

REGISTERED COMPANY NUMBER: 04746078 (England and Wales)
REGISTERED CHARITY NUMBER: 1101678

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31st March 2018
for
MIND IN MID HERTS

MIND IN MID HERTS

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FOR THE YEAR ENDED 31ST MARCH 2018

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MIND IN MID HERTS

Report of the Trustees **FOR THE YEAR ENDED 31ST MARCH 2018**

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st March 2018. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity's objectives are to promote the preservation and the safeguarding of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment, in association with the National Association for Mental Health ("National MIND") and in accordance with the aims and objectives of National MIND.

Public benefit

The Trustee Board has considered the Charity Commission's public benefit guidance and is satisfied that the objectives and activities of the charity as described below meet the public benefit requirement.

MIND IN MID HERTS

Report of the Trustees **FOR THE YEAR ENDED 31ST MARCH 2018**

ACHIEVEMENT AND PERFORMANCE

Review Of Activities During 1st April 2017 To 31st March 2018

Mind in Mid Herts (MiMH) has continued to run a range of projects and services in furtherance of our objectives, including:

Social Support St Albans: People can self-refer to this project, we also take referrals from GP's, CGL, NHS Targeted Treatment Teams and other community services. We offer a range of activities such as Creative writing, Art, Crafts, Music, Motivational Support, Drama, Women's group, Peer Support and Drop In's. These activities are designed to aid recovery, maintain wellbeing and reduce readmissions to hospital. Staff at MiMH work alongside the local NHS Support Treatment and targeted treatment teams (previously known as Community Mental Health Team, CMHT); together they identify needs and a care plan for the individual. Our aim is to promote social inclusion and raise levels of confidence. We receive excellent feedback from the people who use this service having their voice heard at regular forums. We also run monthly Carers group and an OCD group on Thursday evenings. This St Albans service compliments Stepping stones and has received 276 new referrals running 951 groups and 74% of those people attending the groups reported that they are now managing their mental health better.

Stepping stones: This project is based on the acute wards; Albany Lodge in St Albans, Aston Ward and Adult Day Treatment Unit (ADTU) in Stevenage. On the wards staff and volunteers provide information sessions which signpost people to the appropriate community support on their discharge. Where possible we try to work with people on the ward so that they get to know us and feel comfortable coming to Mind in Mid Herts to join in activities when they have unescorted leave, we also provide one to one support both on the wards and at the point of discharge. This has proven to be very valued. The aim of this project is to reduce re admissions to hospital. It is difficult to calculate how many people have been advised, signposted and supported on the wards but we have delivered 483 one to one sessions and 70% of those people reported they are managing their mental health better, they feel less isolated and have improved feelings of self-worth.

Vocational Support (previously known as Way2Work): provides support to people experiencing mental health problems to get into paid employment, voluntary work or education. People can self-refer, be referred by their GP, other primary care workers, Job Centre Plus or by the NHS Targeted Treatment Teams. We have also collaborated with Oaklands College to deliver workshops. There were 84 new referrals and over 70% of those people reported improved feelings of self-worth. Support is flexible and enables people to set their own goals, whether that just be getting work ready, Volunteering or going back in to Education. It includes:

- Help and advice with job searching, writing a CV, completing application forms and preparing for interviews
- Support with returning to work after a period of sick leave
- One to one support to increase confidence and motivation to identify skills.
- Support in securing a voluntary position
- Support with getting back in to education
- Workshops such as CV Writing, Interview Skills, 5 Ways to Wellbeing course (this helps people to see the bigger picture of how we can all grow and connect).

This project is open to people in St Albans, Stevenage, Hatfield and Welwyn Garden City however people do need to be able to travel to St Albans to access the project in person.

Psychological Therapies: MiMH offers individual, couple and family counselling to people with mental health problems and their families and carers. We offer early intervention to those suffering with stress and part of this is offering one off consultations. All clients are invited to a first meeting in order to determine what kind of talking therapy would be most useful. We initially offer 6 sessions in order to establish whether counselling is going to be useful. Some people only require these 6 sessions, others may need a different form of therapy/counselling and yet others may need more than the initial six. For those with long enduring complex mental health problems, 6 sessions are not adequate. We have 25 diverse volunteer counsellors who practice a variety of different methods of talking therapies - solution focussed brief therapy (4 sessions), systemic, psychodynamic, gestalt, cognitive behavioural, integrated and we have people completing their Doctorate in Counselling Psychology - and the overall approach of the service is person centred. We also offer a programme of Life Skills courses.

This service has delivered 2031 individual counselling sessions and we continue seeing over 60 counselling clients per week across our three centres. 70% of those people who attended counselling reported improved feelings of self-worth. We use the Increased Access to Psychological Therapies (IAPT) questionnaire to measure outcomes. This questionnaire measures PHQ9 - depression; GAD7 - anxiety; phobias and social and work adjustment. We request the people who use our service complete the questionnaire before counselling begins and when the course of counselling ends so that we can show the improvement made. Also as part of our partnership with Hertfordshire Partnership NHS Foundation Trust (HPFT.), we offer Dynamic Interpersonal therapy.

MIND IN MID HERTS

Report of the Trustees **FOR THE YEAR ENDED 31ST MARCH 2018**

ACHIEVEMENT AND PERFORMANCE

Review Of Activities During 1st April 2017 To 31st March 2018

Stevenage Well Being Centre: The Wellbeing Centre offers a range of Social Support groups such as Art, Creative Writing, Wellbeing Recovery Group, Enrich your Mind, Peer Support, men and women's groups, Drop In's and Life Skills courses. The centre works well with the NHS Targeted Treatment teams, Children's Centres, The Healthy Hub and other community projects. We are offering activities including table tennis, yoga, walking and cycling groups, which are all popular. We continue to plan physical activities to ensure we are providing exercise, which we know improves wellbeing and life chances. We also run an LGBTQ group and a Carers group on alternate Tuesday evenings and Life Skills courses are available as advertised. We have through an innovation grant targeted services for men and this has changed the gender balance in our centres - Our ratio was 60% women and 40% men that has now changed to 45% women and 55% men. We have increased the number of people attending activities from 190 to 386 at the centre running 441 groups/activities and 76% said that they had improved feelings of self-worth.

The Seed Warehouse in Hertford: this centre is open 3 days per week, offering a range of services. Based in the town centre, we aim to help people with mild to moderate mental health issues. 302 groups and activities are offered at Hertford including: advice sessions regarding benefits/budgeting etc. drop in, craft group, Wellbeing Recovery group and Art. Some of the people who use our services and volunteers have also formed a music group which meets once per week, they also busk in Hertford in Mental health awareness week and at Christmas to raise funds for MiMH. 96 people are regularly attending our groups and services and over 90% of those people reported they are managing their mental health better and feel less isolated.

Welwyn Garden City: is open 3 days a week. There are 11 PCs, which are available for people to use to connect to social media, respond to emails or simply just to browse the net. We have also been able to expand the services to include Wellbeing, Walking and creative writing groups. We also provide Life skills courses, which are delivered in partnership with the YMCA. There is currently a Personality Disorder Carers group and a post DBT therapy group that runs on a monthly basis in the evenings. We also run outreach services meeting people closer to their homes in and around Welwyn and Hatfield. 93 people have used this service and 74% of those people attending the groups reported that they are now managing their mental health better.

Out-reach: services in St Albans district, Stevenage, Hertford, North Herts and Welwyn/Hatfield; we have out-reach groups running in Stevenage, Hitchin, Baldock, Royston and Hatfield. We have identified a need to reach out to people where centres do not exist. People's budgets may not stretch to public transport to main town centres or they may be feeling too anxious or just lack confidence going to new places and groups. This service has been designed to bridge the gap from our centres to the more rural locations where services are rare. We offer 6 one to one sessions to build people's confidence close to their home.

Abacus. Unfortunately, this service closed in October last year; it provided financial advice to people. This included debt management and information on benefits. We operated this service in Welwyn, Hatfield and St Albans and worked in partnership with the Money Advice Unit and Citizens Advice Bureau. We have found that generally people who are anxious or have low mood find it difficult to go to new places for advice and delay tackling financial issues. By offering this service, in-house people are accessing the service and getting the advice and support, they need to manage their finances. 884 people benefitted from this service over the 3-year life of the project and the feedback has been excellent.

"The service listens to and understands me...If I went somewhere else they would just think 'Oh, just get on with it" Ms A, Abacus service user.

Spot the Signs: We are delighted to be in partnership with Hertfordshire Partnership NHS Foundation Trust (HPFT) and Herts Mind Network delivering this Suicide prevention project. This campaign and training is aiming to have zero suicides and prevent anyone from feeling/thinking that there is no alternative to taking their own life. This project has trained over 200 GP's in Hertfordshire and is running half and full day training to voluntary and public sector organisations to raise awareness, "talking about suicide prevents suicide". The project also has a coordinator and trainer working in schools and Colleges encouraging everyone to talk about suicide, reducing the stigma and building confidence in professionals working in the caring professions to talk about suicide.

Access Worker: Part of this partnership also sees us employing access workers across Hertfordshire who ensure that everyone knows where to go if they are feeling stressed, worried or generally unhappy. Early intervention is a priority for HPFT and Mind in Mid Herts and this service is promoting all the services available to people and is a great collaboration. The Access worker gives talks, attends public events with stands and information, offering advice on services available to people, bridging the gap between community services.

MiMH also works generally to raise awareness of mental health issues in the community, utilising its centres in St Albans, Welwyn Garden City, Stevenage and Hertford.

MIND IN MID HERTS

Report of the Trustees **FOR THE YEAR ENDED 31ST MARCH 2018**

ACHIEVEMENT AND PERFORMANCE

Review Of Activities During 1st April 2017 To 31st March 2018

MiMH would like to thank the following for their support with grants and funding during the year: Community Wellbeing Team, Adult Care Services, Hertfordshire Partnership NHS Foundation Trust (HPFT), Hertfordshire County Council, Hertfordshire Adult Training, Henry Smith Trust, Comic Relief, Lloyds Bank Foundation, The Childwick Trust, The Morrison's Foundation, National Lottery, Hertfordshire Community Foundation, Post Code Lottery, North Herts District Council, Stevenage Borough Council, St Albans District Council, Welwyn and Hatfield Borough Council and East Herts District Council.

PEOPLE:

The Trustees are grateful for the hard work and commitment of the charity's employees during another challenging but successful year: Sharn Tomlinson CEO, Tracy Marshall Chief Operations Officer, David Brooks Finance Officer, Pam Dhaliwal Head of Services, Adele Hemmings Business Development Officer, Chris Firth Business Support Officer, Nicola Kuklys Training and Development Manager. Projects are supported by staff including Vicky Nunley (Project Officer) Patricia Phoba (Project Officer), Samantha Brown (Project Officer), Clare Strahan, Ian Rees, Ruth Smith Loreta Mattial, Ashley Hodson, Gail Knight, Karen Bates, Marion Ishag, Kimberley Broom in Stevenage, Sandra Logue, Sonia Clark, Nicki Raffo, Patricia Jones, Juliette Horn, Ian Poynter, Clare Goldsmith, Amanda Harris, Catherine James, Sophie Williams, Joanne Williams, Irina Alexa, Nicky Kantura, Ceri Parker, Sue Curtis, Erin Livermore, Sarah Pillay in St Albans, Niki Gordon, Kirsty Ginger in Hertford, Nicky Kuklys, Katy West, Charuni Perera and Naomi Deller (IAPT support worker) Emma Paisley, Siobhan Osgood (Spot the Signs)

As ever, the Trustees wish to express their appreciation for the commitment and enthusiasm of over 80 volunteers who give their time to the charity, and without whom MiMH would be unable to achieve its objectives, in particular David Bell (Volunteer IT Support). In the last quarter, they volunteered over 1550 hours. A Volunteer Coordinator is essential to the smooth running of the organisation. When anyone wishes to volunteer with MiMH, the coordinator will interview them and complete the relevant forms to match their skills to the projects within the organisation. We have volunteers who support administration and all of the projects and activities mentioned in this report. We have links with Volunteer Centres and CVS in our areas and we continue to maintain the 6-point promise Accreditation Scheme.

Finally, the trustees are also grateful for the contributions made by a number of students who have undertaken work placements within the organisation.

MIND IN MID HERTS

Report of the Trustees **FOR THE YEAR ENDED 31ST MARCH 2018**

FINANCIAL REVIEW

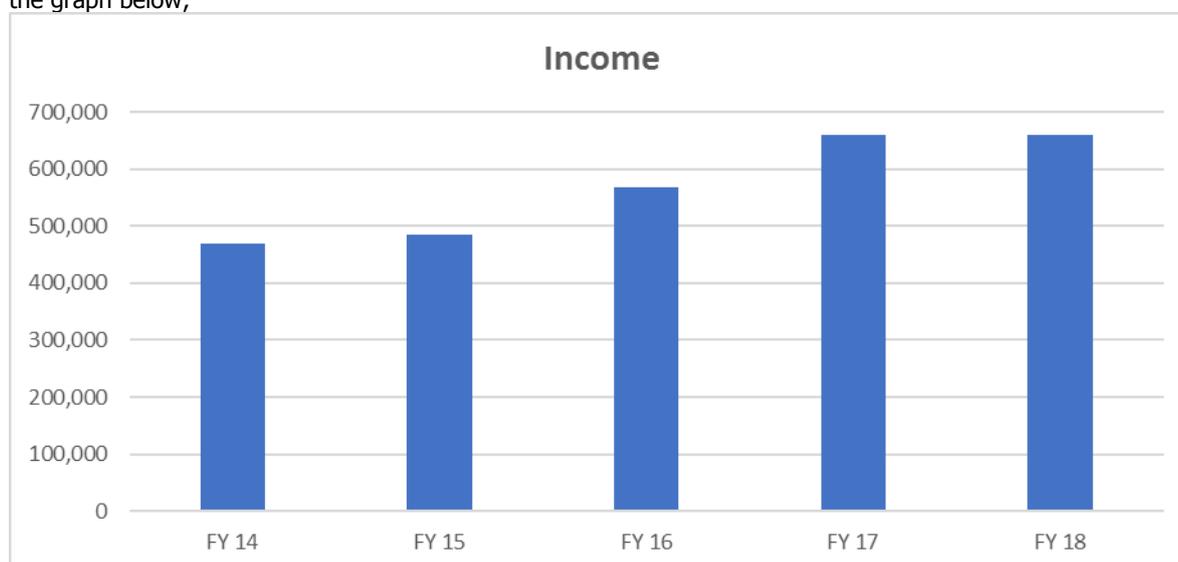
The financial results for the organisation are set out in pages 8 to 22 of this document. As part of our plan for growth the Trustees made the decision to invest a portion of the MiMH reserves to develop our profile and capacity for fundraising and income generation. Investment was also required to upgrade our IT and data systems to ensure GDPR compliance, which was also approved to be drawn from the reserves as part of the 2018 Budget. As a result, we had a planned Budget Deficit for 2018 of £44,920.

The financial challenges faced within both the wider charitable sector and specifically within the health sector are well publicised and continue to be very real and ongoing. To be able to report that we have met our budget in challenging conditions is a positive outcome and is reflective of a number of factors for which we are immensely grateful; the hard work and dedication of our staff and volunteers, the ongoing support of our commissioners and funders and the generosity and enthusiasm of those who have donated time and money to support the work we do.

In relation to the detail of our financial performance we would highlight the following:

Income Statement:

Our income for the year totalled £660,927 (2017 - £661,136), a very slight decrease of 0.0316% over FY17 as shown in the graph below;



Income growth since FY 2014 remains at 41% (£468,676 to £660,927) which is exceptional in the current climate and reflects the continuing hard work at finding and bidding for new funding opportunities. Despite the increasingly challenging funding environment we have still maintained a satisfactory level of grant/bid income in FY18 (decreasing 2.6%). The additional effort devoted to increasing our donations and other fundraising activities has paid off with an increase of 21%.

The income is comprised of grants £546,575, donations and other fundraising activities £111,110 and investment income £3,242.

Looking at expenditure, our total costs for the year were £705,847 comprising payroll costs of £512,858, bidding costs of £24,140 and support costs of £168,848.

Balance Sheet:

Our reserves have decreased to £154,702, reflecting the Trustees' budget deficit decision for the financial year and are held in a mix of investments and cash in bank to meet our ongoing expenditure needs. The reserves policy requires that we hold unrestricted reserves amounting to £100,000 to enable the Charity to ensure service users receive uninterrupted access to service from the contracted and non-contracted (but committed) services for a period of 12 months.

FUTURE PLANS

Our financial strategy is to continue to seek to grow our funding base both through developing our relationships with our existing funding bodies and to seek new funding sources including our voluntary and activity related income. In addition, in the coming financial year the Trustee Board are committed to increasing support to the management team.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity was formed on 28 April 2003 as a company limited by guarantee, governed by its own Memorandum and Articles of Association. It registered with the Charity Commission on 22 January 2004. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in June 2015.

MIND IN MID HERTS

Report of the Trustees **FOR THE YEAR ENDED 31ST MARCH 2018**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Board comprises up to 11 trustees, each trustee either being selected at the annual general meeting, or co-opted by the Trustee Board. The latter may not exceed one-third of the total number of trustees.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04746078 (England and Wales)

Registered Charity number

1101678

Registered office

11 Hatfield Road
St. Albans
Hertfordshire
AL1 3RR

Trustees

Neil Kavin Margereson	
Paul Ronald (Chair)	
Denis Damian Keegan	- resigned 16.5.18
Jennifer Helen Burley	- resigned 16.5.18
Matthew Anthony Caffrey	
Amanda Jane Johnson	
John Daniel Bollada	- resigned 4.10.17
Alexis Louise Ernst	
Peter Michael Walsh	
Tracey Avison	- resigned 1.7.17
Jessica Rose Attard	
Nina Ziaullah	- appointed 7.11.17
Joanna Couchman	
Rose Beynon Dupuy	- appointed 7.11.17

Company Secretary

Joanna Couchman

Independent examiner

Daniel Wolfson FCA
ICAEW
Daniel Wolfson & Co Ltd
Chartered Accountants
34a Watling Street
Radlett
Hertfordshire
WD7 7NN

Legal Advisors

Debenhams Ottaway
Ivy House
107 St Peter's Street
St Albans
Hertfordshire
AL1 3EW

MIND IN MID HERTS

Report of the Trustees **FOR THE YEAR ENDED 31ST MARCH 2018**

REFERENCE AND ADMINISTRATIVE DETAILS

Accountants

Daniel Wolfson & Co Ltd
34a Watling Street
Radlett, Herts
WD7 7NN

Bankers

CAF Bank Limited
P O Box 289
West Malling
Kent
ME19 4TA

PEOPLE

The Trustees are grateful for the hard work of the charity's employees during another challenging but successful year: Sharn Tomlinson CEO, Tracy Marshall, Chief Operations Officer, Christopher Bland Wellbeing Manager, Sonia Clarke Training and Development Manager which includes Volunteer Co-ordination, and David Brooks (Finance Officer). Projects are supported by staff including Mark Mills (Senior Project Officer), Clare Strahan, Alison Caisley, Jane O'Sullivan, Marion Ishag, Vicky Nunley, Ian Rees, Ruth Smith, Karen Bates, Lynn Hardiman, Katrina Moore, Kim Broom, Andrew Dale, Peter Bowman, Loreta Martinaityte, Jan Crawley in Stevenage, Sandra Sirykaite, Farah Mahmood, Nicki Raffo, Patricia Jones, Juliette Horn, Catherine James, Sophie Williams, Danielle Simpson, Jo Walter, Stephanie Clarke, Ian Poynter, Sarah Pillay, Zara Khan, Patricia Phoba, Claire Goldsmith, Amanda Harris, Joanne Williams, Sue Curtis in St Albans, Niki Gordon, Emma Vincent in Hertford, Nicky Kuklys, Samantha Brown, Emma Paisley and Nadia Bactawar (IAPT support worker) Charuni Perera, Siobhan Osgood (Spot the Signs), Melissa Matkin and Adele Hemmings (Abacus), Chris Firth (Project Officer), Emily Hickson at Welwyn Garden City.

In addition, the Trustees wish to express their appreciation for their commitment.

As ever, the Trustees wish to express their appreciation for the commitment and enthusiasm of over 80 volunteers who give their time to the charity, and without whom MiMH would be unable to achieve its objectives, in particular David Bell (Volunteer IT Support).

Finally, the trustees are also grateful for the contributions made by a number of students who have undertaken work placements within the organisation.

Approved by order of the board of trustees on 6th November 2018 and signed on its behalf by:

Paul Ronald (Chair) - Trustee

**Independent Examiner's Report to the Trustees of
Mind In Mid Herts**

Independent examiner's report to the trustees of Mind In Mid Herts ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st March 2018.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

Daniel Wolfson FCA
ICAEW
Daniel Wolfson & Co Ltd
Chartered Accountants
34a Watling Street
Radlett
Hertfordshire
WD7 7NN

6th November 2018

MIND IN MID HERTS

Statement of Financial Activities
FOR THE YEAR ENDED 31ST MARCH 2018

		Unrestricted fund £	Restricted fund £	Total funds £	2017 Total funds £
	Not es				
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	53,313	-	53,313	31,784
Charitable activities	5				
Grants		-	546,575	546,575	582,442
Other trading activities	3	57,797	-	57,797	39,798
Investment income	4	<u>3,242</u>	<u>-</u>	<u>3,242</u>	<u>7,112</u>
Total		114,352	546,575	660,927	661,136
EXPENDITURE ON					
Raising funds		18,279	42,172	60,451	71,662
Charitable activities	6				
Management and administration		73,117	72,130	145,247	120,282
Cost of activities in furtherance of the charity objectives:		<u>64,458</u>	<u>435,691</u>	<u>500,149</u>	<u>463,330</u>
Total		155,854	549,993	705,847	655,274
NET INCOME/(EXPENDITURE)					
		(41,502)	(3,418)	(44,920)	5,862
Transfers between funds	17	<u>1,335</u>	<u>(1,335)</u>	<u>-</u>	<u>-</u>
Net movement in funds		(40,167)	(4,753)	(44,920)	5,862
RECONCILIATION OF FUNDS					
Total funds brought forward		194,869	4,753	199,622	193,760
TOTAL FUNDS CARRIED FORWARD		<u>154,702</u>	<u>-</u>	<u>154,702</u>	<u>199,622</u>

The notes form part of these financial statements

MIND IN MID HERTS

**Statement of Financial Position
AT 31ST MARCH 2018**

		Unrestricted fund	Restricted fund	Total	2018 funds	2017 Total	funds
	Not es	£	£		£		£
FIXED ASSETS							
Tangible assets	11	3,337	-		3,337		1,552
Investments	12	<u>71,906</u>	-		<u>71,906</u>		<u>69,520</u>
		75,243	-		75,243		71,072
CURRENT ASSETS							
Debtors	13	6,388	8,913		15,301		12,255
Investments	14	76,541	-		76,541		75,753
Cash at bank and in hand		<u>4,668</u>	<u>24,977</u>		<u>29,645</u>		<u>121,916</u>
		87,597	33,890		121,487		209,924
CREDITORS							
Amounts falling due within one year	15	<u>(8,138)</u>	<u>(33,890)</u>		<u>(42,028)</u>		<u>(81,374)</u>
NET CURRENT ASSETS							
		<u>79,459</u>	-		<u>79,459</u>		<u>128,550</u>
TOTAL ASSETS LESS CURRENT LIABILITIES							
		<u>154,702</u>	-		<u>154,702</u>		199,622
NET ASSETS							
		<u>154,702</u>	-		<u>154,702</u>		<u>199,622</u>
FUNDS							
Unrestricted funds	17				154,702		194,869
Restricted funds					-		<u>4,753</u>
TOTAL FUNDS							
					<u>154,702</u>		<u>199,622</u>

The notes form part of these financial statements

MIND IN MID HERTS

Statement of Financial Position - continued
AT 31ST MARCH 2018

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2018 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on 6th November 2018 and were signed on its behalf by:

Paul Ronald (Chair) -Trustee

MIND IN MID HERTS

Statement of Cash Flows
FOR THE YEAR ENDED 31ST MARCH 2018

	Notes	2018 £	2017 £
Cash flows from operating activities:			
Cash generated from operations	1	<u>(90,554)</u>	<u>38,794</u>
Net cash provided by (used in) operating activities		<u>(90,554)</u>	<u>38,794</u>
Cash flows from investing activities:			
Purchase of tangible fixed assets		<u>(4,638)</u>	(735)
Current asset investments		-	880
Tangible assets		<u>2,921</u>	<u>572</u>
Net cash provided by (used in) investing activities		<u>(1,717)</u>	<u>717</u>
Change in cash and cash equivalents in the reporting period		<u>(92,271)</u>	39,511
Cash and cash equivalents at the beginning of the reporting period		<u>121,916</u>	<u>82,405</u>
Cash and cash equivalents at the end of the reporting period		<u>29,645</u>	<u>121,916</u>

The notes form part of these financial statements

MIND IN MID HERTS

Notes to the Statement of Cash Flows
FOR THE YEAR ENDED 31ST MARCH 2018

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2018	2017
	£	£
Net income/(expenditure) for the reporting period (as per the statement of financial activities)	(44,920)	5,862
Adjustments for:		
Interest received	(3,242)	(7,112)
(Increase)/decrease in debtors	(3,046)	13,473
(Decrease)/increase in creditors	(39,346)	<u>26,571</u>
Net cash provided by (used in) operating activities	<u>(90,554)</u>	<u>38,794</u>

MIND IN MID HERTS

Notes to the Financial Statements **FOR THE YEAR ENDED 31ST MARCH 2018**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Raising funds

Raising funds includes all expenditure incurred by the charity to raise funds for its charitable purposes and includes costs of all fundraising activities, events and non-charitable trading.

Allocation and apportionment of costs

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, and others are apportioned on an appropriate basis.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off the cost or valuation of each asset less any estimated residual value, over its estimated useful life.

Fixtures and fittings	- Straight line over 3 years
Computer equipment	- Straight line over 3 years

Individual fixed assets costing £100 or more are capitalised and recorded at cost.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Operating leases

Rentals payable under operating leases are charged in the statement of financial activities on a straight line basis over the lease term.

Investments

Investments held as fixed assets are revalued at mid-market value at the balance sheet date and the gain or loss taken to the Statement of Financial Activities.

MIND IN MID HERTS

Notes to the Financial Statements - continued
FOR THE YEAR ENDED 31ST MARCH 2018

2. DONATIONS AND LEGACIES

	2018	2017
	£	£
Gifts	-	-
Donations	53,307	31,776
Membership fees	<u>6</u>	<u>8</u>
	<u>53,313</u>	<u>31,784</u>

3. OTHER TRADING ACTIVITIES

	2018	2017
	£	£
Sundry income	<u>57,797</u>	<u>39,798</u>

4. INVESTMENT INCOME

	2018	2017
	£	£
Increase in market value of investments	2,386	6,214
Interest receivable - trading	<u>856</u>	<u>898</u>
	<u>3,242</u>	<u>7,112</u>

5. INCOME FROM CHARITABLE ACTIVITIES

	2018	2017
	£	£
Grants	<u>546,575</u>	<u>582,442</u>

MIND IN MID HERTS

Notes to the Financial Statements - continued
FOR THE YEAR ENDED 31ST MARCH 2018

5. INCOME FROM CHARITABLE ACTIVITIES - continued

Grants received, included in the above, are as follows:

	2018	2017
	£	£
Social support	37,483	65,046
Specialist Groups including Carers- Hertfordshire County Council	49,568	49,570
Hertford - Hertfordshire County Council	33,444	33,446
IAPT- Hertfordshire Partnership Foundation NHS Trust	59,396	57,673
Spot the Signs Hertfordshire Partnership Foundation NHS Trust	31,084	22,110
Psychological Services - NHS/Hertfordshire County Council	65,644	61,222
Stepping Stones - Hertfordshire County Council	28,068	-
St Albans - District Council	-	13,198
Way2Work - Hertfordshire County Council	-	53,916
Welwyn Garden City Office- Hertfordshire County Council	15,136	15,215
Henry Smith Charity	30,000	40,000
Abacus Project- Comic Relief	19,236	34,547
DIT Project	17,150	31,591
Lloyds Foundation	21,381	23,110
Stevenage Hub- Stevenage Borough Council	-	24,248
Community Garden- St Albans District Council	-	5,000
East Herts Council	5,384	2,000
North Herts DC	-	20,750
Post Code Lottery	16,000	2,800
Stevenage Men's Group	20,000	-
Garfield Weston	-	15,000
Welwyn and Hatfield BC	29,000	12,000
Vocational Support	39,916	-
Morrisons Foundation	13,750	-
Childwick Trust	5,000	-
National Lottery	9,935	-
	<u>546,575</u>	<u>582,442</u>

MIND IN MID HERTS

**Notes to the Financial Statements - continued
FOR THE YEAR ENDED 31ST MARCH 2018**

6. ANALYSIS OF TOTAL RESOURCES EXPENDED

	Cost of Generating Funds £	Management & administration £	Cost of activities in furtherance of the charity objectives £	Year Ended 31st March 2018 £
Direct Costs				
Staff costs	36,092	94,398	382,369	512,858
Bidding cost	24,140	-	-	24,140
	<u>60,231</u>	<u>94,398</u>	<u>65,235</u>	<u>536,998</u>
Support Costs				
Premises & Insurance	5,404	14,136	24,511	44,051
IT costs	1,506	3,939	3,372	8,817
Office running costs	7,414	19,392	41,977	68,783
Depreciation	526	1,376	951	2,853
Audit	940	2,460	1,700	5,100
Affiliation fees	733	1,917	1,325	3,975
Consultancy	3,796	9,929	17,187	30,912
Publications	350	915	632	1,897
Other	-	-	2,460	2,460
	<u>20,670</u>	<u>54,064</u>	<u>94,115</u>	<u>168,848</u>
Total	<u>80,901</u>	<u>148,461</u>	<u>476,484</u>	<u>705,846</u>

7. SUPPORT COSTS

Support costs are allocated on estimated time spent on each activity.

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2018	2017
	£	£
Depreciation - owned assets	<u>2,853</u>	<u>1,307</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

The charity paid no salary nor benefits to any trustees for either this year or last.

Trustees' expenses

The charity paid £nil (2017- £nil) towards travel costs of the trustees.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	31,784	-	31,784
Charitable activities			
Grants	-	582,442	582,442
Other trading activities	39,798	-	39,798
Investment income	7,112	-	7,112

MIND IN MID HERTS

Notes to the Financial Statements - continued
FOR THE YEAR ENDED 31ST MARCH 2018

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
Total	78,694	582,442	661,136
EXPENDITURE ON			
Raising funds	15,337	56,325	71,662
Charitable activities			
Management and administration	40,113	80,169	120,282
Cost of activities in furtherance of the charity objectives:	<u>27,725</u>	<u>435,605</u>	<u>463,330</u>
Total	83,175	572,099	655,274
NET INCOME/(EXPENDITURE)	(4,481)	10,343	5,862
Transfers between funds	<u>23,162</u>	<u>(23,162)</u>	-
Net movement in funds	18,681	(12,819)	5,862
RECONCILIATION OF FUNDS			
Total funds brought forward	176,188	17,572	193,760
TOTAL FUNDS CARRIED FORWARD	<u>194,869</u>	<u>4,753</u>	<u>199,622</u>

11. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1st April 2017	16,426	27,973	44,399
Additions	-	<u>4,638</u>	<u>4,638</u>
At 31st March 2018	<u>16,426</u>	<u>32,611</u>	<u>49,037</u>
DEPRECIATION			
At 1st April 2017	15,661	27,186	42,847
Charge for year	<u>520</u>	<u>2,333</u>	<u>2,853</u>
At 31st March 2018	<u>16,181</u>	<u>29,519</u>	<u>45,700</u>
NET BOOK VALUE			
At 31st March 2018	<u>245</u>	<u>3,092</u>	<u>3,337</u>
At 31st March 2017	<u>765</u>	<u>787</u>	<u>1,552</u>

MIND IN MID HERTS

Notes to the Financial Statements - continued
FOR THE YEAR ENDED 31ST MARCH 2018

12. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1st April 2017	69,520
Revaluations	<u>2,386</u>
At 31st March 2018	<u>71,906</u>
 NET BOOK VALUE	
At 31st March 2018	<u>71,906</u>
At 31st March 2017	<u>69,520</u>

There were no investment assets outside the UK.

All investments are held primarily for an investment return.

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2018 £	2017 £
Trade debtors	14,701	11,655
Prepayments and accrued income	<u>600</u>	<u>600</u>
	<u>15,301</u>	<u>12,255</u>

14. CURRENT ASSET INVESTMENTS

	2018 £	2017 £
Investment bond	<u>76,541</u>	<u>75,753</u>

This is a 12 month Bond that is due to mature on 12 October 2018.

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2018 £	2017 £
Trade creditors	-	-
Deferred income	33,890	70,774
Accrued expenses	<u>8,138</u>	<u>10,600</u>
	<u>42,028</u>	<u>81,374</u>

16. LEASING AGREEMENTS

The following operating lease payments are committed to be paid within one year:

	2018 £	2017 £
Expiring: Between one and five years	<u>39,890</u>	<u>29,460</u>

MIND IN MID HERTS

Notes to the Financial Statements - continued
FOR THE YEAR ENDED 31ST MARCH 2018

17. MOVEMENT IN FUNDS

	At 1.4.17 £	Net movement in funds £	Transfers between funds £	At 31.3.18 £
Unrestricted funds				
General fund	194,869	(41,502)	1,335	154,702
Restricted funds				
Grants	4,753	(3,418)	(1,335)	-
TOTAL FUNDS	<u>199,622</u>	<u>(44,920)</u>	<u>-</u>	<u>154,702</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	114,352	(155,854)	(41,502)
Restricted funds			
Grants	546,575	(549,993)	(3,418)
TOTAL FUNDS	<u>660,927</u>	<u>(705,847)</u>	<u>(44,920)</u>

Comparatives for movement in funds

	At 1.4.16 £	Net movement in funds £	Transfers between funds £	At 31.3.17 £
Unrestricted Funds				
General fund	176,188	(4,481)	23,162	194,869
Restricted Funds				
Grants	17,572	10,343	(23,162)	4,753
TOTAL FUNDS	<u>193,760</u>	<u>5,862</u>	<u>-</u>	<u>199,622</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	78,694	(83,175)	(4,481)
Restricted funds			
Grants	582,442	(572,099)	10,343
TOTAL FUNDS	<u>661,136</u>	<u>(655,274)</u>	<u>5,862</u>

MIND IN MID HERTS

Notes to the Financial Statements - continued
FOR THE YEAR ENDED 31ST MARCH 2018

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st March 2018.

19. EMPLOYEES EMOLUMENTS

	2018	2017
	£	£
Salaries and wages	474,410	433,990
Social security costs	26,187	25,094
Employer's pension contributions	5,489	3,813
	<hr/>	<hr/>
Total	506,086	462,897

	2018	2017
	No.	No.
Average number of employees	36	33

The total number of employees receiving emoluments of more than £60,000 amounted to zero (2017: zero).

MIND IN MID HERTS

Detailed Statement of Financial Activities
FOR THE YEAR ENDED 31ST MARCH 2018

	2018	2017
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	-	-
Donations	53,307	31,776
Membership fees	<u>6</u>	<u>8</u>
	53,313	31,784
Other trading activities		
Sundry income	57,797	39,798
Investment income		
Increase in market value of investments	2,386	6,214
Interest receivable - trading	<u>856</u>	<u>898</u>
	3,242	7,112
Charitable activities		
Grants	546,575	<u>582,442</u>
Total incoming resources	660,927	661,136
EXPENDITURE		
Raising donations and legacies		
Fundraising	60,451	71,662
Charitable activities		
Cost of activities in furtherance of the charity's objectives:	500,149	463,330
Support costs		
Management		
Management & administration	145,247	<u>120,282</u>
Total resources expended	705,847	655,274
	_____	_____
Net (expenditure)/income	<u>(44,920)</u>	<u>5,862</u>