

MIND in Haringey

(A company limited by guarantee and a registered charity)

Company No: 02125188

Charity No: 801618

MIND in HARINGEY

Report and Financial Statements for the
Year Ended
31st March 2024

MIND in Haringey

(A company limited by guarantee and a registered charity)

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MIND in Haringey

(A company limited by guarantee and a registered charity)

Reference and Administrative Information

Status	Mind in Haringey is a charitable company limited by guarantee, incorporated on 2nd April 1987, and registered as a charity on 8th June 1989.
Governing document	The Company was established under a memorandum of association setting out its objects and powers and is governed under the articles of association.
Company number	02125188
Charity number	801618
Registered office and operational address	Station House 73c Stapleton Hall Road London N4 3QF
Trustees and Directors	David Pascall CBE (Chair) (Resigned March 2024) Glynnis Joffe (Vice Chair) (Resigned September 2023) Liz O'Connor (Secretary) (Resigned February 2024) Norman Hamilton (Resigned April 2023) David Mosse (Retired July 2023) Sheena Pattni (Resigned May 2023) Robert Adams (Resigned April 2023) Courtney Brown (Vice Chair, from October 2024) Ana Reynal (Treasurer) (Resigned July 2023) Tom Mc Cabe (Chair from October 2024) (Appointed January 2024) Anthony Magee (Secretary from October 2024) (Appointed January 2024) Simon Herbert (Treasurer from May 2024) (Appointed January 2024) Caroline Allnut (Appointed January 2024) Tamsin Wallwork (Appointed January 2024) Faham Sinan – Katamba (Appointed January 2024) Adnan Sugumar (Appointed January 2024)
Bankers	HSBC Bank plc 88 The Broadway, Muswell Hill London N10 3RX
Solicitors	Rich and Baily Alexandra House 157 Tottenham Lane London N8 7BT
Auditors	Goldwins Limited 75 Maygrove Road West Hampstead London NW6 2EG

MIND IN HARINGEY

TRUSTEES' REPORT 2023-24

FOREWORD FROM CHAIR OF TRUSTEES

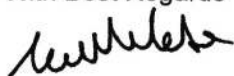
The Trustee Board is pleased to present its report and the audited financial statements for the year ended 31st March 2024.

We would like to thank all those associated with the charity, including our staff, volunteers, trustees, commissioners, partners, funders, and donors, who have supported us through another year of service to the people of Haringey.

In addition, we would like to give thanks to the board members who stepped down during this year, in particular David Pascall, who had been chair for over 8 years. Together with the leadership team, he took the charity from a relatively small size and challenging financial circumstances to a much bigger role, with robust financial foundations.

The board has now been refreshed with the addition of 7 new trustees from diverse backgrounds, and we are all honoured to be associated with this charity and excited about the prospects to expand its impact and serve the Haringey community further.

With Best Regards



Tom McCabe
Chair of Board of Trustees
Mind in Haringey

ABOUT MIND in HARINGEY

Mind in Haringey is a mental health charity in the London Borough of Haringey, where we have now been operating for the past 35 years.

We provide information, advice and support to people affected by mental health problems, primarily those living or working in Haringey. We work to prevent mental health problems, promote mental well-being, and ensure those with mental health problems are respected and included in our local community.

The organisation is a charitable company limited by guarantee, incorporated on 22nd April 1987, and registered as a charity on 8th June 1989. The registered charity number is 801618 and company number is 2125188. The organisation was established under a memorandum of association setting out its objects and powers and is governed under the articles of association. A revised memorandum and articles were adopted in December 2004. The articles of association are currently being reviewed and we anticipate that a revised set of articles will be adopted during 2024-25.

MIND IN HARINGEY

TRUSTEES' REPORT 2023-24

OUR STRATEGY

In 2019 we developed a mission, set of values and strategic objectives. These are currently being reviewed and updated with a view to setting out an updated strategy in early 2025. The 2019-2024 strategy is described below.

Our Vision is that everyone in Haringey with a mental health problem gets the support and respect they need and deserve

Our Mission is to support anyone in Haringey with mental health issues by listening to people, defending their rights, and helping them to lead fulfilling lives.

Our Values are:

- We are passionate, committed, and will listen to everyone we encounter with care and respect.
- We will influence and improve mental health services in Haringey, raising awareness and challenging stigma and discrimination.
- We will become an Anti-racist organisation.
- We are committed to equity, inclusion, and access for everyone in Haringey to mental health support.
- We are leaders and influencers fighting for mental health.
- We seek continuous improvement in all we do, to meet the needs of our community.
- We consider opportunities for collaboration when developing and delivering services.

Our Scope of work is:

- Prevention: working with schools, colleges, sports bodies and local businesses and communities to raise awareness and to challenge stigma
- Crisis: offering a response to people in crisis who contact us, and assisting them to get the right support
- Support: offering the relevant support for better mental health and wellbeing by extending our counselling service; developing our advocacy services; and extending the range of services and activities we offer
- Our focus is on Haringey, but we will look to collaborate and share best practice with neighbouring local Minds and contribute to the development of a London Mind to improve the reach of Mind across London.

Our Strategic Aims are:

Strategic Aim 1 - Achieve a well-led, managed, and governed organization

Strategic Aim 2 – Make a difference to mental health issues in Haringey, be more visible in our community and easily accessible.

Strategic Aim 3 - Expand our counselling and advocacy services and improve our response to people in crisis. We have been able to extend our Advocacy work and our counselling services.

Strategic Aim 4 - Develop effective relationships within Haringey.

Strategic Aim 5 – Improve relationships with local Minds.

Strategic Aim 6 - Ensure financial viability and income strategy.

MIND IN HARINGEY

TRUSTEES' REPORT 2023-24

OUR WORK

Mental Health challenges in Haringey

Haringey has high levels of severe and enduring mental illness, with the 6th highest prevalence (1.3%) of serious mental illness (SMI) in London. 82 per cent (2,900) are diagnosed with psychoses and 18 per cent (650) with bipolar disorder types 1 and 2. Men have higher prevalence than women, and men from Black and Ethnic Minority Groups (Racialised Communities) have the highest prevalence of Serious Mental illness. About 26 Haringey residents take their own life each year. The highest numbers of deaths by suicide are in men aged 25-44. In the last 10 years, 62% of suicides were born in the UK compared to 34% born abroad (Haringey's Suicide Audit).

Haringey is also the 5th most ethnically diverse borough in the country. Over 65% of residents come from non-White British communities, (compared to 20% in England 55% for London). In particular, almost 81% of our school children are non-White British, and 190 different languages are spoken in our schools. The proportion of non-White British communities varies from 35.2% in Muswell Hill to 83.4% in Northumberland Park.

The top three of these ethnic groups are: Other white (non-British) 23.0%; Black African 9.0%; Black Caribbean 7.1%. As in other parts of London the racialised communities of Haringey were disproportionately affected by Covid-19 both economically and by the numbers of deaths in our community. The effects are still being felt.

It is estimated that locally, over 50,000 adults (16-74-year-olds) have a common mental health disorder. Young people are a particular cause for concern. Based on national survey data, an estimated 10% of men and 26% of women aged 16-24 have a history of self-harm. Applied to Haringey, this would affect 5,454 individuals. An estimated 19% of men and 35% of women aged 16-24 have a history of suicidal thoughts. Applied to Haringey, this would affect 8,217 individuals.

This is the need we are addressing. The above statistics are not acceptable, change is required, and our work through the services listed below is part of that change. We will always influence to improve mental health services in Haringey, through our services and by raising awareness and challenging stigma and discrimination. We are leaders and influencers fighting for mental health and believe Mental Health and Suicide prevention is everyone's business.

Our services

We offer a range of different services, projects, and activities to make our support relevant to our diverse Haringey community. Our key services and projects are as follows:

- 1.Haringey Wellbeing Network** – Community mental health service in Haringey providing: Wellbeing Activities, Advocacy and Social Prescribing, Warm Handover, Peer Support Services, Young People support service, Mental health first aid training, Transitioning, and Capacity building which is provided by our partner organisation Bridge Renewal Trust. The service is funded by Haringey ICB and works with all mental health system players to provide support to anyone in Haringey over 18 years old experiencing Mental health issues and need of support.
- 2.Counselling** - Low cost counselling service that offers face-to-face , online and telephone counselling in a range of modalities for anyone over 18 years old .
- 3.Safe Haven Crisis service** – Non-clinical crisis support to support individuals who are over 18 years old who are vulnerable, isolated and in crisis . We offer this service from 5pm-10pm,, 7 days a week 365 days of the year through face to face, group and 1-2-1 support
- 4.Supported Self-Help** - Pilot project across London, England and Wales funded by Mind. The individual is offered a , 6-week guided programme that addresses issues like Anxiety , Depression, Anger, Loss, Menopause. It is based on Cognitive Behavioural Therapy strategies and tools.
- 5.Haringey Reach and Connect** – We are part of a partnership with Public Voice and Vibrance offering support to those aged over 50 Living in Haringey. The service visits old people at home to assess and support them towards addressing physical and mental health needs to live happier and fulfilling lives
- 6.BAME Wellbeing Advocacy & health check Services** – This a partnership with Federation health to support those from BAME Community who have been diagnosed with serious mental illness to address their issues and to ensure they receive their annual health checks and improve their Health. The BAME Wellbeing Advocacy Service is part of the Haringey Wellbeing Network (HWN).

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TRUSTEES' REPORT 2023-24

7.Generation Girls - Dedicated to mentoring and supporting young women achieve their goals, dreams, and aspirations.

8.Black Thrive in Haringey - Black Thrive Haringey is a partnership funded by the Big Lottery together with Black Thrive Global, Black Thrive Lambeth and Black Thrive Birmingham. The overall aim of the project is to address systematic racism and ensure that we tackle and address inequalities working with key system players to ensure that Black people go from surviving to Thriving.

9.Haringey Suicide Prevention Group - Haringey Suicide Prevention Group (HSPG) is an inter-agency group hosted by Mind in Haringey, funded by Public Health Haringey. It works to ensure that Haringey has a Suicide prevention plan and we work with other agencies, health services, charities and people with lived experience to implement this.

10.Mental Health & Wellbeing Project – We work with Five Grassroots organisations Youvyou , HoPEC, Community cook up , TCCA (Turkish, Cypriot community association) sewn together to address the stark inequalities in Mental health in Haringey by delivering co-produced wellbeing activities, training and awareness to our diverse and racialised communities. The project is funded by Haringey ICB under the Inequalities fund .

11.Helping Hands (High intensity users project) - Working with North Middlesex University Hospital (NMUH) A&E and Mind in Enfield and Barnet, funded by ICB. We work together by providing Community care coordinators that visit people in their homes and in the community. They specifically support vulnerable individuals that frequently use the A&E department and support them to address any issues and to connect them into community support.

12.Citizens Advice Haringey - Mind in Haringey is one of CAH's outreach partners in Haringey and offers 4 appointments per week.

13.Homecooked – My Ends Tottenham Hale. We are part of a consortium led by Bridge Renewal Trust funded by the Violence Reduction Unit and part of the Mayor's MyEnd programme across London, to provide projects, groups and training to young people schools, and community groups to address youth violence in Haringey particularly in Tottenham Hale

14. Black Men's mental health project – Men CHAT too – We work in partnership with Father2father providing group support programme to Black men in Haringey aged 35 years and over. The project is funded by public health to address the disproportionate numbers of Black men that do not access Mental health support.

15.Brighter Futures – We work in partnership with NLPC and Harris academy funded by Youth Futures to look at the provision of careers services and support to young people and use of the Gatsby benchmark.

16. Project Future – we are charity partner to the Psychological youth violence project with NHS and Haringey Council.

17. Training and consultancy - We deliver training and workshops to organisations to improve their awareness of Mental health and assist in them supporting wellbeing of their Employees

Mind in Haringey is the trusted mental health provider in the Borough. All of the services and projects we deliver use evidence-based measuring tools. The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) is used to demonstrate the improvement in our service users' mental health and wellbeing and that information is shared with our service users throughout their journey of recovery.

Partnerships

Partnership working is at the heart of everything we do. We believe the principles of partnership working are openness, trust, and honesty, agreed shared goals and values and regular communication between partners. Mind in Haringey partners include Barnet Enfield Haringey Mental Health Trust, the Integrated Care Board, NHS, Public Voice, Haringey Council, Violence Reduction Unit, Bridge Renewal Trust, Black Thrive Global, and Public Health Haringey. We also work closely with grassroot community groups including You v You, Father to Father, House of Polish and Eastern European Communities, Community Cook Up, Turkish Cultural Centre Association, and Sewn Together. Effective partnerships support and achieve better outcomes by making local services and projects more impactful and cost effective.

Impact, Achievements and Awards

In recent years we have increased our reach in the community to 3,500 community members. Annually, we estimate that the ripple effect of their improved mental health and wellbeing is reaching a further 10,500 family and community members. This has a social and economic value to the whole of Haringey, as people feel more able to engage with their community and engage with employment opportunities which in turn improves the experiences of those living and working in Haringey.

MIND IN HARINGEY TRUSTEES' REPORT 2023-24

Key contracts awarded and extended in 2023/24 included:

- HWN - Year 7 - Contract Defended/Extended for 1 year, to 2025.
- Mental wellbeing programme Inequalities Fund - Defended/Extended for 1 year to 2025.
- Reach and Connect - continued funding to June 2025
- Supported Self help funded by Mind until March 2025
- Safe Haven contract extended to March 2025
- Homecooked 1/ My Ends project Tottenham Hale extended to March 2025
- HSPG funding renewed for another year until March 2025
- VRU/Home Cooked 2 - To reduce youth violence in Northumberland Park - April 2024.

In 2023/24 we also won the following awards:

- Royal Award for Mental Health - Lynette Charles, MiH CEO.
- Smiley Film Award for "Me, My Music and Mental Health" - produced and directed by Black Thrive Haringey.

Mind Quality Mark Assessment

During 2023 Mind in Haringey was inspected by the national Mind organisation and assessed against a series of organisational health indicators known as MQM (Mind Quality Mark). MiH passed against all measures, in many cases very strongly, and as a result of our MQM we were encouraged to apply for a National Mind 'Excellence Award' based on our work in the community.

OUR ORGANISATION, PEOPLE AND GOVERNANCE

Organisational structure and decision making (based on current Articles of Association as at 1 April 2024; these are being reviewed and updated during 2024-25)

Membership of the organisation is open to all and is free to service users. A small membership fee is required from non-service users. All members of the charitable company guarantee to contribute an amount not exceeding £10 to the assets of the charitable company in the event of winding up.

The directors of the company, who are Trustees under charity law, that served during the year and up to the date of this report are as shown in the introduction to this report. The Trustees have no beneficial interest in the charitable company and have not received any benefits either from the charitable company or in recognition of being a Trustee.

The Trustees manage the business of the charitable company and may exercise all the powers of the charitable company. The Trustees delegate to the Chief Executive responsibility for the day-to-day management of the company's affairs, within a strategy and budget agreed by the Trustees, and for implementing the decisions and policies agreed by the Trustees.

The Chief Executive is assisted by managers who are each responsible for assigned projects, activities, and functions. The charity holds a service user forum bimonthly to enable service users to contribute ideas towards the running of the charity. The Trustees Staff and Remuneration Committee annually conducts a skills audit of the Trustees to identify any areas where the Trustee Board needs strengthening.

All newly appointed Trustees receive induction in line with the MiH Induction Policy and are required to attend a training course designed to cover all important aspects of their trusteeship, including legal responsibilities and expectations.

MIND IN HARINGEY

TRUSTEES' REPORT 2023-24

Recruitment and appointment of Trustees

Trustees are elected at Annual General Meetings (AGM) by the members. During the year, the charity also advertises any Trustee vacancies. Prospective Trustees have a preliminary meeting with the Chair of the Trustee Board and are then interviewed by other Trustees. Following this process, if the skills, knowledge, and expertise of the applicant will contribute to the charity, the individual will be recommended to the Trustee Board for co-option by the other Trustees. The co-opted Trustee's term of office is until the next AGM when they must then stand for election. Trustees are appointed for three years which may be renewed.

The number of Trustees who are current users of the organisation's services shall be less than one half of the total number of Trustees. Diversity is sought across the Trustee Board to match the demographic profile in Haringey.

Equity, Diversity, and Inclusion

Mind in Haringey is aiming to create an environment in which individual differences and contributions of all team members and service users are recognised and valued. Mind in Haringey opposes all forms of unlawful and unfair discrimination, the aim is for our workforce to be truly representative of all sections of society and our service users, and for each team member to feel respected and able to give their best.

FINANCIAL REVIEW

Going Concern

MiH continues to be a going concern, and our finances are in good shape. At the end of March 2024, the charity was holding unrestricted reserves of £212k and a cash balance of £388k. Although we have lost some income, particularly from Contract income, our Mental Health First Aid training, and Counselling, we have won a number of new bids and have expanded our services. The Trustees consider that the charity has sufficient unrestricted reserves and cash flow to continue as a going concern for a period of at least 12 months from the date on which these financial statements are signed. For this reason, the accounts have been prepared on the going concern basis.

Risk statement

The risks to the organisation have been identified, assessed, and reviewed by the Trustees Finance and Audit Committee in a Risk Register which is then reviewed and approved by the Trustee Board. A robust risk management strategy, outlining the controls and procedures, is in place to deal with potential risks and opportunities, and monitoring processes are used to manage the residual risks.

Related parties

Mind in Haringey is affiliated to Mind (The National Association for Mental Health) Limited; and it has informal relations with some of the other affiliates in London, those in neighbouring boroughs, in matters of common interest.

The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

MIND IN HARINGEY

TRUSTEES' REPORT 2023-24

Financial Review

The charity recorded a deficit for the year of -£96,839 (2023: Surplus of £39,731). The unrestricted deficit was -£82,175 (2023: Surplus of £137,730k). The total income for the year was £1,269,055 (2023: £1,449,143) and the total expenditure for the year was £1,365,894 (2023: £1,409,412).

The organisation aims to maintain free reserves at a level representing at least three months' expenditure on core costs. Total reserves and income to be carried forward into 2024/25 are £525,758 of which unrestricted reserves are £212,306. Unrestricted reserves are equivalent to approximately 9 months of core costs.

Pensions

The pension scheme is compliant for auto enrolment and all eligible staff have been registered.

Public Benefit Statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit,

Auditors

Goldwin's Limited Chartered Accountants and Registered Auditor will be proposed for appointment in accordance with Section 485 of the Companies Act 2006.

Statement of the Trustees' responsibilities

The Trustees are responsible for preparing the report of the Trustees and the financial statements in accordance with applicable law.

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements, the Trustees Board which is supported by the Trustees Finance and Audit Committee is required to:

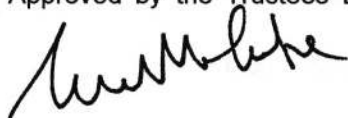
- select suitable accounting policies and then apply them consistently make judgements and estimates that are reasonable and prudent.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- and to prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue to operate. The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company.

MIND IN HARINGEY TRUSTEES' REPORT 2023-24

As far as the Trustees are aware:

- There is no audit information of which the charitable company's auditors are unaware.
- They have taken all reasonable steps to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.
- The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.
- This report has been prepared in accordance with the Statement of Recommended Practice; Accounting and Reporting by Charities and in accordance with the special provisions of the Companies Act 2006 relating to small entities.

Approved by the Trustees Board on 11 Dec 2024 and signed on their behalf by



Tom McCabe

(Chair, Board of Trustees)

Company Registration No. 02125188

Independent auditors' report to the trustees of Mind in Haringey

Opinion

We have audited the financial statements of Mind in Haringey (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet statement of cash flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including 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 2024 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. 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. In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Independent auditors' report to the trustees of Mind in Haringey

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report (incorporating the directors' report) have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Annual Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us;
- the financial statements are not in agreement with the accounting records and returns;
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not obtained all the information and explanations necessary for the purposes of our audit.

Responsibilities of the trustees

As explained more fully in the trustees' responsibilities statement, the trustees 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 they 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.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charitable company's policies and procedures relating to:
- Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
- The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.

Independent auditors' report to the trustees of Mind in Haringey

- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

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]. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Anthony Epton

**Anthony Epton (Senior Statutory Auditor)
for and on behalf of
Goldwins Limited
Statutory Auditor
Chartered Accountants
75 Maygrove Road
West Hampstead
London NW6 2EG**

Date: 16 December 2024

MIND in Haringey

Statement of financial activities

(including an income and expenditure account)

For the year ended 31 March 2024

	Note	Unrestricted Funds £	Restricted Funds £	2024 Funds £	2023 Funds £
<u>Income from:</u>					
Donations	3	8,108	-	8,108	11,576
Charitable Activities	4	122,112	1,078,621	1,200,733	1,365,118
Other Trading Activities	5	49,058	-	49,058	71,372
Investment Income	6	11,156	-	11,156	1,077
Total income		190,434	1,078,621	1,269,055	1,449,143
<u>Expenditure on:</u>					
Fundraising	7	6,709	-	6,709	4,928
Charitable activities	7	398,092	961,093	1,359,185	1,404,484
Total expenditure		404,801	961,093	1,365,894	1,409,412
Net income / (expenditure) for the year		(214,367)	117,528	(96,839)	39,731
Transfers between funds	16	132,192	(132,192)	-	-
Net movement in funds		(82,175)	(14,664)	(96,839)	39,731
<u>Reconciliation of funds:</u>					
Total funds brought forward	16	294,481	328,116	622,597	582,866
Total funds carried forward		212,306	313,452	525,758	622,597

All of the above results are derived from continuing activities.

There were no other recognised gains or losses other than those stated above.

The attached notes form part of these financial statements.

MIND in Haringey
Balance sheet
As at 31 March 2024

	Note	2024 £	2023 £
Tangible fixed assets	11	8,367	10,812
Current assets:			
Debtors	12	241,068	170,350
Cash at bank and in hand		<u>387,816</u>	<u>516,293</u>
		<u>628,884</u>	<u>686,643</u>
Creditors: amounts falling due within one year	13	<u>(111,493)</u>	<u>(74,858)</u>
Net current assets		<u>517,391</u>	<u>611,785</u>
Net assets	14	<u><u>525,758</u></u>	<u><u>622,597</u></u>
Funds			
Restricted funds		313,452	328,116
Unrestricted funds:			
General fund		<u>212,306</u>	<u>294,481</u>
Total funds	16	<u><u>525,758</u></u>	<u><u>622,597</u></u>

The financial statements have been prepared in accordance with the special provisions for small companies of the Companies Act 2006.

Approved by the Board of Trustees on 11 Dec 2024 and signed on its behalf by:



.....
Tom McCabe
Chairman, Trustees Board

Company Registration No. 02125188

The attached notes form part of the financial statements.

MIND in Haringey
Statement of cash flows
For the year ended 31 March 2024

	Note	2024 £	2024 £	2023 £	2023 £
Cash flows from operating activities:					
Net cash provided by / (used in) operating activities	17		(139,633)		(17,340)
Cash flows from investing activities:					
Interest/ rent/ dividends from investments		11,156		1,077	
Sale/ (purchase) of fixed assets		-		(1,395)	
		11,156		(318)	
Cash provided by / (used in) investing activities			11,156		(318)
Change in cash and cash equivalents in the year			(128,477)		(17,658)
Cash and cash equivalents at the beginning of the year			516,293		533,951
Cash and cash equivalents at the end of the year			387,816		516,293

1. Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with 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) - (Charities SORP FRS 102) and the Companies Act 2006.

The charitable company 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 or note.

Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

Income

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

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred. Income received in advance for the provision of specified service is deferred until the criteria for income recognition are met.

Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

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

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

1. Accounting policies (continued)

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred. Expenditure is classified under the following activity

- Costs of raising funds comprise of trading costs and the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.
- Expenditure on charitable activities includes the costs of delivering services and other activities undertaken to further the purposes of the charity and their associated support

Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity and its activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities.

Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,000. Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- Freehold property 50 years
- Fixtures and fittings 4 years
- Improvements and refurbishment 4 years

Debtors

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

Cash at bank and in hand

Cash at bank and cash 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.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade

MIND in Haringey
Notes to the financial statements
For the year ended 31 March 2024

1. Accounting policies (continued)

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.

Pensions

The pension scheme in operation became compliant for auto enrolment purposes on 1st November 2016 and all staff eligible have been registered.

2. Detailed comparatives for the statement of financial activities

	Unrestricted £	Restricted £	2023 Total £
<u>Income from:</u>			
Donations	11,576	-	11,576
Charitable Activities	190,528	1,174,590	1,365,118
Other Trading Activities	71,372	-	71,372
Investment Income	1,077	-	1,077
Total income	274,553	1,174,590	1,449,143
<u>Expenditure on:</u>			
Fundraising	4,928	-	4,928
Charitable activities	289,779	1,114,705	1,404,484
Total expenditure	294,707	1,114,705	1,409,412
Net income / (expenditure) for the year	(20,154)	59,885	39,731
Transfers between funds	157,884	(157,884)	-
Net movement in funds	137,730	(97,999)	39,731
<u>Reconciliation of funds:</u>			
Total funds brought forward	156,751	426,115	582,866
Total funds carried forward	294,481	328,116	622,597

MIND in Haringey
Notes to the financial statements
For the year ended 31 March 2024

3. Income from donations

	Unrestricted	Restricted	2024 Total	2023 Total
	£	£	£	£
Donations	8,108	-	8,108	11,576
	8,108	-	8,108	11,576

4. Income from charitable activities

	Unrestricted	Restricted	2024 Total	2023 Total
	£	£	£	£
Cost of Living Crisis	-	24,315	24,315	17,333
Go Active Project	-	3,000	3,000	4,952
Street Aunties Project	-	36,785	36,785	5,000
Federation 4 Health	-	27,370	27,370	32,843
Counselling	52,669	-	52,669	30,962
Reach & Connect	-	87,867	87,867	82,367
Men Chat Too Haringey	-	7,600	7,600	29,497
Support Self Help (SSH)	-	17,436	17,436	19,920
Support for Residence	-	-	-	-
Support for Afghan Families	-	-	-	-
Black Thrive Haringey	-	133,417	133,417	90,645
Generation Girls' Haringey	-	8,333	8,333	20,000
Young Care Leavers	-	9,000	9,000	15,000
Hornsey Charity HPC	-	10,155	10,155	9,984
Youth Future Partnership	-	11,010	11,010	43,000
ScrewFix Foundation	4,390	-	4,390	8,011
Middlesex Care Coordinator	-	46,012	46,012	62,828
NHS Charities Inequalities Project	-	18,997	18,997	6,874
MyEnd (Home Cooked)	-	37,750	37,750	31,750
Stay Well Winter Campaign Project	-	-	-	3,126
Mental Wellbeing Theme Project	-	107,995	107,995	150,000
Communication Workers Union	-	-	-	3,750
Business Development Project	17,750	-	17,750	34,400
Suicide Prevention	-	10,000	10,000	10,000
Fundraising	-	-	-	-
Central Services (Various Grants)	-	-	-	1,000
Haringey Wellbeing Network	-	309,961	309,961	310,581
Project Future	-	12,251	12,251	130,569
Community Protect/Great Mental Health	-	-	-	13,094
Safe Haven	-	159,367	159,367	130,200
Training & Consultancy	47,303	-	47,303	67,432
Total	122,112	1,078,621	1,200,733	1,365,118

MIND in Haringey
Notes to the financial statements
For the year ended 31 March 2024

5. Income from other trading activities	Unrestricted	Restricted	2024	2023
	£	£	Total	Total
			£	£
	-	-	-	-
Central Services	2,800	-	2,800	27,727
Station House Rental Income	10,316	-	10,316	-
Fundraising	35,942	-	35,942	43,645
	49,058	-	49,058	71,372

6. Income from investments	Unrestricted	Restricted	2024	2023
	£	£	Total	Total
			£	£
Bank interest	11,156	-	11,156	1,077
	11,156	-	11,156	1,077

MIND in Haringey
Notes to the financial statements
For the year ended 31 March 2024

7. Analysis of expenditure

	Basis of allocation	Cost of raising funds £	Charitable activities £	Support costs £	Governance £	2024 £	2023 £
Staff costs	Direct	-	708,465	115,591	-	824,056	807,494
	0	-	-	-	-	-	-
Direct costs	Direct	6,709	376,200	-	-	382,909	481,205
Support costs	Staff time	-	-	155,509	-	155,509	117,293
Audit Fees		-	-	-	3,420	3,420	3,420
		6,709	1,084,665	271,100	3,420	1,365,894	1,409,412
Support costs allocation		-	271,100	(271,100)	-	-	-
Audit Fees		-	3,420	-	(3,420)	-	-
Total expenditure 2024		6,709	1,359,185	-	-	1,365,894	1,409,412
Total expenditure 2023		4,928	1,404,484	-	-	1,409,412	-

Of the total expenditure; £404,801 was unrestricted (2023: £294,707) and £961,093 was restricted (2023: £1,114,705).

MIND in Haringey
Notes to the financial statements
For the year ended 31 March 2024

8. Net income/(expenditure) for the year

This is stated after charging:

	2024	2023
	£	£
Depreciation	2,445	2,445
Auditors' remuneration — audit	3,200	3,200
Operating lease rentals — property	18,500	18,500
	<u>18,500</u>	<u>18,500</u>

9. Taxation

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

10. Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

	2024	2023
	£	£
Salaries and wages	723,133	728,323
Social security costs	60,966	61,109
Pension costs	28,421	18,062
Recruitment	2,876	-
Access to Work	3,102	-
Training & CPD	5,558	-
	<u>824,056</u>	<u>807,494</u>

No employee received remuneration in excess of £60,000 in the year (2023: none).

The total employee benefits including pension contributions of the key management personnel were £126,024 (2023: £120,815)

The charity trustees were not paid or received any other benefits from employment with the Charity in the year (2023: £nil) neither were they reimbursed expenses during the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

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

	2024	2023
	No.	No.
Charitable Activities	31	34
Support	4	4
	<u>35</u>	<u>38</u>

MIND in Haringey
Notes to the financial statements
For the year ended 31 March 2024

11. Tangible fixed assets

	Improvements of leasehold premises £	Furniture, fittings and equipment £	Total £
Cost:			
At 1 April 2023	34,932	39,696	74,628
Additions	-	-	-
At 31 March 2024	<u>34,932</u>	<u>39,696</u>	<u>74,628</u>
Depreciation:			
At 1 April 2023	27,317	36,499	63,816
Charges in year	1,269	1,176	2,445
At 31 March 2023	<u>28,586</u>	<u>37,675</u>	<u>66,261</u>
Net Book Value:			
At 31 March 2024	<u>6,346</u>	<u>2,021</u>	<u>8,367</u>
At 31 March 2023	<u>7,616</u>	<u>3,196</u>	<u>10,812</u>

All tangible fixed assets are used to fulfil the charity's objects.

12. Debtors

	2024 £	2023 £
Grants, Contract Income & Other Receivables	233,735	163,267
Prepayments	7,333	7,083
	<u>241,068</u>	<u>170,350</u>

13. Creditors: amounts falling due within one year

	2024 £	2023 £
Other Creditors	9,597	20,972
Taxation and Social Security	18,777	-
Accruals	4,080	8,723
Deferred Income	79,039	45,163
	<u>111,493</u>	<u>74,858</u>

MIND in Haringey
Notes to the financial statements
For the year ended 31 March 2024

14. Analysis of net assets between funds - 2024

	Restricted funds £	General funds £	Total funds £
Tangible fixed assets	8,367	-	8,367
Current assets	305,085	323,800	628,884
Current liabilities	-	(111,493)	(111,493)
	<u>313,452</u>	<u>212,306</u>	<u>525,758</u>

Analysis of net assets between
funds - 2023

	Restricted funds £	General fund £	Total funds £
Tangible fixed assets	10,812	-	10,812
Current assets	317,304	369,339	686,643
Current liabilities	-	(74,858)	(74,858)
	<u>328,116</u>	<u>294,481</u>	<u>622,597</u>

15. Pension scheme

The Charity operates a Defined Contribution Pension Scheme. All staff eligible have been registered. Pension contributions owed as at 31.03.24 £3,974 (2023: £Nil).

MIND in Haringey
Notes to the financial statements
For the year ended 31 March 2024

16. Movement in funds 2024

	At 1 April 2023	Income	Expenditure	Transfers	
	£	£	£	£	£
Restricted Funds:					
Cost of Living Crisis	-	24,315	(9,608)	(4,863)	9,844
Go Active Project	-	3,000	(2,850)	(150)	-
Street Aunties Project	-	36,785	(33,860)	(1,000)	1,925
Federation 4 Health	10,243	27,370	(29,169)	-	8,444
Reach & Connect	-	87,867	(81,223)	(6,644)	-
Men Chat Too Haringey	-	7,600	(37)	-	7,563
Support Self Help (SSH)	-	17,436	(10,587)	-	6,849
Support for Residence	3,816	-	(159)	-	3,657
Support for Afghan Families	4,952	-	(2,000)	-	2,952
Black Thrive Haringey	25,510	133,417	(105,943)	(2,910)	50,074
Young Care Leavers	-	9,000	(3,690)	(900)	4,410
Hornsey Charity HPC	-	10,155	(10,155)	-	-
Youth Future Partnership	-	11,010	(4,735)	(2,202)	4,073
Middlesex Care Coordinator	9,578	46,012	(37,332)	(4,601)	13,657
NHS Charities Inequalities Project	1,324	18,997	(5,838)	(14,483)	-
MyEnd (Home Cooked)	3,469	37,750	(18,089)	(5,663)	17,467
Mental Wellbeing Theme Project	8,002	107,995	(110,008)	(5,400)	589
Suicide Prevention	11,784	10,000	(12,231)	(2,000)	7,553
Haringey Wellbeing Network	16,986	309,961	(295,106)	(30,996)	845
Generation Girls' Haringey	9,720	8,333	(17,802)	(251)	-
Project Future	170,330	12,251	(60,610)	(18,256)	103,715
Safe Haven	52,402	159,367	(110,061)	(31,873)	69,835
Total Restricted Funds	328,116	1,078,621	(961,093)	(132,192)	313,452
Unrestricted Funds					
General Fund	294,481	190,434	(404,801)	132,192	212,306
Total Unrestricted Funds	294,481	190,434	(404,801)	132,192	212,306
Total Funds	622,597	1,269,055	(1,365,894)	-	525,758

Transfers: These represent the various percentages of Management and Administrative Recharges of Central Services overheads to Restricted Projects.

MIND in Haringey
Notes to the financial statements
For the year ended 31 March 2024

17. Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2024	2023
	£	£
Net income / (expenditure) for the reporting period (as per the statement of financial activities)	(96,839)	39,731
Depreciation	2,445	2,445
Interest, rent and dividends from investments	(11,156)	(1,077)
(Increase)/ decrease in debtors	(70,718)	107,379
Increase/ (decrease) in creditors	36,635	(165,818)
Net cash provided by / (used in) operating activities	(139,633)	(17,340)

18. Related Party Transactions

There were no related party transactions during the year (2023: None).