed therapy showed reliable improvements at the end of therapy. No clients required signposting for further psychological treatments. One client was referred post-therapy for social support via Mencap.

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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Client demographics

- Global Majority 5,45%
- Age: 44% clients referred were under 30 years of age.

Client Feedback:

*“This is the only service out there that understands autism and has actually helped me, unlike other services which don’t understand autism and make the situation so much worse”*

*“Stephanie is the best therapist I ever met and I’m very pleased with the service and support provided”*

*“I would like to be able to carry on beyond the 16 sessions as I found it very helpful, but I understand that as an NHS Service the funding would not be available for this”.*

**Supported Self Help Enfield and Barnet**

This national Mind programme provided a free, five-week self-guided course for individuals experiencing mild to moderate mental health difficulties. Delivered across Enfield, Barnet, and more widely throughout England, it was accessible online or by phone; offering vital support to those who might otherwise face barriers in accessing mental health services.

This programme consisted of 5 guided 20 minutes weekly sessions incorporating cognitive behavioural therapy (CBT)-based techniques. The Clients could choose from 8 different mental health pathways:

- Anxiety and panic attacks
- Coping with grief and loss
- Loneliness and feeling lonely
- Low self esteem
- Low mood and depression
- Managing anger
- Managing stress
- Understanding menopause

Each session focused on targeted interventions and exercises tailored to the chosen pathway, complemented by digital resources provided after every session. These resources included practical tools such as a gratitude diary, feelings journal, anxiety management techniques, breathing exercises, inner critic reflections, and other self-reflective exercises.

The Mind Enfield and Barnet Supported Self-Help service was delivered by a small but dedicated team comprising a Service Manager and two part-time practitioners. Between March 2024 and March 2025, the team supported 181 clients—serving not only individuals in Enfield and Barnet but also clients from across the country.

A key strength of the service was its AI-enabled self-referral pathway via the Limbic system. This innovation allowed clients to self-refer, be assessed, and receive contact within 24 hours, greatly enhancing accessibility and reducing waiting times.

Nationally, between October 2023 and March 2025, the programme supported more than 7,000 individuals through 27 local Minds. Over 80% of participants reported improvements in depression and anxiety symptoms, and more than 70% experienced enhanced wellbeing, as measured by standardised scales (GAD-7, PHQ-9, and SWEMWBS). Funding from National Mind came to an end on 31<sup>st</sup> March 2025.

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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Despite its success and demonstrable positive impact, ongoing funding was not secured, and Mind in Enfield and Barnet ceased delivering the programme on 1 April 2025. Every effort was made to sustain the service locally, but continuation beyond this date was not possible.

The small but dedicated team found the project deeply rewarding, taking pride in supporting individuals both locally and nationally, and in contributing to a wider national programme in collaboration with other Local Minds across England. They valued the positive feedback received from clients and were proud of the tangible difference they made in people's lives. Understandably, news of the project's closure was met with great sadness, as the team strongly believed in the service's value and were passionate about helping those in need.

Key learning from the programme highlighted the benefits of accessibility and the use of AI-enabled self-referrals, which allowed for rapid assessments and reduced waiting times, ensuring a fast and effective service for clients.

Client Feedback:

*"I feel like a different person now. Very grateful. Hard to talk to people when you have a problem and difficult to talk to other people. The programme helped as I was able to talk openly. I have a different outlook and realized that I need to put myself first."*

*"I didn't think I was going to change my mindset but I feel that I had been able to handle things better due to the programme. "*

*"It helped me and it worked for me. put things into perspective. made me reflect on my life and helped me to make changes in my lifestyle. "*

*"The help has been kind and professional, it allowed me to talk through it and the self help materials helped to process and helped me through difficult times. I am very grateful for the service and help from the practitioner."*

*"Self-help has been very useful. Reading material was useful. and the emphasis was on me- the driving force to help myself."*

## **Empowerment**

### **North London Forensic Service (NLFS)**

We are contracted to provide generic advocacy support for inpatients within the NLFS, which includes 12 medium secure units incorporating 2 specialist Learning Disability and 2 Rehabilitation units, and 2 community locations. The service provides formal non-statutory advocacy support around care and treatment, ward rounds, care plans, leave, environmental issues, Health and Safety, and discharge/move on planning, as well as a patients' forum and carers' forum. We have continued to provide high quality advocacy within this setting, via one-to-one work, attendance at ward meetings and engagement with patient forums and carers forum. From March 2024 to March 2025 the Advocacy team supported over 450 clients with over 860 advocacy issues. They also attended over 160 community meetings, patient forums, and carers forums to provide group advocacy support.

### **Rehabilitation Advocacy**

Advocacy support was established in Somerset Villa, a high dependency rehabilitation ward at Chase Farm Hospital, in 2018 as short-term support to support transition care plan management. We provided advocacy support around care planning, discharge, placement reviews, benefits, and community engagement. We have delivered 150 client interventions, with around 210 advocacy issues during this period. An extension to this contract started in February 2022 covering Penrose, a 22-bed step down residential unit. Since the launch, the service has been providing weekly drop in/ outreach clinics and working closely with staff and Rehabilitation team to identify advocacy needs. The service provided one-to-one advocacy support to clients on over 180 different advocacy issues during the period, including complex safeguarding issues, court of protection engagement, care and treatment, and environmental issues. They have also provided group advocacy support on issues impacting the whole unit. These contracts were not renewed from July 2024 as they were intended as short-term contracts focused on transition support.

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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**Community Advocacy**

We continue to deliver community advocacy under the Enfield Advocacy Service. This partnership was formerly by Enfield Disability Action (EDA) as lead provider and, since EDA's closure has been funded directly by London Borough of Enfield. We provide generic advocacy, and specialist housing and benefit support services. We have continued the open access established during lockdown (self-referral rather than via GP) to ensure that new clients can receive advocacy support in a timely manner. This has been especially important, as demand for support with benefits and housing has increased considerably (along with high demand on other advice and benefit support services). Enfield Disability Action experienced operational challenges during this period, and sadly closed in November 2023, which meant that the partnership had increased referrals in from other areas.

During this period the team worked with 123 clients, supporting with over 400 advocacy issues as nearly all clients presented with several, complex issues.

**Black and Minority Ethnic (BAME) Advocacy**

MIEB have subcontracted a specialist provider (Precious Moments) in Enfield to provide BAME Advocacy. We have supported them to develop the advocacy offer via training and consultancy, increasing their capacity and workforce skills to meet the needs of the community. We have co-designed and delivered self and group advocacy workshops. We work closely alongside them to ensure that support is in place for them, and to integrate shared learning into their delivery and our wider Advocacy delivery. During this period Precious worked with 46 clients, providing advocacy support on a variety of issues including housing, social care access, health care access, education and work support.

**Wellbeing**

**Sanctuary Barnet**

Sanctuary Barnet, our crisis cafe in Barnet, launched in April 2021 and delivers face-to-face one to one and group support. Support offered includes an out of hours telephone line for immediate support and crisis de-escalation; up to 4 follow-up support sessions with a support worker; peer support groups; a safe environment cafe where people can drop in and attend groups & workshops.

We have established highly effective referral pathways with Crisis Team & Helpline, Locality MH teams, GP's, and community organisations. The service has had unexpectedly high rates of referrals from Improving Access to Psychological Therapies (IAPT) providers who have long waiting lists and a high volume of clients with suicidal ideation. Sanctuary has served a crucial support function for this group. The service has provided one to one support to 462 clients during this period.

**Sanctuary Enfield**

Sanctuary Enfield was launched in November 2020 as an out of hours telephone service, offering immediate access to emotional and practical support, and signposting, to prevent escalation into crisis by addressing underlying causes and working alongside the client to find routes to resolution. In July 2022 it relaunched as an out of hours face to face service that is fully embedded within Crisis Prevention Clinical Pathways. The service operates weekdays and weekends offering a range of structured support: booked, drop in, group support and social activities. The helpline is active during shift hours to provide self-referral support, and an advice line to carers, crisis teams, and blue light services.

We established referral pathways with the Barnet, Enfield and Haringey Mental Health trust (BEH) Crisis Helpline, Enfield Crisis team, prevention houses, GP surgeries, IAPT, and local Integrated Voluntary and Community Sector (VCS) organisations. Referrals steadily increased throughout the delivery period (partly due to lessons learnt from implementation of Sanctuary Barnet), and the service adapted to emerging demand by offering additional support sessions and longer term/more in-depth support if required. Throughout the period the service supported 366 clients.

**Courses & Workshops**

We have worked in partnership with Barnet and Southgate College to deliver a varied and accessible course programme in Enfield for several years. The programme includes recovery and personal development courses

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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such as MBSR workshops, self-esteem, anger management, chair-based yoga, and craft-based activities such as art, hand sewing and jewellery making. We have continued to expand the courses on offer, providing additional courses on healthy eating and nutrition, and gardening activities. In April 2021, we launched the Recovery College in Barnet. This enabled us to open the courses and workshops that have been running in Enfield in partnership with Barnet & Southgate College to Barnet residents.

Throughout this period, we have worked to establish courses and workshops as part of a core offer for step down from internal services, as well as NHS teams. We have established links within all locality teams, as well as inpatient and residential facilities, and VCS community organisations. We have provided support to 336 clients across both boroughs.

We have also established links with libraries within Barnet to provide additional workshops and courses. We secured funding in Enfield to run 8 week wellbeing courses.

We also lease a garden space within Pymmes Park where MiEB run Therapeutic Gardening workshops, community gardening sessions, and Connecting with Nature workshops. We have secured funding via the National Lottery to support ongoing gardening sessions and workshops face-to-face, and to expand the offer to include access for community groups and schools, and open events to promote awareness and use of the space. We have been working with the local authority to identify and cost up essential work to the space to enable enhanced use and activity from this location.

Links have been established with Recovery colleges across NCL to review offer, and develop joint courses, working agreements, and funding bids.

### **Integrated Voluntary and Community Sector (VCS) Projects**

In August 2021 we were awarded contracts to deliver the Integrated VCS component of NHS Transformation in both Enfield and Barnet. These contracts are focused on integrating key VCS skills and ways of working, crucially psycho-social approaches to wellbeing and peer support, within Community Mental Health Teams to provide holistic support, address social determinants, improve resilience through facilitating community engagement, and provide step-down support upon discharge.

#### Barnet

In Barnet we formed Wellbeing Together CIC, a collaboration of MiEB, Meridian Wellbeing, Community Barnet, and Inclusion Barnet, to deliver the project. We have employed 6.5 FTE Community Engagement Practitioners and Peer Practitioners. They have been embedded within different mental health trust teams across the borough. The team have achieved positive outcomes actively engaging people within the community, facilitating discharge after patients have been engaged with the Mental Health teams for significant periods of time, engaging with 'hard to reach' clients, developing additional support such as peer led walking groups from Barnet General Hospital, and development of gardening sites across the borough hospital locations (which we are also supporting via our activities and workshops offer).

#### Enfield

In Enfield we are Lead provider, subcontracting to Enfield Saheli, Alpha Care and Enfield Voluntary Action (EVA). We have employed 10 FTE Community Engagement Practitioners and Peer Practitioners across the partnership. The staff are embedded within the South Locality Team and Personality Disorder Stream. As in Barnet, they have delivered vital enhanced support to long term clients facilitating discharge, engagement in training and employment, social activities, and engagement with carers and families to address additional support needs. The team have developed innovative ways of working and developed new support opportunities by establishing a crowd funding initiative (and match funding agreement from NHS) to help clients access activities and groups (travel and costs) and have also set up new initiatives. We also launched the Enfield Mental Health VCS Network to provide a forum for collaboration, training, development, and information sharing.

Across Enfield and Barnet, the IVCS projects have supported over 1,500 clients.

Having established a successful model for these projects, we were disappointed to lose these projects to another provider due to a re-tendering process. The project ceased in September 2024.

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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**Enfield Wellbeing Network**

Enfield Wellbeing Network was launched in December 2021. It is a collaboration with Enfield Voluntary Action (EVA), Enfield Carers Centre and Age UK Enfield. The service is designed to support better management of long-term conditions, improved overall Health and Wellbeing, and increased Health and Wellbeing awareness throughout the community. The service provides access to specialist Health and Wellbeing Workers who give up to 12 weeks of one-to-one support around individual Health and Wellbeing Goals. A network of buddies and befrienders work alongside clients to reach those goals through attending activities, going for walks, supporting GP appointments, and carrying out regular phone calls. The Network also promotes awareness via community events and outreach.

During this period MiEB has provided one to one support to 95 clients, and engaged in 9 workshops/ events reaching over 750 people.

**Mind in London Parent Support Programme**

The parenting project was initially launched across London in 2022. Since April 2023, MiEB has continued to work in collaboration with the Brandon Centre to deliver the project across North Central London. The project provides support to parents whose children are aged 11-16 and who are on the waiting list for treatment with CAMHS Teams. The workshops consisting of 8 sessions per group, which includes psycho-educational and peer support elements. The Brandon Centre is leading on psychological input and clinical guidance, and LMAs on local engagement, coordination, and delivery of specialist one to one support/signposting for parents who require follow up support.

During this period delivery has focused on North Central London. It has supported 56 parents.

**North Middlesex Care Coordinators**

We are funded, along with Mind in Haringey, by North Middlesex Hospital to provide Community Care Coordinators to work alongside the High Intensity Users (HIU) Unit within North Middlesex A&E department. The care coordinators provide support around social determinants, identify reasons for repeat presentation and work alongside community and statutory services to link up with more appropriate support offers to divert away from reliance upon A&E crisis support.

During this period the project supported over 60 clients.

**Family Hubs Perinatal Support Enfield**

In October 2024 we established a new project working within Family Hubs in Enfield providing access to holistic support for families during the perinatal period within Family Hub locations, and alongside social care teams within the borough.

We have established teams providing Perinatal coaching (long term support up to 6 months); Perinatal crisis outreach providing short term crisis de-escalation support and linking in with Sanctuary Crisis Cafe; Community outreach promoting awareness of Perinatal Mental Health; and BAME advocacy (subcontracted). The service provides one to one support, workshops and psychoeducational aspects, as well as community engagement and outreach.

We have worked very closely with social care teams, and existing offers within the Family Hubs to ensure referral pathways are embedded, and targeted where required, for example identifying priority need groups.

To date we have working with over 20 families and delivered 12 workshops.

**Care Leavers Project**

In October 2024 we established a project working alongside the Mental Health Trust supporting young care leavers into work positions within the NHS, upholding the Care Leavers Covenant that the trust signed up to in 2023.

We work with the young people providing one to one support and workshops on preparing for work, interview skills, mentoring, and check ins and in work support once they have secured a role so they are able to maintain employment. We also have established links with other providers within the borough to ensure that wrap around support is available to address other issues impacting finances, housing, relationships, and general Mental Health support for instance.

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**TRUSTEES' REPORT (CONTINUED)**  
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We have worked closely with the trust to identify suitable roles, and set up training for managers and team members to give them enhanced understanding and skills when developing young care leavers within their roles.

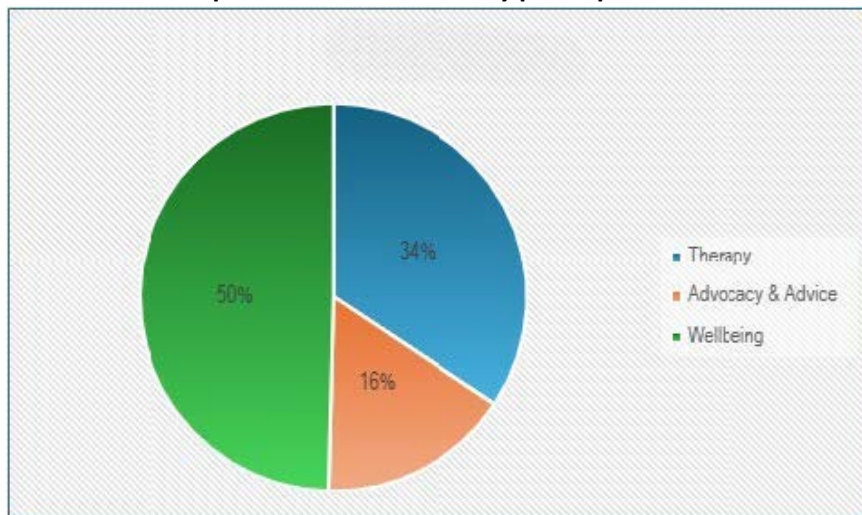
The project has provided support to over 60 young people during this period, and supported 5 to get into roles in the trust. The project also established a new training pathway within the trust through links with the development and apprenticeship scheme, and through this supported an additional 3 young people in apprenticeships.

**Outcomes**

Over the past year, MiEB has supported **4,087** clients, surpassing the initial target of 3,346 set at the start of the financial year. Data collected across all services demonstrate the significant impact we are making within the community across both boroughs.

Service activity is highest in the Wellbeing Department, followed by the Therapy Department, and then the Advocacy and Advice Department (see Graph 1).

**Graph 1: Total client activity per department**



**Client Feedback**

Collecting client feedback is essential for evaluating service satisfaction, driving critical analysis, and guiding service growth and improvement. It allows us to reflect on our achievements, identify areas for enhancement, and plan strategically for the future; ensuring we continue to deliver effective and appropriate mental health services to all.

Client feedback is primarily collected through the organisational SurveyMonkey form and the Client Experience Questionnaire, which is a mandatory component for the Community Talking Therapies services in Enfield and Barnet. This approach ensures consistency in capturing client experiences across all services. At the same time, the service allows flexibility for specific settings, eg. Woodhouse College, DOVE and T4A use their own tailored SurveyMonkey surveys to better reflect the unique aspects of their services, while still maintaining standardised feedback practices.

Total feedback collected (Service feedback forms and Survey Monkey)

- **273** clients have completed feedback
  - **98,90%** were satisfied with the service they have received
  - Challenge: We recognise that current feedback does not yet fully capture the experiences of all our clients. Some services collect feedback informally, report it to partners, or record it in internal systems that MiEB does not currently access. To address this, we are working closely with all managers to ensure feedback is centrally logged and fully accessible, enabling a more complete and accurate understanding of our services. While the current response rate is 6.68%, we are committed to increasing this over the next two years to 50–60%, ensuring that the voices of our clients are heard and used to shape and improve the services we provide.
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**MIND IN ENFIELD AND BARNET**  
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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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**Positive outcomes:**

*"This experience was invaluable. It helped me get a new perspective about my thoughts and how to manage them effectively. It was really grounding and helped give hope that things could will improve"*

*"Mind always are professional, supportive and kind. Boundaries were always clear, it was this consistency of clear expectations that made for a stable and professional relationship with my counsellor. Thank you to Caroline and all at mind who have helped me invaluablely through my counselling. With my sincere thanks."*

*"Counselling was extremely helpful, it gave me a regular space where I could talk about anything I felt like at the time. I got given helpful links relevant to what we spoke about. It helped give me more places to turn to when I needed it!"*

**Areas of improvement:**

*"Not enough sessions to help with what i need but my therapist Suzi was great"*

Theme: length of intervention

**Clinical measures:**

All therapy services at MiEB are committed to monitoring wellbeing improvements and measuring the effectiveness of interventions through robust clinical tools. We use PHQ-9, GAD-7, and CORE-10 at each contact or at the beginning, middle, and end of therapy to track client progress. Other services within our Wellbeing Department apply similar measures, including ONS, PSS, FROM-16, Dialog+, and Care+, reflecting our organization-wide dedication to evidence-based evaluation.

Where clinical scales are not appropriate, we prioritize client-centred approaches by collecting feedback at the end of interventions or courses. This ensures we capture meaningful insights into service satisfaction and wellbeing outcomes, allowing us to continuously adapt and improve our services to meet client needs.

**Results**

Data collected through both quantitative and qualitative feedback indicate high levels of client satisfaction. These methods provide valuable insights into client experiences, engagement with our services, and improvements in wellbeing. While our systematic approach to collecting feedback across all services is still in its early stages, the initial pool of data is significant and clearly demonstrates the positive impact of our services. They show how our interventions make a real difference in people's lives, are preventative, and align closely with our organisational values.

Looking ahead to the next financial year, we plan to further develop our outcomes framework. This includes providing all services with access to the organisation's databases (Views and Coreims), introducing weekly and monthly reporting per service to monitor and manage activity, and ensuring consistent collection of client feedback across all services.

**Fundraising**

While the MiEB income fell by 7% in 2024/25 against 2023/24 a higher fall of 18% was anticipated with the loss of the VCS contract. This recovery has been achieved primarily by creating new services and winning tenders supplemented by some grant income. MiEB employed fundraising consultants to develop grant applications and tenders.

Expenditure in 2024/25 on fundraising consultants and staff was £53,105 which was 2.6% of income. MiEB has not signed up to any voluntary codes of conduct regarding its fundraising activities. There have been no complaints received in regard to MiEB's fundraising activities. MiEB takes steps to safeguard donors using its existing safeguarding policies.

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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**Financial review**

**Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

**Reserves policy**

The reserves policy of the organisation is to hold sufficient unrestricted and designated reserves to cover at least 3 months of operating costs. We currently hold 4 months of operating costs and are above the reserve threshold set. The reserves are monitored on an ongoing basis by our Finance & Human Resources Committee and there is a procedure in place to define corrective actions should reserves dip below the policy threshold.

**Financial Review of 2024/25**

The Statement of Financial Activities shows that for a second year income of two million has been achieved with total incoming resources for the year to 31st March 2025 of £2,033k although down on the previous year with an income of £2,189k. As explained last year a decrease in income was anticipated of £370k with cessation of the VCS contract the impact of which has been mitigated with a new stream of Family Hubs funding.

The reduced activity has seen a larger fall in expenditure. In the year total expenditure was £1,977k against £2,205k in the previous year.

The reduction in expenditure of 10% exceeded the reduction in income of 7% and has resulted in a surplus for the year of £57k in contrast to last year's deficit of £15k. A surplus was recorded across both unrestricted and restricted sources. Unrestricted reserves increased by £44k from £637k to £681k and restricted reserves by £13k from £42k to £55k to give total reserves of £735k as at 31<sup>st</sup> March 2025 against £679k at the end of last year.

**Structure, governance and management**

**Structure**

Mind in Enfield and Barnet is registered as a charitable company limited by guarantee, incorporated in the UK and registered as a charity. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

**Governance**

The composition of the Board of Trustees reflects the user involvement ethos and devolved structure, which underpins the work of MiEB. New trustees are chosen by advertisement and through recommendations to provide a balanced Board with the required skills. Trustees can only serve a limited term as specified by the memorandum and articles. They are given an induction pack and are encouraged to meet senior managers and attend meetings. They receive internal and external training to support them to discharge their duties.

MiEB elects Trustees to serve as Chair and Treasurer. The Board also has the power to co-opt other members. The Board meets in full session on at least four occasions during the year. All the Trustees are members of the company and none of the Trustees has any beneficial interest in the company.

The Board is responsible for safeguarding the assets of MiEB, including taking all reasonable steps for the prevention and detection of fraud and other irregularities, and to provide reasonable assurance that:

- It is operating efficiently and effectively
  - Its assets are safeguarded against unauthorised use and disposition
  - Proper records are maintained, and financial information used internally or for publication is reliable
  - It complies with relevant laws and regulations
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**MIND IN ENFIELD AND BARNET**  
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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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MiEB's systems of internal control are designed to provide reasonable, but not absolute, assurance against material misstatement or loss, and include:

- A strategic plan, business plan and an annual budget approved by Trustees
- Regular consideration by the Trustees of financial results, variance from budgets and non-financial KPIs
- Delegation of authority and segregation of duties
- Identification and management of risks

### **Management**

MiEB is managed by a Chief Executive Officer, supported by a senior leadership team consisting of Head of Services, Head of Therapy Services, Head of Finance and Head of HR. The leadership team meets weekly and staff meetings are held fortnightly. Managers have regular meetings with all their staff. Employees are consulted on issues of concern to them by means of questionnaires, consultations, and regular staff meetings.

MiEB has detailed policies in relation to all aspects of personnel matters, including an equal opportunities policy, health and safety policies, remuneration policies and grievance and complaints procedures. MiEB has well established fair employment practices for the recruitment, selection, retention and training of staff in accordance with its equal opportunities policy.

MiEB is grateful for the dedication and commitment of Trustees who combine to provide strategic direction, and to staff and volunteers who deliver our counselling, advocacy and community projects.

### **Plans for future periods**

MiEB plans to implement the strategy outlined above in the forthcoming years, subject to satisfactory funding arrangements. Our reserve position is strong and we are operating with a surplus. While it is manageable in the short term, addressing this will be our priority.

### **Statement of Trustees' responsibilities**

The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' Report 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 . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) 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 Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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**MIND IN ENFIELD AND BARNET**  
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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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**Disclosure of information to auditors**

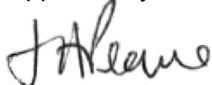
Each of the persons who are Trustees at the time when this Trustees' Report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

**Auditors**

The auditors, Goodman Jones LLP, have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the Trustees.

Approved by order of the members of the board of Trustees and signed on their behalf by:



**Jayne Pearce**

Co-chair

Date 21/10/25

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**MIND IN ENFIELD AND BARNET**  
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**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET**

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**Opinion**

We have audited the financial statements of Mind in Enfield and Barnet (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including 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 31 March 2025 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 and Charities Act 2011.

**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 Auditors' 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 United Kingdom, including the Financial Reporting Council'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.

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**MIND IN ENFIELD AND BARNET**  
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**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET**  
(CONTINUED)

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**Other information**

The other information comprises the information included in the Annual Report other than the financial statements and our Auditors' 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.

**Matters on which we are required to report by exception**

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Trustees' Report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; 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.

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**MIND IN ENFIELD AND BARNET**  
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**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET**  
(CONTINUED)

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**Auditors' responsibilities for the audit of the financial statements**

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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 Auditors' 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:

Based on our understanding of the charity and sector, we identified that the principal risks of non-compliance with laws and regulations related to sector regulations and unethical and prohibited business practices, and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Charities Act 2011, Charity Commission and sector regulations, and UK Tax Legislation. We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls). Appropriate audit procedures in response to these risks were carried out. These procedures included:

- Discussions with management, including consideration of known or suspected instances of non-compliance with laws and regulation and fraud;
- Reading minutes of meetings of those charged with governance;
- Obtaining and reading correspondence from legal and regulatory bodies including HMRC;
- Identifying and testing journal entries;
- Challenging assumptions and judgements made by management in their significant accounting estimates.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members; and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with 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 due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Auditors' Report.

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**MIND IN ENFIELD AND BARNET**  
**(A Company Limited by Guarantee)**

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**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET**  
**(CONTINUED)**

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**Use of our report**

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an Auditors' 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 its members, as a body, for our audit work, for this report, or for the opinions we have formed.

*Goodman Jones LLP*

**Goodman Jones LLP**  
Chartered Accountants  
Statutory Auditors  
1st Floor Arthur Stanley House  
40-50 Tottenham Street  
London  
W1T 4RN

Date: 19-11-25

Goodman Jones LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

**Mind in Enfield and Barnet**  
**(A Company Limited by Guarantee)**

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)**  
**FOR THE YEAR ENDING 31MARCH 2025**

	Note	Unrestricted £	Restricted £	2025 Total £	Unrestricted £	Restricted £	2024 Total £
<b>Income from:</b>							
Donations and legacies	4	4,886	-	4,886	-	-	-
Charitable activities	5	1,803,402	212,325	2,015,727	2,002,748	180,899	2,183,647
Investments	6	13,132	-	<b>13,132</b>	6,276	-	6,276
<b>Total income</b>		<b>1,821,420</b>	<b>212,325</b>	<b>2,033,745</b>	<b>2,009,024</b>	<b>180,899</b>	<b>2,189,923</b>
<b>Expenditure on:</b>							
Charitable activities	7	1,724,674	199,036	<b>1,923,710</b>	2,013,835	165,631	2,179,466
Raising Funds		53,105	-	<b>53,105</b>	25,398	-	25,398
<b>Total expenditure</b>		<b>1,777,779</b>	<b>199,036</b>	<b>1,976,815</b>	<b>2,039,233</b>	<b>165,631</b>	<b>2,204,864</b>
<b>Net movement in funds</b>		<b>43,641</b>	<b>13,289</b>	<b>56,930</b>	<b>(30,209)</b>	<b>15,268</b>	<b>(14,941)</b>
<b>Reconciliation of funds:</b>							
Total funds brought forward		636,986	41,790	<b>678,776</b>	667,195	26,522	693,717
Total funds carried forward	18	<b>680,627</b>	<b>55,079</b>	<b>735,706</b>	<b>636,986</b>	<b>41,790</b>	<b>678,776</b>

Notes on pages 28 to 39 form part of the financial statements.

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 18 to the financial statements.

**Mind in Enfield and Barnet**  
**(A Company Limited by Guarantee)**  
**Registration Number: 03151981**

**BALANCE SHEET**  
**FOR THE YEAR ENDING 31 MARCH 2025**

	Note	£	2025 £	£	2024 £
<b>Fixed assets:</b>					
Tangible assets	13		<b>36,124</b>		67,639
			<b>36,124</b>		67,639
<b>Current assets:</b>					
Debtors	14	<b>190,245</b>		317,071	
Cash at bank and in hand		<b>664,248</b>		525,839	
			<b>854,493</b>	842,910	
<b>Liabilities:</b>					
Creditors: amounts falling due within one year	15	<b>(154,911)</b>		(231,773)	
<b>Net current assets</b>			<b>699,582</b>		611,137
<b>Total assets less current liabilities</b>			<b>735,706</b>		<b>678,776</b>
<b>Total net assets</b>			<b>735,706</b>		678,776
<b>The funds of the charity:</b>					
Restricted income funds	18		<b>55,079</b>		41,790
Unrestricted income funds:					
Designated funds		<b>96,895</b>		-	
General funds		<b>583,732</b>		636,986	
Total unrestricted funds			<b>680,627</b>		636,986
<b>Total charity funds</b>			<b>735,706</b>		678,776

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

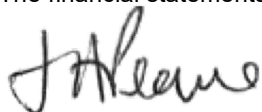
The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



**Ms J Pearce**

Co-Chair

Date 2/10/25

The notes on pages 28 to 39 form part of these financial statements.

**Mind in Enfield and Barnet**  
**(A Company Limited by Guarantee)**

**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDING 31 MARCH 2025**

	2025 £	£	2024 £	£
<b>Cash flows from operating activities</b>				
<b>Net income for the reporting period (as per the statement of financial activities)</b>		<b>56,930</b>		<b>(14,941)</b>
Depreciation charges	35,413		28,244	
Interest	(13,132)		(6,276)	
(Increase) / Decrease in debtors	126,828		(102,587)	
(Decrease) in creditors	(76,862)		(18,524)	
	<u>72,247</u>		<u>(99,143)</u>	
<b>Net cash (used in) / provided by operating activities</b>		<b>129,177</b>		<b>(114,084)</b>
<b>Cash flows from investing activities:</b>				
Dividends, interest and rents from investments	13,132		6,276	
Purchase of fixed assets	(3,900)		(18,388)	
<b>Net cash used in investing activities</b>		<b>9,232</b>		<b>(12,112)</b>
<b>Change in cash and cash equivalents in the year</b>		<b>138,409</b>		<b>(126,196)</b>
Cash and cash equivalents at the beginning of the year		<u>525,839</u>		<u>652,035</u>
<b>Cash and cash equivalents at the end of the year</b>		<b><u>664,248</u></b>		<b><u>525,839</u></b>

**Analysis of cash and cash equivalents**

	At 1 April 2024 £	Cash flows £	Other changes £	At 31 March 2025 £
Cash in hand	525,839	138,409	-	<b>664,248</b>
<b>Total cash and cash equivalents</b>	<u>525,839</u>	<u>138,409</u>	<u>-</u>	<b><u>664,248</u></b>

Notes on pages 28 to 39 form part of the financial statements.

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**MIND IN ENFIELD AND BARNET**  
**(A Company Limited by Guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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**1. General information**

Mind In Enfield and Barnet is a charitable company registered in England and Wales, whose objects are set out in the Trustees' Report on page 5. The registered office address is detailed on page 1.

**2. Accounting policies**

**2.1 Basis of preparation of financial statements**

The financial statements 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Mind in Enfield and Barnet meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are prepared in Sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest£.

**2.2 Company status**

The Charity is a company limited by guarantee. 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.

**2.3 Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. The Trustees have considered their future plans and expected future income and it is deemed that the Charity can meet its commitments and liabilities and can continue for the foreseeable future. The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

**2.4 Fund accounting**

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

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**MIND IN ENFIELD AND BARNET**  
**(A Company Limited by Guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

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**2. Accounting policies (continued)**

**2.5 Income**

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

**2.6 Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

**2.7 Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

**2.8 Tangible fixed assets and depreciation**

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

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**MIND IN ENFIELD AND BARNET**  
**(A Company Limited by Guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

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**2. Accounting policies (continued)**

**2.8 Tangible fixed assets and depreciation (continued)**

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Long-term leasehold property	20%	Straight Line
Office equipment	20%	Straight Line
Computer equipment	20%	Straight Line

**2.9 Debtors**

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**2.10 Cash at bank and in hand**

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**2.11 Liabilities and provisions**

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

**2.12 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 subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**2.13 Pensions**

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

**2.14 Taxation**

Mind in Enfield and Barnet is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

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**MIND IN ENFIELD AND BARNET**  
**(A Company Limited by Guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

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**3. Critical accounting estimates and areas of judgement**

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The Charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below.

**Income Recognition**

The Charity receives income that may require certain milestones or performance conditions to be met, or certain levels of services to be provided, in order for the Charity to have entitlement to the funds. The Charity makes various assumptions in determining the stage of completion and therefore entitlement to income.

**Mind in Enfield and Barnet**  
**(A Company Limited by Guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDING 31 MARCH 2025**

**4 Income from donations and legacies (all unrestricted)**

	<b>2025</b>	<b>2024</b>
	<b>Total</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
Donations	<b>4,886</b>	-
	<b>4,886</b>	-

**5 Income from charitable activities**

	<b>2025</b>		<b>2025</b>			<b>2024</b>
	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total</b>	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Services</b>						
Wellbeing	473,224	-	<b>473,224</b>	399,392	-	399,392
Advocacy	125,352	-	<b>125,352</b>	139,029	-	139,029
Parenting	-	27,287	<b>27,287</b>	15,000	71,000	86,000
Support workers	-	-	-	-	6,040	6,040
NHS Together	-	-	-	-	45,987	45,987
<b>Total</b>	<b>598,576</b>	<b>27,287</b>	<b>625,863</b>	<b>553,421</b>	<b>123,027</b>	<b>676,448</b>
<b>Therapy Services</b>						
Counselling/Bereavement	533,654	-	<b>533,654</b>	568,651	25,000	593,651
Community and peer engagement	627,681	103,297	<b>730,978</b>	833,537	-	833,537
Active Monitoring	-	81,741	<b>81,741</b>	-	32,872	32,872
<b>Total</b>	<b>1,161,335</b>	<b>185,038</b>	<b>1,346,373</b>	<b>1,402,188</b>	<b>57,872</b>	<b>1,460,060</b>
<b>Core</b>	<b>43,491</b>	<b>-</b>	<b>43,491</b>	<b>47,139</b>	<b>-</b>	<b>47,139</b>
<b>Total</b>	<b>1,803,402</b>	<b>212,325</b>	<b>2,015,727</b>	<b>2,002,748</b>	<b>180,899</b>	<b>2,183,647</b>

**6 Investment Income**

	<b>2025</b>	<b>2024</b>
	<b>Total</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
Bank Interest income	<b>13,132</b>	6,276
	<b>13,132</b>	6,276

**Mind in Enfield and Barnet**  
**(A Company Limited by Guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDING 31 MARCH 2025**

**7a Analysis of total expenditure**

	Staff £	Other £	Support £	<b>2025 Total £</b>
<b>Services</b>				
Wellbeing	297,072	1,448	104,002	<b>402,522</b>
Advocacy	76,524	308	26,768	<b>103,600</b>
Parenting	6,717	13,861	7,169	<b>27,747</b>
	<u>380,313</u>	<u>15,617</u>	<u>137,939</u>	<u>533,869</u>
<b>Therapy Services</b>				
Counselling/Bereavement	258,749	210,921	163,630	<b>633,300</b>
Community and peer engagement	402,306	103,741	176,304	<b>682,351</b>
Active Monitoring	54,636	385	19,169	<b>74,190</b>
	<u>715,691</u>	<u>315,047</u>	<u>359,103</u>	<u>1,389,841</u>
Support Costs	226,219	270,823	(497,042)	-
Total Expenditure	<u>1,322,223</u>	<u>601,487</u>	<u>( )</u>	<u>1,923,710</u>

**Analysis of total expenditure (2024)**

	Staff £	Other £	Support £	<b>2024 Total £</b>
Wellbeing	250,870	51,239	88,234	390,343
Advocacy	99,019	27,156	36,858	163,033
Parenting	23,058	50,937	15,144	89,139
Support workers	4,832	-	1,486	6,318
NHS Together	28,562	392	8,900	37,854
	<u>406,341</u>	<u>129,724</u>	<u>150,622</u>	<u>686,687</u>
Counselling/Bereavement	301,349	236,259	111,177	648,785
Community and peer engagement	435,754	243,006	131,307	810,067
Active Monitoring	21,379	213	6,294	27,886
	<u>758,482</u>	<u>479,478</u>	<u>248,778</u>	<u>1,486,738</u>
Core	2,336	3,705	-	6,041
Support Costs	225,068	174,332	(399,400)	-
Total Expenditure	<u>1,392,227</u>	<u>787,239</u>	<u>-</u>	<u>2,179,466</u>

**7b Analysis of Support Costs**

	<b>2025 Total £</b>	2024 Total £
Space and Office Costs	119,915	71,277
Management and Personnel Costs	226,219	225,065
Staff related costs	21,498	22,685
IT Costs	28,282	2,874
Legal and professional costs	28,905	27,477
Governance Costs	12,106	19,277
Other Support Costs	46,047	30,745
Total Support Costs	<u>497,042</u>	<u>399,400</u>

**7c Analysis of Governance Costs**

	<b>2025 Total £</b>	2024 Total £
Auditor's fees	12,000	10,800
Total Governance Costs	<u>12,000</u>	<u>10,800</u>

**Mind in Enfield and Barnet**  
**(A Company Limited by Guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDING 31 MARCH 2025**

**8 Net expenditure for the year**

This is stated after charging / crediting:

	<b>2025</b>	2024
	£	£
Depreciation	<b>35,413</b>	72,339
Operating lease rentals:		
Property	<b>28,000</b>	28,000
Other	<b>1,152</b>	1,152
Auditor's remuneration (excluding VAT):		
Audit	<b>10,000</b>	9,000
	<b>10,000</b>	9,000

**9 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel**

Staff costs were as follows:

	<b>2025</b>	2024
	£	£
Salaries and wages	1,240,227	1,268,117
Social security costs	100,852	107,349
Employer's contribution to defined contribution pension schemes	29,148	29,821
	1,370,227	1,405,287

The following number of employees received employee benefits (excluding employer pension costs) during the year between:

	<b>2025</b>	2024
	No.	No.
£60,000 - £69,999	-	1
£70,000 - £79,999	<b>1</b>	1

The total employee benefits including pension contributions and employer national insurance contributions of the key management personnel were £217,988 (2024: £370,717).

The organisation paid £10,000 redundancy costs (2024: £NIL).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totalling £Nil (2024: £nil).

**Mind in Enfield and Barnet**  
**(A Company Limited by Guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDING 31 MARCH 2025**

**10 Staff numbers**

The average number of employees (head count based on number of staff employed) during the year was as follows:

	<b>2025</b>	2024
	<b>No.</b>	No.
Services	<b>28.6</b>	35.7
Therapy Services	<b>18.3</b>	16.3
Support Services	<b>9.0</b>	9.0
	<b>55.9</b>	61.0
	<b>55.9</b>	61.0

**11 Related party transactions**

There were no related party transactions to disclose for 2025 (2024: £nil).

**12 Taxation**

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

**13 Tangible fixed assets**

	Freehold Property £	Long-term leasehold Property £	Office equipment £	Computer equipment £	Total £
<b>Cost or valuation</b>					
At the start of the year	11,030	70,034	20,563	75,172	176,799
Additions in year	-	3,900	-	-	3,900
Disposals in year	-	(17,575)	(998)	(8,352)	(26,925)
	11,030	56,359	19,565	66,818	<b>153,772</b>
At the start of the year	11,030	38,912	9,137	50,081	109,160
Charge for the year	-	20,908	6,202	8,303	35,413
Disposals in year	-	(17,575)	(998)	(8,352)	(26,925)
	11,030	42,245	14,341	50,032	<b>117,648</b>
<b>Net book value</b>					
<b>At the end of the year</b>	<b>-</b>	<b>14,114</b>	<b>5,224</b>	<b>16,786</b>	<b>36,124</b>
At the start of the year	-	31,122	11,426	25,091	67,639

All of the above assets are used for charitable purposes.

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**14 Debtors**

	2025	2024
	£	£
Trade debtors	188,316	264,545
Prepayments	1,746	52,388
Other debtors	183	138
	190,245	317,071
	190,245	317,071

**15 Creditors: amounts falling due within one year**

	2025	2024
	£	£
Trade creditors	61,427	54,996
Taxation and social security	21,005	24,303
Accruals	20,848	68,467
Deferred income (Note 15)	9,609	84,007
Other creditors	42,022	-
	154,911	231,773
	154,911	231,773

**16 Deferred income**

	2025	2024
	£	£
Balance at the beginning of the year	84,007	69,043
Amount released to income in the year	(84,007)	(45,655)
Amount deferred in the year	9,609	60,619
	9,609	84,007
	9,609	84,007

The income deferred relates to amounts invoiced in advance for services to be undertaken in 2025/26.

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**17 Analysis of net assets between funds**

	Designated £	General unrestricted £	Restricted £	Total funds £
Tangible fixed assets	-	36,124	-	<b>36,124</b>
Net current assets	96,895	547,	55,079	<b>699,582</b>
Pension Provision	-	-	-	-
<b>Net assets at the end of the year</b>	<b>96,895</b>	<b>583,732</b>	<b>55,079</b>	<b>735,706</b>

**Comparative Analysis of net assets between funds (2024)**

	Designated £	General unrestricted £	Restricted £	Total funds £
Tangible fixed assets	-	67,639	-	<b>67,639</b>
Net current assets	150,000	651,120	41,790	<b>842,910</b>
Pension Provision	-	(231,773)	-	<b>(231,773)</b>
<b>Net assets at the end of the year</b>	<b>150,000</b>	<b>486,986</b>	<b>41,790</b>	<b>678,776</b>

**18 Movements in funds**

	At the start of the year £	Income £	Expenditure £	Transfers £	At the end of the year £
<b>Restricted funds:</b>					
Wellbeing	12,899	-	-	-	<b>12,899</b>
NHS Together	23,422	-	(23,422)	-	-
Active Monitoring	5,469	81,741	(67,210)	-	<b>20,000</b>
Parenting	-	27,287	(27,287)	-	-
Outcome 3	-	57,130	(57,130)	-	-
Localmotion	-	46,167	(23,987)	-	<b>22,180</b>
<b>Total restricted funds</b>	<b>41,790</b>	<b>212,325</b>	<b>(199,036)</b>	<b>-</b>	<b>55,079</b>
<b>Unrestricted funds:</b>					
Designated funds:					
Future projects	150,000	-	-	(53,105)	<b>96,895</b>
<b>Total designated funds</b>	<b>150,000</b>	<b>-</b>	<b>-</b>	<b>(53,105)</b>	<b>96,895</b>
<b>General funds</b>	<b>486,986</b>	<b>1,821,420</b>	<b>(1,777,779)</b>	<b>53,105</b>	<b>583,732</b>
<b>Total unrestricted funds</b>	<b>636,986</b>	<b>1,821,420</b>	<b>(1,777,779)</b>	<b>-</b>	<b>680,627</b>
<b>Total funds</b>	<b>678,776</b>	<b>2,033,745</b>	<b>(1,976,815)</b>	<b>-</b>	<b>735,706</b>

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**Purposes of restricted funds**

Restricted funds in the current and prior years relate to the following:

Wellbeing and Courses - To deliver a range of social, educational and personal development support programmes and deliver alternative therapy to improve mental wellbeing. Also, a volunteer support and training programme runs alongside the above.

NHS Together- Support young people in Edmonton with their mental health.

Active monitoring - Short term support for people with mental health problems.

Parenting - Support for parents whose children are on the CAMHS waiting list.

Localmotion – A continuation of NHS Together, supporting young people in Edmonton with their mental health.

**Purposes of designated funds**

Designated Funds in the current and prior years relate to the following:

The Trustees have designated funds in respect of planned future projects (including the creation of volunteer and employment opportunities for people with mental health problems), and development fundraising activities (including the creation of a business development role).

**Comparative Movement in Funds (2024)**

	At the start of the year £	Income £	Expenditure and Movements in Pension Provision £	Transfers £	At the end of the year £
<b>Restricted funds:</b>					
<b>Youth Services</b>					
Wellbeing	12,899	-	-	-	12,899
Counselling	-	25,000	(25,000)	-	-
NHS Together	13,623	45,987	(36,188)	-	23,422
Active Monitoring	-	32,872	(27,403)	-	5,469
Parenting	-	71,000	(71,000)	-	-
Support workers	-	6,040	(6,040)	-	-
<b>Total restricted funds</b>	<b>26,522</b>	<b>180,899</b>	<b>(165,631)</b>	<b>-</b>	<b>41,790</b>
<b>Unrestricted funds:</b>					
Designated funds:					
Future projects	235,834	-	-	(85,834)	150,000
<b>Total designated funds</b>	<b>235,834</b>	<b>-</b>	<b>-</b>	<b>(85,834)</b>	<b>150,000</b>
<b>General funds</b>	<b>431,361</b>	<b>2,009,024</b>	<b>(2,039,233)</b>	<b>85,834</b>	<b>486,986</b>
<b>Total unrestricted funds</b>	<b>667,195</b>	<b>2,009,024</b>	<b>(2,039,233)</b>	<b>-</b>	<b>636,986</b>
<b>Total funds including pension fund</b>	<b>693,717</b>	<b>2,189,923</b>	<b>(2,204,864)</b>	<b>-</b>	<b>678,776</b>

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**19 Operating lease commitments**

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	Property <b>2025</b> £	2024 £	Equipment <b>2025</b> £	2024 £
Less than one year	-	28,000	<b>1,152</b>	1,152
One to five years	-	-	<b>1,331</b>	2,483
<b>Total Operating Lease commitment</b>	-	28,000	<b>2,483</b>	3,635