TRUSTEES' ANNUAL REPORT 01/06/25 – 31/05/26

THE ELIZABETH L RATHBONE CHARITABLE TRUST

Kindred Minds - CIO registered in England and Wales (1161849) Kindred Minds, The Activity Room, 1st Floor, Lee Valley Millennium Centre, Childwall Valley Road, Liverpool L25 2PR - Email kindredmindsliverpool@gmail.com

Facebook Kindred Minds Merseyside.

1. INTRODUCTION AND PERFORMANCE/ACTIVITIES

CHARITABLE STATUS AND OBJECTS

The organisation was first constituted in April 2012. The charity was incorporated as a Charitable Incorporated Organisation with the Charity Commission on 27/05/2015, under the terms of the Memorandum and Articles of Association dated 23/03/2015

The objects of the charity are:

To relieve the needs and to promote and preserve the good mental and physical health of those suffering from any form of mental ill health resident in the Merseyside area but not exclusively by:

A) The provision of help, support, and advice through peer support;

B) The promotion of social inclusion by providing access to creative health and wellbeing activities;

C) To provide a "safe place" where information, problems and experience can be exchanged and discussed; and

D) Promoting a better understanding of mental health and helping to reduce the stigma, oppressive attitudes and behaviours associated with it.

PRINCIPAL ACTIVITY

Our organisation was born out of the need to provide a safe place where people with poor mental health could meet to offer each other support.

We are based in Liverpool and run activities using space and facilities from our base in Lee Valley Millennium Centre Belle Vale L25. We also deliver from time-to-time activities at other sites across Liverpool and visit various locations as part of the excursions/walking activities.

Overall, our work assists our service users with their mental health recovery and wellness, which enables them to lead more positive, confident, and active lives both in society and with their families.

REVIEW OF THE BUSINESS/OPERATIONS

Organisation and administration

The charity's board of Trustees meet every 6 weeks. The charity employed one part-time staff member in the year under review as well as engaging freelancers/self-employed workers to support the trustees with the development of the charity and its programme and to provide sessions/workshops/courses as part of the programme of activity. The charity is significantly service user-led and has in-kind support from various stakeholders including Lee Valley Millennium Centre.

The trustees of the charity during the year under review were:

- Kathleen Whitehead (Vice Chair)
- Sakthi Gayathri Siva Ganesh
- Marrissa Thorpe (co-opted February 2026)
- Liz DuBuisson (retired April 2026)
- Val Jenkins (Honorary Vice Treasurer)
- Julie Johnson (Honorary Treasurer)
- Paul Reid – (Chair)

Members

All Trustees are the members – there is currently no wider membership. The charity is limited by guarantee and does not have share capital, and therefore the trustees have no beneficial interest in the share capital of the charity. All Trustees are members of the Board of Trustees, and do not receive remuneration for their services in this capacity.

Training and capacity: Induction training was delivered remotely to our newly appointed Trustee Marrissa. Trustees also built on their outward facing duties, liaising with local funders such as Rotary Liverpool South, coordinating fundraising activities in our annual Summer Fair, organising our Christmas Party and supporting Ukelele group at outside performances.

During this period, we held a Strategic Planning Day on 4th November 2025 which focussed on strategies to build links with Knowsley, as well as agreeing to develop a volunteering strategy for implementation going forward. Trustees agreed further development of monitoring and evaluation tools. Trustees carried out their annual review of Kindred Minds' risk register.

ACTIVITIES AND ACHIEVEMENTS JUNE 2025– MAY 2026

Our charitable work and programme in this period were supported by **The National Lottery Community Fund; The Skelton Charity Garfield Weston Foundation; Elizabeth Rathbone Charitable Trust; P H Holt Foundation**; **Community Impact Fund.** We held a Summer Fayre in July 2025 and a Christmas Party fundraiser in December 2025.

We offered a varied programme of support and activities including physical activity, creative workshops and self-directed support in the period of reporting. By the end of the reporting period, we had a total of 292 service users registered, an increase of 35 people (13.5%). 101 unique individuals attended activities.

Details of our activities are as follows:

- Yoga – delivered by a qualified Yoga instructor in person, 46 weeks x 1.15hrs in person weekly sessions.
- Tai Chi – delivered by a qualified Tai Chi instructor online, 46 weeks x 2x1hr weekly sessions
- Weekly peer support groups providing space for mutual support and problem solving.

- Arts & Craft – 98 x 2hr sessions and two professionally led courses covering a wide range of media including acrylics, glass painting, and pottery
- Ukulele/Sing-along 39 weekly sessions x 2hrs and one five-week course of professional tuitions leading to a concert at our annual Christmas Party
- Walk & Talk – weekly 33 weeks x 2hrs per walk
- Coffee mornings – weekly x 48 weeks x 2hrs per coffee morning
- Kindred Explorers trips to Llandudno, Chester, Williamson Art Gallery Birkenhead, Walker Art Gallery, Shakespeare North Playhouse.
- 1 x Christmas Party and 1 x Summer Fundraising Event



ANNUAL IMPACT SURVEY AND EVALUATION OF OUTCOMES

An independent evaluation has been carried out to gauge the positive impact these activities have on the mental health of Kindred Minds service users which can be seen below:

Below are verbatim quotes provided by service users who made use of the “comments” section after each question in the survey, grouped under the overarching outcomes of the project to illustrate how the outcomes are being met.

Improved mental health recovery and wellness through engaging with activities and peer support (92 service users equivalent[1])

- Excellent support and a safe space to speak my mind with no judgement, which is exactly what I need.
- I always find myself coming out of any Kindred Minds groups a whole lot better than when I went in.
- There’s an inclusive environment and space.

[1] Numbers extrapolated from survey

- Participating in yoga helps to give a sense of calm and the breathing techniques we use help with anxiety. Tai Chi also helps with mindfulness.
- Thank you for being there for me while I was / am struggling with my mental health and wellbeing, you have really helped me through some hard times.

Reduced boredom and self-isolation through participation in the activity programme by building themselves a routine generating a sense of purpose, unity, and togetherness (92 service users equivalent)

- The programme of (free) activities gives much needed structure to my week.
- Sometimes have to make myself go to activities as don't feel like leaving the house or mixing with people but I'm glad I make myself as I feel better. Don't know what I'd do if didn't have KM.
- I haven't been for a while but they always keep in touch with me and that is really appreciated.
- I meet other people who are struggling with their mental health. I feel less alone and isolated.
- For me it helps greatly to alleviate loneliness.

Increased energy levels, mood, and motivation through participation in the weekly activities (96 service users equivalent)

- The exercise in chairs, yoga, the relaxation part and breathing exercises help both my mental and physical health and I've met some good people there.
- I can walk into yoga feeling yukky, but by the time I leave I feel so much better.
- Gives me somewhere to go, and a purpose.
- I feel in a good state of mind when attending.

New friendships and building of relationships through participation in activities (92 service users equivalent)

- Really good for mental health and meeting new people.
- I have made good friends, especially in my classes and walking group.
- I've made some good friends through Kindred Minds who have had similar lived experiences. We understand the challenges we all face and we support each other.

Increased self-confidence resulting from participation in activities, development/application of creative techniques, through shared lived experience and peer support (76 service users equivalent)

- Since going … I feel through talking out loud in a group about how we are feeling, it has helped me be more confident towards talking about my mental health.
- I do feel confident a lot more than I used to be.

- Still suffer with lack of confidence at times, but not in regular groups or outings.
- The peer support group has given me more confidence to speak out about my thoughts and feelings.
- Doing art with others is very enjoyable and being creative gives a sense of fulfilment and calm.

What other activities would you like to be available at Kindred Minds?

In order of frequency of response, from higher to lower:

- Ceramics / pottery
- More art classes
- More yoga, relaxation, Tai Chi
- Trips out locally on public transport – many of us have free travel passes!
- Photography, line dancing, local history
- Basic cookery, First Aid, Zumba, calligraphy, Pilates

Feedback from local funder (Liverpool Council for Voluntary Service)

A member of one of grant makers' funding panel visited our project and concluded:

- *"The testimonies and outcomes demonstrate a clear, positive impact on participants' mental health, confidence, and sense of belonging. Continued investment in initiatives such as Kindred Minds is vital to sustaining community wellbeing and ensuring that individuals with lived experience continue to lead and shape the support they need."*

VOLUNTEERS & BENEFICIARIES

Volunteers

Kindred Minds Trustees volunteer 2 hours of their time every 6 weeks in order to provide advice scrutiny and support to the work of the project. They also contribute their wisdom, skills and experience in a variety of domains including education, social care, and equality and diversity.

The planning of our fundraising event in summer and our Christmas party were led by a Trustee who ensures that one-hour planning meetings took place every other week in the 12 weeks preceding the event itself. They are supported by Kindred Minds staff but are able to enlist the help of our service users on the day. This includes devising a quiz, calling the bingo, and making tea and coffee for visitors. A team of 5 service users is required for these activities.

Trustees have fulfilled their representative role through liaison with partner organisations. This has included links to a nearby community farm project and representing the organisation at a presentation event hosted by Liverpool Rotary South.

Although Kindred Minds has not engaged any volunteers in a long-term, formal placement, a volunteer strategy has been developed which will be used in the coming year to recruited voluntary support to befriend service users as they access our groups and activities to make sure they can fully engage with our offer. Another area of development is to contribute to our social media presence. Strategy, policy and action planning has already taken place, with the aim of retaining 3-5 volunteers on placement during the next reporting period.

Beneficiaries

100% of our beneficiaries where people living with a mental health condition or have/are experiencing mental ill health. We have captured most of the ages of our service users, the majority are over 55 years of age.

Promotion and sharing of our work: we have maintained our relationships with sector organisations, including local NHS commissioners, LCVS, Knowsley One, and PSS amongst others. We've engaged with social prescribers and take referrals through this pathway, including Citizen's Advice Liverpool, Life Rooms, and local GP practices. This is enabling us to reach new service users which is evident in the increase in engaged service users.

Kindred Minds continues to promote our work via targeted mailings, Facebook, and Instagram. Our own dedicated website has been updated and flyers, posters, word of mouth, health directories and informal community feedback networks are used to reach out to our beneficiaries.

FUTURE PLANNING

Kindred Minds holds an annual Strategic Planning Day where trustees and staff spend ringfenced time to review progress over the last twelve months and to set priorities for the charity's development in the coming year.

Trustees noted the success of the project in delivering measurably improved outcomes for the mental health of our service users, and the successful and sustained fundraising strategy that had resulted in increased investment and improved sustainability and solid platform for the future development of the charity.

Areas for specific attention going forward were:

- Fundraise for extra space for Monday art club
- Acquire display boards to enable small scale exhibition of art around the centre and in other venues
- Strengthen links with Knowsley by attending networking events.
- Review member satisfaction form to monitor each individual activity
- Consider strengthening equality, diversity and inclusion monitoring

In addition to the items above, regular board meetings have identified the need to fundraise for specific capital items as infrastructure investment. These include new, durable project furniture and a new laptop with potential for greater functionality over the coming 3-5 years.

THANKS & ACKNOWLEDGEMENTS

We would like to thank all the people involved in keeping the charity relevant and successful at meeting the needs of our beneficiaries. Andy Kerr (Programme Manager) and Carol Soutar (Activity and Volunteer Coordinator) have provided continuity and insightful support to our offer. We also give thanks to all the brilliant team of sessional workers that have successfully and productively provided services throughout the year, including Cath (Yoga), Angela (Tai Chi), Kath (Pinto Arts), Alex (Pottery), and Elaine (Ukulele)

Thanks also go to Denise Bernard (Momentum Expedite Consultancy Ltd) who continues to support Kindred Minds in a consultancy capacity, following 4 years spent as our development worker. Her support, insight and continued commitment to the charity has been invaluable in moving the charity forward. We'd like to give thanks to Christine (Belle Vale centre manager) and Viv, Joe, Ryan, all the team (Valley Community Food hub) for their support, in particular regarding supporting our coffee mornings and positive promotion of our work.

Our sincere thanks also go to our funders for their continued support of our mission and core work: The National Lottery Community Fund; Elizabeth Rathbone Charitable Trust, Skelton Charity, Garfield Weston Foundation; LCVS and P H Holt Foundation, without whom we could not have supported our service users throughout this year. Finally, our thanks go to our fellow trustees for their tireless efforts, commitment, and tenacity.

2. 2025-26 TREASURER'S FINANCIAL REPORT INCLUDING INDEPENDENT EXAMINERS REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS

FINANCE

Income/funds are generated through:
• Applying for grants to support the delivery of our activity programme
• We hold an annual fund raiser with our members and stakeholders which contributes towards core costs
• We accept donations

YEAR UNDER REVIEW

The Receipts and Payments Accounts appended show a total income for the year of £55,202 a total expenditure of £55,177. At 31/05/2025 the charity carries forward £37,483 which represents:

a) a restricted fund balance of £35,747, of which £2,574 is a redundancy reserve for 1 employee, and the remaining funds are grants received in advance, for expenditure in the 26/27 financial year;
b) an unrestricted fund balance of £1,736 towards meeting our reserves policy.

FUTURE STRATEGY

The charity holds a strategic planning event annually. As well as the usual focus on the needs of our beneficiaries, evaluation of our work and our ability to manage the charity effectively, we have developed a detailed funding strategy to support the delivery of our activities over the coming 4 years. We are reliant on securing grants and donations to support our work. The charity was successful in being awarded The National Lottery Community Fund grant funding for 5 years for the period Apr 25 – Mar 30 representing a 51.4% of the resources needed to offer a full programme. Our fundraising plan to secure match funding to fulfil our full programme is underway, with match funds already secured for expenditure in the financial year 26/27.

RESERVES POLICY

The charity's reserves policy is to build up the equivalent of 3-months'running costs. This is not presently met. Since the charity has no trading income, the focus is on donations and our own fundraising events (Summer Fair and Christmas Party) to assist in achieving this policy. The trustees are continuing to review this strategy and to identify additional ways in how this can be achieved, over the next 5 years. In 27/28 financial year an Income, Fundraising and Sustainability Strategy is to be developed with an external consultant/organisation to thoroughly explore this.

A redundancy reserve (held as part of our restricted fund balance carried forward) is compliant with the statutory level required and is informed and updated annually by our engaged Payroll company, HQ Accountancy based in Liverpool.

RISK REVIEW

The charity has a Risk Register which is reviewed annually or more frequently if a new risk is presented. This identifies the risk, assesses the risk, identifies mitigation and any ongoing actions with monitoring and review timeframes. The categories assessed are Governance, Financial, Operational, External/environmental and Compliance.

Financial: The charity can only deliver its activity programme if grants or donations are secured. Our 5- year grant funding award from The National Lottery Community Fund award for 2025 to 2030 has mitigated the risk to Kindred Minds and a robust match fundraising plan is underway. A small number of activities were pro-rated during the period 25/26 to fit within the funds secured and additional activities added to the programme as match funds were secured. The charity will continue to identify alternative funders for future years. The priority in going forwards is therefore to secure funding for the continuation of our full programme. Funds for 26/27 delivery have been secured.

Julie Johnson
Honorary Treasurer

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No (if any)
Kindred Minds	1161849

Receipts and payments accounts

CC16a

For the period from	Period start date: 01/06/2025	To	Period end date: 31/05/2026

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Suicide Prevention Grant	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grant Income				-	
- National Lottery Community Fund		39,205		39,205	35,052
- JMF				-	4,344
- LCVS				-	2,809
- P H Holt Foundation				-	10,000
- Suicide Prevention Grant				-	6,808
- Pilkington Charity Fund				-	3,000
- EL Rathbone		2,920		2,920	3,000
- Allen Lane Foundation				-	6,000
- Skelton Charity		1,780		1,780	
- Garfield Weston Foundation		10,000		10,000	
Donations	1,297			1,297	531
				-	-
				-	-
				-	-
				-	-
***Sub total** (Gross income for AR)*	1,297	53,905	-	55,202	71,544
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,297	53,905	-	55,202	71,544
A3 Payments					
Project costs		2,243		2,243	-
Staff and Sessional workers		38,046		38,046	38,168
Training expenses		202		202	72
Rent		4,290		4,290	2,970
Telephone & Internet		567		567	100
Event costs	255	2,173		2,428	2,533
Equipment		327		327	654
Travel & subsistence		451		451	1,071
Printing, postage & stationery		540		540	-
Insurance		649		649	632
Accountancy fees		412		412	100
Professional fees		4,842		4,842	8,007
Publicity & Promotions		180		180	673
	-		-	-	-
Sub total	255	54,922	-	55,177	54,980
A4 Asset and investment purchases. (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	255	54,922	-	55,177	54,980
Net of receipts/(payments)	1,042	(1,017)	-	25	16,564
A5 Transfers between funds				-	-
- Prior year SPG expenditure					
A6 Cash funds last year end	694	36,764	-	37,458	20,894
Cash funds this year end	1,736	35,747	-	37,483	37,458

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Bank current account	1,304	35,747	-
	Petty cash	432		-
		-	-	-
	Total cash funds	1,736	35,747	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Accrued expenses		1,060	
Accountancy accrual		100	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
R C Dickinson	R C DICKINSON	23/10/26
J P Johnson	J P JOHNSON	23/10/26

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees

Charity Name
Kindred Minds

On accounts for the year ended 31/05/26

Charity no (if any) 1161849

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/05/2026.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: P. Taylor **Date:** 23/10/2026

Name: Paul Taylor

Relevant professional qualification(s) or body (if any): ACCA

Address:	74 Brook Vale
	Liverpool L22 3YB

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.