

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 2025

MIND in Haringey

(A company limited by guarantee and a registered charity)

	Page
Reference and Administrative Information	1
Trustees' report	2
Independent auditors' report	11
Statement of financial activities	14
Balance sheet	15
Statement of cash flows	16
Notes to the accounts	17

MIND in Haringey

(A company limited by guarantee and a registered charity)

## Reference and Administrative Information

<b>Status</b>	Mind in Haringey is a charitable company limited by guarantee, incorporated on 2nd April 1987, and registered as a charity on 8th June 1989.
<b>Governing document</b>	The Company was established under a memorandum of association setting out its objects and powers and is governed under the articles of association.
<b>Company number</b>	02125188
<b>Charity number</b>	801618
<b>Registered office and operational address</b>	Station House 73c Stapleton Hall Road London N4 3QF
<b>Trustees and Directors</b>	Courtney Brown (Vice Chair) Tom Mc Cabe (Chair) Anthony Magee (Secretary) Simon Herbert (Treasurer) Caroline Allnut Tamsin Wallwork Faham Sinan – Katamba Adnan Sugumar
<b>Bankers</b>	HSBC Bank PLC 88 The Broadway, Muswell Hill London N10 3RX
<b>Solicitors</b>	Rich and Baily Alexandra House 157 Tottenham Lane London N8 7BT
<b>Auditors</b>	Goldwin's Limited 75 Maygrove Road West Hampstead London NW6 2EG

# **MIND IN HARINGEY**

## **TRUSTEES' REPORT 2024/25**

### **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 2025.

Once again, 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.

The external environment continues to be challenging, with increased demand for mental health services due to factors such as rises in the cost of living, escalating social tensions, and continued aftershock from the Covid years. At the same time financial pressures have meant that funding is more difficult to obtain, and there is increased competition as other charities are also seeing increased demands. It is to the great credit of our management team that in this context we have sustained our services successfully and, in some cases, expanded them, and improved the financial performance compared to the previous year.

During the year the key roles on the board were established, and together with the management team and staff, the board developed a revised strategy for the charity which sees us through to 2028. As outlined below, our strategic objectives are to continue to increase our impact on the people of Haringey, to increase our influence on mental health policy, and to ensure our work is sustainable, with respect to our own organisation and the environment in which we work. We believe we have the team to deliver these objectives and are excited about the future.

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 36 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 March 2025.

# MIND IN HARINGEY

## TRUSTEES' REPORT 2024/25

### OUR STRATEGY

In 2024 we developed a mission, set of values and strategic objectives. These were reviewed and updated in early 2025. The 2025-2028 strategy is described below.

**Our Vision:** Everyone in Haringey gets the mental health support they need.

**Our Mission:** To support anyone in Haringey with mental health issues by listening to them, championing their needs, and helping them to lead fulfilling lives.

### Our Values:

- **Passionate** – We are leaders and influencers fighting for mental health in Haringey.
- **Inclusive** – We are committed to equity and inclusion. We are anti-racist.
- **Responsive** – We listen with care and respect, seek feedback and continuously improve.
- **Collaborative** – We partner with others to maximise our impact.
- **Sustainable** – We are here for the long-term respecting our community and the environment.

### Our Strategic Objectives:

- Maintain our position as the leading provider of non-clinical mental health services in Haringey.
- Develop our services for children and young people to meet the growing need.
- Expand our services for under-served and disadvantaged groups within Haringey, especially racialised communities, partnering with organisations that serve these communities.
- Meet our service users where they are (i.e. in their communities, in their homes) and when we can have most impact (i.e. early intervention, preventative services).

### **Increase our influence on local and London-wide mental health policy to enable mental health services in Haringey to meet the growing need.**

- Work with our partners to understand the vision, framework, and key stakeholders for the future of mental health services in North London.
- Leverage our local, regional, and national networks to drive changes to mental health policy and service commissioning for the benefit of people in Haringey.
- Influence and support voluntary and community sector organisations across Haringey to increase their impact, particularly where they are addressing underlying causes of poor mental health.

### **Work to ensure that our support for the people of Haringey is sustainable in an ever-changing landscape.**

- Secure the income required to deliver our Mission including sufficient unrestricted income to cover our core costs.
- Ensure we continue to have highly motivated people in the right roles, with the right leadership and support and the right development opportunities.
- Work to improve our environmental impact and reduce our carbon footprint, acting as a role model and empowering the wider community.
- Explore new technologies where they can expand our reach, enhance service delivery and/or increase efficiency whilst meeting service users' needs.

# MIND IN HARINGEY

## TRUSTEES' REPORT 2024/25

### OUR WORK

#### Mental Health challenges in Haringey

Haringey has high levels of severe and enduring mental illness, with the sixth 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). 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 approximately 5,500 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 over 8,000 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.

## **MIND IN HARINGEY**

### **TRUSTEES' REPORT 2024/25**

**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 for 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).

**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 Youvsyou, HoPEC, Community cooks 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

## **MIND IN HARINGEY**

### **TRUSTEES' REPORT 2024/25**

**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 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 YouvsYou, 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 4000 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.

Key contracts awarded and extended in 2024/25 included:

- HWN - Year 7 - Contract Defended/Extended for 1 year, to 2026.
- Mental wellbeing programme Inequalities Fund - Defended/Extended for 1 year to 2026.
- Reach and Connect - continued funding to June 2026
- Supported Self-help funded by Mind until March 2025
- Safe Haven contract extended to March 2026
- Homecooked 1/ My Ends project Tottenham Hale extended to March 2025
- HSPG funding renewed for another year until March 2026
- VRU/Home Cooked 2 - To reduce youth violence in Northumberland Park - April 2024.

## **MIND IN HARINGEY TRUSTEES' REPORT 2024/25**

### **Mind Quality Mark Assessment**

During 2023/24 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 Articles of Association as updated in October 2024)**

**The Members of the organisation are the Trustees, who automatically become Members on appointment as trustee (and cease to be members when they cease to be trustees)**

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 People and Culture 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.

#### **Recruitment and appointment of Trustees**

The board regularly reviews the range of skills required and present on the board, and recruits to fill gaps accordingly. Trustees are appointed by resolution of the Board, following an interview process with relevant members of the board. Trustees are appointed for an initial period of three years and may be appointed for up to two further period of three years. Service beyond this period would only be on an exceptional basis and by agreement with a minimum of 75% of the other Trustees.

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.

## **MIND IN HARINGEY**

### **TRUSTEES' REPORT 2024/25**

#### **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**

It was a challenging operational year with tight funding that resulted in the Charity recording a deficit for the second year in a row after many years of operational surplus. Despite this, the Board of Trustees is of the opinion that MiH continues to be a going concern. At the end of March 2025, the charity was holding unrestricted reserves of £176k and a cash balance of £533k. Although we have lost some income, particularly from Contract income, our Mental Health First Aid training, and Counselling, we have won a few 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.

During the year, the Charity paid £15,000 to a registered Charity Father 2 Father as part of the delivery of the project 'Men Chat Too'. One of the Trustees, Courtney Brown, is also the Chief Executive Officer of Father 2 Father.

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.

##### **Financial Review**

The charity recorded a deficit for the year of -£75,107 (2024: Deficit of £96,839). The unrestricted deficit was £36,782 (2024: Deficit of £82,175). The total income for the year was £1,417,265 (2024: £1,269,055) and the total expenditure for the year was £1,492,372 (2024: £1,365,894).

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 2025/26 are

## **MIND IN HARINGEY**

### **TRUSTEES' REPORT 2024/25**

£450,651 of which unrestricted reserves are £175,524. Unrestricted reserves are equivalent to approximately 10 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 2024/25**

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 26 November 2025 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 2025 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 2025 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](http://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: 8 December 2025

**MIND in Haringey**  
**Statement of financial activities**  
(including an income and expenditure account)  
**For the year ended 31 March 2025**

	Note	Unrestricted Funds £	Restricted Funds £	2025 Funds £	2024 Funds £
<b><u>Income from:</u></b>					
Donations	3	9,551	-	9,551	8,108
Charitable Activities	4	107,434	1,228,471	1,335,905	1,200,733
Other Trading Activities	5	59,002	-	59,002	49,058
Investment Income	6	12,807	-	12,807	11,156
<b>Total income</b>		<b>188,794</b>	<b>1,228,471</b>	<b>1,417,265</b>	1,269,055
<b><u>Expenditure on:</u></b>					
Fundraising	7	16,858	-	16,858	6,709
Charitable activities	7	319,375	1,156,139	1,475,514	1,359,185
<b>Total expenditure</b>		<b>336,233</b>	<b>1,156,139</b>	<b>1,492,372</b>	1,365,894
<b>Net income / (expenditure) for the year</b>		<b>(147,439)</b>	<b>72,332</b>	<b>(75,107)</b>	(96,839)
Transfers between funds	16	110,657	(110,657)	-	-
<b>Net movement in funds</b>		<b>(36,782)</b>	<b>(38,325)</b>	<b>(75,107)</b>	(96,839)
<b><u>Reconciliation of funds:</u></b>					
Total funds brought forward	16	212,306	313,452	525,758	622,597
<b>Total funds carried forward</b>		<b>175,524</b>	<b>275,127</b>	<b>450,651</b>	525,758

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 2025**

	Note	2025 £	2024 £
<b>Tangible fixed assets</b>	<b>11</b>	<b>21,334</b>	8,367
<b>Current assets:</b>			
Debtors	12	140,879	241,068
Cash at bank and in hand		<u>533,257</u>	<u>387,816</u>
		<b>674,136</b>	628,884
<b>Creditors: amounts falling due within one year</b>	<b>13</b>	<u><b>(244,819)</b></u>	<u>(111,493)</u>
Net current assets		<u><b>429,317</b></u>	<u>517,391</u>
<b>Net assets</b>	<b>14</b>	<u><u><b>450,651</b></u></u>	<u><u>525,758</u></u>
<b>Funds</b>			
Restricted funds		<b>275,127</b>	313,452
Unrestricted funds:			
General fund		<u><b>175,524</b></u>	<u>212,306</u>
<b>Total funds</b>	<b>16</b>	<u><u><b>450,651</b></u></u>	<u><u>525,758</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 26 November 2025 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 2025**

	Note	2025 £	2025 £	2024 £	2024 £
<b>Cash flows from operating activities:</b>					
Net cash provided by / (used in) operating activities	18		150,120		(139,633)
<b>Cash flows from investing activities:</b>					
Interest/ rent/ dividends from investments		12,807		11,156	
Sale/ (purchase) of fixed assets		(17,486)		-	
<b>Cash provided by / (used in) investing activities</b>			(4,679)		11,156
<b>Change in cash and cash equivalents in the year</b>			145,441		(128,477)
Cash and cash equivalents at the beginning of the year			387,816		516,293
<b>Cash and cash equivalents at the end of the year</b>			<b>533,257</b>		<b>387,816</b>

**MIND in Haringey**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

---

**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 payable by the bank.

**MIND in Haringey**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

---

**1. Accounting policies (continued)**

**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.

**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 headings:

- 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 costs.

**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.

**MIND in Haringey**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

---

**1. Accounting policies (continued)**

**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 discounts due.

**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	2024 Total
	£	£	£
<b><u>Income from:</u></b>			
Donations	8,108	-	<b>8,108</b>
Charitable Activities	122,112	1,078,621	<b>1,200,733</b>
Other Trading Activities	49,058	-	<b>49,058</b>
Investment Income	11,156	-	<b>11,156</b>
<b>Total income</b>	<b>190,434</b>	<b>1,078,621</b>	<b>1,269,055</b>
<b><u>Expenditure on:</u></b>			
Fundraising	6,709	-	<b>6,709</b>
Charitable activities	398,092	961,093	<b>1,359,185</b>
<b>Total expenditure</b>	<b>404,801</b>	<b>961,093</b>	<b>1,365,894</b>
<b>Net income / (expenditure) for the year</b>	<b>(214,367)</b>	<b>117,528</b>	<b>(96,839)</b>
Transfers between funds	132,192	(132,192)	-
<b>Net movement in funds</b>	<b>(82,175)</b>	<b>(14,664)</b>	<b>(96,839)</b>
<b><u>Reconciliation of funds:</u></b>			
Total funds brought forward	294,481	328,116	<b>622,597</b>
<b>Total funds carried forward</b>	<b>212,306</b>	<b>313,452</b>	<b>525,758</b>

**MIND in Haringey**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

**3. Income from donations**

	Unrestricted	Restricted	2025 Total	2024 Total
	£	£	£	£
Donations	9,551	-	<b>9,551</b>	8,108
	<u>9,551</u>	<u>-</u>	<u><b>9,551</b></u>	<u>8,108</u>

**4. Income from charitable activities**

	Unrestricted	Restricted	2025 Total	2024 Total
	£	£	£	£
Cost of Living Crisis	-	2,000	2,000	24,315
Go Active Project	-	-	-	3,000
Project Heal	-	28,750	28,750	-
Street Aunties Project	-	26,503	26,503	36,785
Federation 4 Health	-	33,320	<b>33,320</b>	27,370
Counselling	38,680	-	<b>38,680</b>	52,669
Reach & Connect	-	81,850	<b>81,850</b>	87,867
Men Chat Too Haringey	-	22,800	<b>22,800</b>	7,600
Support Self Help (SSH)	-	30,871	<b>30,871</b>	17,436
Support for Residence	-	-	-	-
Support for Afghan Families	-	-	-	-
Black Thrive Haringey	-	124,910	<b>124,910</b>	133,417
Generation Girl Haringey	-	-	-	8,333
Groundwork UK	-	75,938	<b>75,938</b>	-
Young Care Leavers	-	-	-	9,000
Hornsey Charity HPC	-	10,769	<b>10,769</b>	10,155
Youth Future Partnership	-	3,670	<b>3,670</b>	11,010
ScrewFix Foundation	-	-	-	4,390
Middlesex Care Coordinator	-	45,248	<b>45,248</b>	46,012
NHS Charities Inequalities Project	-	-	-	18,997
MyEnd VRU	-	31,771	<b>31,771</b>	-
MyEnd (Home Cooked)	-	10,000	<b>10,000</b>	37,750
Mental Wellbeing Theme Project	-	109,000	<b>109,000</b>	107,995
Business Development Project	-	-	-	17,750
Suicide Prevention	-	10,000	<b>10,000</b>	10,000
Fundraising	-	-	-	-
Garfield Weston	14,853	-	<b>14,853</b>	-
Haringey Wellbeing Network	-	311,443	<b>311,443</b>	309,961
Project Future	-	33,423	<b>33,423</b>	12,251
VCS Project HCC	-	80,205	<b>80,205</b>	-
Safe Haven	-	156,000	<b>156,000</b>	159,367
Training & Consultancy	53,901	-	<b>53,901</b>	47,303
<b>Total</b>	<u>107,434</u>	<u>1,228,471</u>	<u><b>1,335,905</b></u>	<u>1,200,733</u>

**MIND in Haringey**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

5. Income from other trading activities	Unrestricted	Restricted	2025	2024
	£	£	Total	Total
	-	-	-	-
Central Services	2,635	-	<b>2,635</b>	2,800
Station House Rental Income	10,120	-	<b>10,120</b>	10,316
Fundraising	46,247	-	<b>46,247</b>	35,942
	<b>59,002</b>	-	<b>59,002</b>	<b>49,058</b>

6. Income from investments	Unrestricted	Restricted	2025	2024
	£	£	Total	Total
Bank interest	12,807	-	<b>12,807</b>	11,156
	<b>12,807</b>	-	<b>12,807</b>	<b>11,156</b>

**MIND in Haringey**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

**7. Analysis of expenditure**

	<b>Basis of allocation</b>	<b>Cost of raising funds £</b>	<b>Charitable activities £</b>	<b>Support costs £</b>	<b>Governance £</b>	<b>2025 £</b>	<b>2024 £</b>
Staff costs	Direct	-	824,626	73,706	-	<b>898,332</b>	824,056
		-	-	-	-	-	-
Direct costs	Direct	16,858	456,189	-	-	<b>473,047</b>	382,909
		-	-	-	-	-	-
Support costs	Staff time	-	-	117,573	-	<b>117,573</b>	155,509
		-	-	-	-	-	-
Audit Fees		-	-	-	3,420	<b>3,420</b>	3,420
		<b>16,858</b>	<b>1,280,815</b>	<b>191,279</b>	<b>3,420</b>	<b>1,492,372</b>	<b>1,365,894</b>
Support costs allocation		-	191,279	(191,279)		-	-
Audit Fees		-	3,420	-	(3,420)	-	-
<b>Total expenditure 2025</b>		<b>16,858</b>	<b>1,475,514</b>	<b>-</b>	<b>-</b>	<b>1,492,372</b>	<b>1,365,894</b>
Total expenditure 2024		<u>6,709</u>	<u>1,359,185</u>	<u>-</u>		<u>1,365,894</u>	

Of the total expenditure; £336,233 was unrestricted (2024: £404,801) and £1,156,139 was restricted (2024: £961,093).

**MIND in Haringey**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

---

**8. Net income/(expenditure) for the year**

This is stated after charging:

	<b>2025</b>	2024
	£	£
Depreciation	<b>4,519</b>	2,445
Auditors' remuneration — audit	<b>4,200</b>	4,000
Operating lease rentals — property	<b>18,500</b>	18,500
	<b><u>18,500</u></b>	<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**

	<b>2025</b>	2024
	£	£
Salaries and wages	<b>798,517</b>	723,133
Social security costs	<b>67,051</b>	60,966
Pension costs	<b>29,055</b>	28,421
Recruitment	<b>2,479</b>	2,876
Access to Work	-	3,102
Training & CPD	<b>1,230</b>	5,558
	<b><u>898,332</u></b>	<u>824,056</u>

No employee received remuneration in excess of £60,000 in the year (2024: none).

The total employee benefits including pension contributions of the key management personnel were £126,024 (2024: £126,024).

The charity trustees were not paid or received any other benefits from employment with the Charity in the year (2024: £nil) neither were they reimbursed expenses during the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

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

	<b>2025</b>	2024
	No.	No.
Charitable Activities	<b>33</b>	31
Support	<b>4</b>	4
	<b><u>37</u></b>	<u>35</u>

**MIND in Haringey**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

**11. Tangible fixed assets**

	Improvements of leasehold premises £	Furniture, fittings and equipment £	Total £
<b>Cost:</b>			
At 1 April 2024	34,932	39,696	<b>74,628</b>
Additions	-	17,486	<b>17,486</b>
At 31 March 2025	<u>34,932</u>	<u>57,182</u>	<b><u>92,114</u></b>
<b>Depreciation:</b>			
At 1 April 2024	28,586	37,675	<b>66,261</b>
Charges in year	1,269	3,250	<b>4,519</b>
At 31 March 2025	<u>29,855</u>	<u>40,925</u>	<b><u>70,780</u></b>
<b>Net Book Value:</b>			
<b>At 31 March 2025</b>	<u>5,077</u>	<u>16,257</u>	<b><u>21,334</u></b>
At 31 March 2024	<u>6,346</u>	<u>2,021</u>	8,367

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

**12. Debtors**

	2025 £	2024 £
Grants, Contract Income & Other Receivables	<b>129,396</b>	233,735
Accrued Income	<b>2,509</b>	-
Prepayments	<b>8,974</b>	7,333
	<u><b>140,879</b></u>	<u><b>241,068</b></u>

**13. Creditors: amounts falling due within one year**

	2025 £	2024 £
Other Creditors (Trade Creditors and Payroll Clearing)	<b>68,907</b>	9,597
Taxation and Social Security	<b>15,999</b>	18,777
Accruals	<b>44,815</b>	4,080
Deferred Income	<b>115,098</b>	79,039
	<u><b>244,819</b></u>	<u><b>111,493</b></u>

**MIND in Haringey**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

---

**14. Analysis of net assets between funds - 2025**

	<b>Restricted funds £</b>	<b>General funds £</b>	<b>Total funds £</b>
Tangible fixed assets	21,334	-	<b>21,334</b>
Current assets	253,793	420,343	<b>674,136</b>
Current liabilities	-	(244,819)	<b>(244,819)</b>
	<u>275,127</u>	<u>175,524</u>	<b><u>450,651</u></b>

Analysis of net assets between  
funds - 2024

	Restricted funds £	General fund £	Total funds £
Tangible fixed assets	8,367	-	<b>8,367</b>
Current assets	305,085	323,799	<b>628,884</b>
Current liabilities	-	(111,493)	<b>(111,493)</b>
	<u>313,452</u>	<u>212,306</u>	<b><u>525,758</u></b>

**15. Pension scheme**

The Charity operates a Defined Contribution Pension Scheme. All staff eligible have been registered. Pension contributions owed as at 31.03.25 £Nil (2024: £3,974).

**MIND in Haringey**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

**16. Movement in funds 2025**

	At 1 April 2024	Income	Expenditure	Transfers	At 31 March 2025
	£	£	£	£	£
<b>Restricted Funds:</b>					
Cost of Living Crisis	9,844	2,000	(7,505)	-	4,339
Project Heal	-	28,750	(25,754)	-	2,996
Street Aunties Project	1,925	26,503	(27,331)	(1,000)	97
Federation 4 Health	8,444	33,320	(26,753)	(6,567)	8,444
Reach & Connect	-	81,850	(75,262)	-	6,588
Men Chat Too Haringey	7,563	22,800	(25,100)	(3,450)	1,813
Support Self Help (SSH)	6,849	30,871	(26,018)	(4,631)	7,071
Support for Residence	3,657	-	(11)	-	3,646
Support for Afghan Families	2,952	-	-	-	2,952
Black Thrive Haringey	50,074	124,910	(118,878)	(12,000)	44,106
Groundwork UK	-	75,938	(58,452)	-	17,486
Young Care Leavers	4,410	-	(1,539)	-	2,871
Hornsey Charity HPC	-	10,769	(9,059)	-	1,710
Youth Future Partnership	4,073	3,670	(4,202)	(3,541)	-
Middlesex Care Coordinator	13,657	45,248	(39,115)	(10,400)	9,390
MyEnd VRU	-	31,771	(22,627)	(8,083)	1,061
MyEnd (Home Cooked)	17,467	10,000	(24,506)	(1,500)	1,461
Mental Wellbeing Theme Project	589	109,000	(94,902)	(2,124)	12,563
Suicide Prevention	7,553	10,000	(5,796)	(2,000)	9,757
Haringey Wellbeing Network	845	311,443	(300,196)	(10,240)	1,852
Project Future	103,715	33,423	(62,256)	(12,255)	62,627
VCS Project HCC	-	80,205	(71,189)	(9,016)	-
Safe Haven	69,835	156,000	(129,688)	(23,850)	72,297
<b>Total Restricted Funds</b>	<b>313,452</b>	<b>1,228,471</b>	<b>(1,156,139)</b>	<b>(110,657)</b>	<b>275,127</b>
<b>Unrestricted Funds</b>					
General Fund	212,306	188,794	(336,233)	110,657	175,524
<b>Total Unrestricted Funds</b>	<b>212,306</b>	<b>188,794</b>	<b>(336,233)</b>	<b>110,657</b>	<b>175,524</b>
<b>Total Funds</b>	<b>525,758</b>	<b>1,417,265</b>	<b>(1,492,372)</b>	<b>-</b>	<b>450,651</b>

**MIND in Haringey**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

**17 Movement in funds 2024**

	t 1 April 2023	Income	Expenditure	Transfers	At 31 March 2024
	£	£	£	£	£
<u>Restricted Funds:</u>					
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
<b>Total Restricted Funds</b>	<b>328,116</b>	<b>1,078,621</b>	<b>(961,093)</b>	<b>(132,192)</b>	<b>313,452</b>
<u>Unrestricted Funds</u>					
General Fund	294,481	190,434	(404,801)	132,192	212,306
<b>Total Unrestricted Funds</b>	<b>294,481</b>	<b>190,434</b>	<b>(404,801)</b>	<b>132,192</b>	<b>212,306</b>
<b>Total Funds</b>	<b>622,597</b>	<b>1,269,055</b>	<b>(1,365,894)</b>	<b>-</b>	<b>525,758</b>

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 2025**

---

**18 Reconciliation of net income / (expenditure) to net cash flow from operating activities**

	<b>2025</b>	2024
	<b>£</b>	<b>£</b>
<b>Net income / (expenditure) for the reporting period (as per the statement of financial activities)</b>	(75,107)	(96,839)
Depreciation	4,519	2,445
Interest, rent and dividends from investments	(12,807)	(11,156)
(Increase)/ decrease in debtors	100,189	(70,718)
Increase/ (decrease) in creditors	133,326	36,635
<b>Net cash provided by / (used in) operating activities</b>	<b><u>150,120</u></b>	<b><u>(139,633)</u></b>

**19 Related Party Transactions**

During the year, the Charity paid £15,000 to a registered Charity Father 2 Father as part of the delivery of the project 'Men Chat Too'. One of the trustees, Courtney Brown, is also the Chief Executive Officer of Father 2 Father (2024: None).