



Middlesbrough Mind Limited

(Operating as Middlesbrough and Stockton Mind)

Trustees' Annual Report and Consolidated Financial Statements

For the year ended 31 March 2011

Vision:

Mind's vision is of a society that promotes and protects good mental health for all, and that treats people with experience of mental distress fairly, positively, and with respect.

Charity number 1118098

Company Limited by Guarantee number 5884630

Registered office:

The Mind Centre, 90-92 Lothian Road, Middlesbrough TS4 2QX

Telephone: 01642 257020

Email: info@middlesbroughandstocktonmind.org.uk

Website: www.middlesbroughandstocktonmind.org.uk

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Reference and administrative information

Charity name	Middlesbrough Mind Limited
Operating name	Middlesbrough and Stockton Mind
Charity registration number	1118098
Company registration number	5884630
Registered office	The Mind Centre 90-92 Lothian Road Middlesbrough TS4 2QX
Trustees	Patricia Barrett John Harrison Daniel Maddison re-elected 18 October 2010 Charlie Nettle elected 18 October 2010 Alison Philbey Hugo Pollak Marian Ramsey re-elected 18 October 2010 Susan Ravalde Jon Reeve Rachel Wicks
Chair	Hugo Pollak
Vice Chair	Marian Ramsey
Treasurer	John Harrison
Company Secretary and Chief Executive	Emma Howitt
Bankers	Yorkshire Bank plc Central Branch Linthorpe Road Middlesbrough TS1 1RF
Auditors	S V Bye New Garth House Upper Garth Gardens Guisborough TS14 6HA

Structure, governance and management

Legal status and governing document

Middlesbrough Mind Limited is a charitable company limited by guarantee, incorporated on 24 July 2006. Its governing document is its Memorandum and Articles of Association. Middlesbrough Mind Limited using the operating name of Middlesbrough and Stockton Mind to accurately reflect its on-going work in Stockton-on-Tees local authority area.

Recruitment and appointment of trustees

Trustees are generally recruited through public advertisement to ensure the appropriate mix of skills and knowledge and reflection of the local community. Each year, at the Annual General Meeting, one third of trustees retire and further trustees are appointed by the membership up to the maximum number of ten. Retiring trustees may be re-appointed.

Trustee induction and training

New trustees are provided with information, support and training on their role, including their legal obligations under charity and company laws. They receive an induction and a handbook, which includes a copy of the Memorandum and Articles of Association and all other relevant documents. Trustees are encouraged to attend appropriate internal and external training opportunities to help them contribute as fully as possible to the organisation.

Organisational structure

The Board of Trustees meets monthly to consider governance and strategic issues. The Board works within Good Governance: A Code for the Voluntary and Community Sector. The Chief Executive has delegated responsibility for the operations of the organisation and implementation of the strategic plan, including staff management and fundraising. The Chief Executive reports on progress to the Board of Trustees at their monthly meetings. The Chief Executive is supported by the Senior Management Team.

Trading subsidiary

Middlesbrough Mind Limited has a trading subsidiary company, Middlesbrough and Stockton Mind Trading Limited, which commenced trading during the year. The accounts of the trading company are incorporated within these consolidated accounts.

The Mind Network

Middlesbrough Mind Limited is part of the Mind network through affiliation. This does not impact on Middlesbrough Mind Limited's operational policies.

Relationships with other charities and related parties

Middlesbrough Mind Limited identifies one of its key roles as influencing others for the wider benefit of people who experience mental distress, based on its knowledge of people's experiences locally. We do this by participating in multi-agency partnerships and supporting service users and carers to raise issues themselves.

We work closely with other Mind organisations in the North East of England, Mind (National Association for Mental Health), other local voluntary organisations and other local and regional partners.

Risk management

In line with Charity Commission guidance, Middlesbrough Mind Limited has a Risk Management Policy which identifies all major risks to which the charity is exposed, both internal and external, and identifies appropriate systems and procedures for the management and mitigation of those risks. Risk management systems include a Risk Register, the Business Plan, quality systems, an annual budget approved by the trustees and the identification and management of risks within individual services and projects through delivery plans.

The Trustees' Report

Objectives and activities

The objects of Middlesbrough Mind Limited under its Memorandum and Articles of Association are: to promote the preservation of mental health and to assist in relieving persons suffering from mental disorder or conditions of emotional or mental distress, requiring advice or treatment, in association with Mind and in accordance with the aims and objects of Mind.

Middlesbrough Mind Limited's overall aim is to increase understanding of mental health and well-being, to provide information and support to anyone affected by mental distress and to provide training for others.

In working towards achieving our aim, we have set the following strategic objectives:

- To support people to better mental health and well-being through Middlesbrough and Stockton Mind's existing services
- To support people to better mental health and well-being through the development of new services
- To work alongside people who experience mental distress and their families to influence policy and decision-makers, and wherever possible promote our values of fairness, equality and social justice
- To increase public awareness and understanding of mental health and well-being through the development and provision of high quality mental health training
- To become a more successful organisation, by increasing our efficiency, responsiveness, effectiveness and sustainability.

The ways in which we intend to achieve these objectives are identified in our Business Plan 2010-2013. The charity's activities have been undertaken with due regard to the guidance published by the Charity Commission on public benefit. Services delivered during the current year are listed in the following section.

Achievements and performance

Middlesbrough Mind Limited worked hard to achieve a high level of success and performance during the year. Trustees, staff and volunteers worked together to maximize benefit from the resources the organisation has. We continued to work within Mind's quality system, Quality Management in Mind, to ensure that our organisation had strong and consistent values, high standards of service delivery and was run in a robust way in line with the needs of the local community.

During the year we provided services to 3,848 people. We provided information and support to 2,103 individuals and family members through our direct services, and we provided mental health training to 1,923 people throughout the North East region.

We delivered the following direct services to further our charitable objects and for public benefit:

- **Black and minority ethnic community development work** – the Diverse Minds project worked across Teesside with a wide range of communities to increase awareness of mental health and well-being and improve access to services.
- **Employment Support** - we provided one-to-one, employment support for unemployed people in Middlesbrough who experienced mental health difficulties, often working with those people furthest from the employment market.
- **Information** - we provided a wide range of up-to-date information on mental health issues including different diagnoses, medications and treatments, mental health services, independent voluntary organisations and self-help groups to individuals, families and professionals in Middlesbrough and Stockton.
- **Listening Support** - we provided free, confidential emotional support for adults living in Middlesbrough who were experiencing emotional distress or mental health problems.

- **Mentoring** – we trained and supported volunteers in Stockton to provide supportive mentoring relationships, or partnership, that would help people to look forward in their lives and achieve agreed goals.
- **Outdoor and environmental activities** – we provided support for people in Middlesbrough and Stockton to take part in outdoor activities and be close to nature in order to achieve better mental and emotional health, including allotments schemes, walking groups and conservation work.
- **Psychological therapies** - we provided free, confidential psychological therapies in Middlesbrough as a partner in the Tees Time to Talk service. We provided support with anxiety, depression, confidence and anger as part of the Condition Management programme (part of the Job Centre Plus Pathways to Work programme).
- **Social support** – we provided an open-access, social support service for Middlesbrough residents aged 18 or over experiencing emotional distress or mental health problems which became part of the Living Life partnership service.
- **Support for carers, family members and friends** – we provided information and support, primarily emotional support, for families and friends (carers) of people who experienced mental health problems in Middlesbrough. The service provided an opportunity for carers to talk about any concerns or problems they had, focusing on them rather than the person they care for. The service also provided support at meetings with other professionals and ran a number of support groups.
- **Support for young people** – through TAGS (Talking about Group Support), we provided a group work programme for young people aged 11 to 21 living in Middlesbrough who experienced emotional or mental health difficulties. The programme looked at issues such as depression, anxiety, stress, self-esteem, confidence and coping strategies. From October 2010, we provided an outreach service for young people experiencing mild to moderate emotional and mental health difficulties but not accessing services.
- **Support in criminal justice settings** - we trained and supported volunteers to provide information and support to people who experienced mental health difficulties and were involved with criminal justice services. Projects included counselling services in Holme House and Kirkclevington Prisons and an Appropriate Adult service at Middlesbrough Police Station.
- **User involvement** – we supported people with personal experience of mental health problems and/or use of mental health services in activities to raise awareness around mental health and well-being and to get involved in service evaluation, development and planning.

Our achievements included:

- We significantly progressed our plans to move to premises which would better meet our needs; we agreed terms for the lease of a suitable building from Middlesbrough Council and secured more than £500,000 in funding for refurbishment work. See note under Finance Review below.
- We continued to work in partnership with Middlesbrough Council and Tees Esk and Wear Valleys NHS Trusts on the development of a new model for day services. Our Open Mind social support service moved from the basement on Grange Road to Lothian Road Day Centre as part of the new service model. A partnership agreement for the service was drawn up and a shared Management Group established. We supported service users and their families to engage in the development of the new model for day services, and with other stakeholders they came up with ideas for and chose the new name for the service, Living Life.
- We trained 125 people in Race Equality and Cultural Awareness through the Diverse Minds project.
- We produced a BME and Mental Health Services Directory for Tees.
- We continued to provide our listening support service and secured funding to expand it to include more proactive work and follow up within the service and through outreach work.
- We expanded our training to include a new range of courses, including ASIST and SafeTalk to increase awareness of and skills in supporting people who experience suicidal thoughts, and developed new training targeted at workplaces.
- We developed a pilot training programme for Wellness Recovery Action Planning (WRAP) and secured funding for evaluation.
- From our small Mentoring project in Stockton, three mentees started voluntary work, and five volunteers mentors and one mentee started paid work.

- We trained and support three new staff members as Psychological Wellbeing Practitioner to contribute to Tees Time to Talk, and as a partner organisation continued to proactively contribute to the governance, management and operations of the service.
- The Carers' Support service worked with family carers to organise our second Hearing Voices event in October. Two carers went on to attend hearing voices peer support group training and one of these began volunteering for Mind as family and friends support group facilitator.
- In partnership with carers, Carer Champions and acute wards at Roseberry Park, we used the Triangle of Care, Carers Included document to develop best practice in involving carers in acute mental health care.
- We instigated a pilot service completing carers support plans with carers at one of the community mental health teams. This has already increased the amount of person-centred help and support available to carers, including access to the Carers' Support service, and created new initiatives such as a Personality Disorder family support group.
- We established a volunteer-led Appropriate Adult service in partnership with Cleveland Police and Middlesbrough Council Social Care department to enable police to request an Appropriate Adult from us when working with vulnerable adults.
- We played an instrumental role in the development and launch of NEt – North East together – a regional mental health service user and carer network.
- We held workshops called 'My Perfect Day' to work creatively in helping people think about what recovery and wellbeing means for them. We displayed this work at the 'Stamp out Stigma' event we contributed to through the Middlesbrough Hearts & Minds group in Middlesbrough town centre. 23 organisations came together at the event to tackle stigma and we spoke with over 400 people about mental health and well-being.
- We became a Hate Crime reporting centre to provide support to victims of hate incidents and crimes in a coordinated manner, and contribute to tackling hate crime through multi-agency working.

Financial review

Our income for this financial year was £1,521,006 - an increase of £442,399 on the previous financial year. This mainly reflects funding secured for building refurbishment of £418,750, described below. Other new sources of income included a grant of £106,308 over 3 years from Ecominds, part of the Big Lottery Fund's Changing Spaces programme, and a one-off grant from the Transitions Fund of £73,000.

We spent £918,752 on delivering our projects and services this year, including £7,133 on governance costs, compared to £799,699 in the previous year. Most of our expenditure continues to be in staff costs to deliver services. Expenditure on printing includes the substantial cost of training manuals.

Capital funds

During the year, Middlesbrough Mind Limited signed an agreement to lease premises from Middlesbrough Council at 90-92 Lothian Road, Middlesbrough. These premises required significant refurbishment to meet the organisation's needs. Plans were developed with professional support and funds were raised from a number of sources to undertake the work. Sources of funding included: Middlesbrough Primary Care Trust (£70,000), Middlesbrough Council (£70,000), Tees Esk and Wear Valleys NHS Foundation Trust (£70,000), Social Enterprise Investment Fund (£155,250), Clothworkers Foundation (£30,000), Garfield Weston Foundation (£20,000), William Webster Charitable Trust (£2,500) and Catherine Cookson Charitable Trust (£1,000). The Trustees also designated £60,000 from Middlesbrough Mind Limited's reserves towards the building works. A grant of £50,000 has also been made by the Tudor Trust and will be received in the coming financial year. The total estimated cost of works is £528,750.

Designated funds

The surplus generated from Mental Health First Aid training in financial year 2009/10 continues to be designated by the trustees to be used for the future development of mental health training. Other funds have been designated for the following purposes: continuation of our outreach work with young people who experience mental health difficulties (£18,389), continuation of our work with BME communities (£15,000), developing our response to the government's personalisation agenda (£15,000), the

development of volunteering opportunities within the organisation (£15,000), additional reception support required within the new premises (£5,000) and a number of small projects to which we are already committed (£11,440). This leaves our free reserves at £286,108.

Reserves Policy

In line with Charity Commission requirements, the charity has a Reserves Policy based on a realistic assessment of its needs. After considering the various needs, including working capital, contingency requirements, and the financial implications of moving premises, the Trustees have agreed that Middlesbrough Mind Limited should work towards establishing and maintaining reserves at a level of at least three months' projected running costs, in the normal course of business. For 2010/11 this would equate to a minimum of £260,000. At the Balance Sheet date the charity had free reserves of £286,108.

Investment Policy

The Trustees have the power to invest surplus funds as they see fit. Middlesbrough Mind Limited's reserves are currently held in cash accounts.

Future plans

Middlesbrough Mind Limited will seek to build on its success during 2011/12. However, the economic climate and continuing cuts in public spending may well affect the charity. Three of our contracts were not renewed after March 2011 (BME Community Development Workers, Employment Support Service and Mentoring) and the environment continues to be very challenging.

In spite of this, we have already made progress with the following activities in 2011/12:

- We have completed the refurbishment of the Mind Centre at Lothian Road and moved in to the building.
- In partnership with Sunderland Mind and Redcar and Cleveland Mind, we secured funding from Esmee Fairbairn Foundation and Henry Smith Foundation to deliver mentoring for male ex-prisoners with mental health needs in the North East.

In 2011/12, we will continue to pursue the following objectives:

- To embed a new service model, access arrangement and activities within the Living Life service.
- To reorganise the delivery of our training activities to maintain cost effectiveness and quality when purchasing of training by others is being reduced.
- To work with service user, volunteers and other local stakeholders to develop appropriate services to meet the needs of people experiencing mental health problems in Stockton borough.
- In line with continuing national policy, to work with service users and family carers to identify ways in which our services can be more personalised and to identify new ways in which we can support services users and family carers who have a personal budget or self-fund.
- To work with local partners to respond to new NHS commissioning arrangements and work with Clinical Commissioning Groups and Health and Well-being Boards to share understanding about local mental health needs and appropriate ways to meet them.
- To look for new partnership opportunities working with organisations that share our values and aims in order to meet people's needs as effectively as possible.

Statement of Trustee Responsibilities

The trustees (who are also directors of Middlesbrough MIND for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP
- 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;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

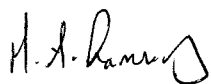
The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is 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.

**Approved by the Board of Trustees on 10th October 2011
and signed on its behalf by**



M Ramsey, Vice Chair of Board of Trustees

Independent Auditors Report to the Members of Middlesbrough Mind Limited

For year ended 31st March 2011

We have audited the financial statements of Middlesbrough Mind Limited for the year ended 31st March 2011 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and the Financial Reporting Standard for Smaller Entities (effective April 2008) (United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities).

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 and its members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of trustees and auditors

As explained more fully in the Trustees' Responsibilities Statement set out on page 9, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the trustees; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Trustees' Annual Report to identify material inconsistencies with the audited financial statements. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on financial statements

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's and group's affairs as at 31st March 2011, and of their incoming resources and application of resources, including their income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to smaller entities;
- have been prepared in accordance with the Companies Act 2006.

Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the Trustees' Annual Report for the financial year for which the financial statements are prepared is consistent with the financial statements

Matters on which we are required to report by exception

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

- adequate accounting records have not been kept by the parent company, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent company financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small company's exemption in preparing the Trustees' Annual Report.



Michael Beeforth (Senior Statutory Auditor)

For and on behalf of S V Bye

New Garth House
Upper Garth Gardens
Guisborough
TS14 6HA

15 October 2011

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING INCOME AND EXPENDITURE ACCOUNT)

For year ended 31st March 2011

	Note	Unrestricted Funds £	Restricted Funds £	2011 Total Funds £	2010 Total Funds £
INCOMING RESOURCES					
Incoming resources:					
from generated funds					
Voluntary income & donations		5,063	-	5,063	14,473
Activities for generating funds		27,732	-	27,732	1,719
Other income		3,534	-	3,534	85,829
from charitable activities					
Contracts & grants receivable	2	1,142,902	341,775	1,484,677	976,586
		<u>1,179,231</u>	<u>341,775</u>	<u>1,521,006</u>	<u>1,078,607</u>
RESOURCES EXPENDED					
Costs of generating funds					
Fundraising trading costs		-	-	-	1,377
Costs of charitable activities	3	687,293	224,326	911,619	792,727
Governance costs	3	7133	-	7,133	5,595
		<u>694,426</u>	<u>224,326</u>	<u>918,752</u>	<u>799,699</u>
Net incoming/ (outgoing) resources		484,805	117,449	602,254	278,908
Transfer between funds	1	12,444	(12,444)	-	-
Net movement in funds		497,249	105,005	602,254	278,908
Fund balances brought forward		433,998	26,736	460,734	181,826
FUND BALANCES CARRIED FORWARD		931,247	131,741	1,062,988	460,734

The notes on pages 15 to 21 form part of these accounts.

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING INCOME AND EXPENDITURE ACCOUNT)

For year ended 31st March 2011

	Note	Unrestricted Funds £	Restricted Funds £	2011 Total Funds £	2010 Total Funds £
INCOMING RESOURCES					
Incoming resources:					
from generated funds					
Voluntary income & donations		32,001	-	32,001	14,473
Activities for generating funds		-	-	-	1,719
Other income		3,534	-	3,534	85,829
from charitable activities					
Contracts & grants receivable	2	1,142,902	341,775	1,484,677	976,586
		<u>1,178,437</u>	<u>341,775</u>	<u>1,520,212</u>	<u>1,078,607</u>
RESOURCES EXPENDED					
Costs of generating funds					
Fundraising trading costs		-	-	-	1,377
Costs of charitable activities	3	686,999	224,326	911,325	792,727
Governance costs	3	6633	-	6,633	5,595
		<u>693,632</u>	<u>224,326</u>	<u>917,958</u>	<u>799,699</u>
Net incoming/ (outgoing) resources		484,805	117,449	602,254	278,908
Transfer between funds	1	12,444	(12,444)	-	-
Net movement in funds		<u>497,249</u>	<u>105,005</u>	<u>602,254</u>	<u>278,908</u>
Fund balances brought forward		<u>433,998</u>	<u>26,736</u>	<u>460,734</u>	<u>181,826</u>
FUND BALANCES CARRIED FORWARD		<u><u>931,247</u></u>	<u><u>131,741</u></u>	<u><u>1,062,988</u></u>	<u><u>460,734</u></u>

The notes on pages 15 to 21 form part of these accounts.

CONSOLIDATED BALANCE SHEET

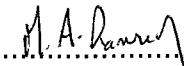
For year ended 31st March 2011

	Note	GROUP		CHARITY	
		2011	2010	2011	2010
		£	£	£	£
FIXED ASSETS					
Tangible assets	7	207,056	4,970	207,056	4,970
Investment in subsidiary		-	-	1	-
		<u>207,056</u>	<u>4,970</u>	<u>207,057</u>	<u>4,970</u>
CURRENT ASSETS					
Debtors	8	87,703	30,407	114,641	30,407
Cash at bank and in hand		841,563	498,655	814,124	498,655
		<u>929,266</u>	<u>529,062</u>	<u>928,765</u>	<u>529,062</u>
CREDITORS: Amounts falling due					
Within one year	9	(73,334)	(73,298)	(72,834)	(73,298)
		<u>855,932</u>	<u>455,764</u>	<u>855,931</u>	<u>455,764</u>
NET CURRENT ASSETS					
		<u>1,062,988</u>	<u>460,734</u>	<u>1,062,988</u>	<u>460,734</u>
NET ASSETS					
FUNDS					
Unrestricted funds	10	931,247	433,998	931,247	433,998
Restricted funds		131,741	26,736	131,741	26,736
		<u>1,062,988</u>	<u>460,734</u>	<u>1,062,988</u>	<u>460,734</u>

These financial statements have been prepared in accordance with the special provisions for small companies under part 15 of the Companies Act 2006 relating to small groups.

Approved by the Board of Directors/Trustees on 10th October 2011

.....
J Harrison (Treasurer)


.....
M Ramsey (Vice Chair)

Company Number 5884630

The notes on pages 15 to 21 form part of these accounts.

NOTES TO THE ACCOUNTS

For year ended 31st March 2011

1. ACCOUNTING POLICIES

(a) Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with applicable accounting standards, the requirements of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' published in October 2005, the Charities Act 1993 and the Companies Act 2006. The accounts consolidate those with the charity's wholly owned subsidiary Middlesbrough and Stockton Mind Trading Limited.

(b) Incoming resources

Incoming resources represents the total income relating to government grants, donations and generated income accrued and received in the year.

(c) Resources expended

All expenditure is accounted for gross, and when incurred. Expenditure on charitable activities includes the direct costs of the activities and depreciation on related assets. Where such costs relate to more than one functional cost category, they have been split on either an estimated time or floor space basis, as appropriate.

(d) Fixed assets

Depreciation is provided to write off the cost less estimated residual values of all core equipment over their expected useful lives and is calculated at 25% per annum. In view of the short term nature of some of the restricted projects, the Board considers it prudent to write off fixed assets purchased from restricted funds in full in the year of acquisition.

The leasehold property alterations, once completed, will be written off over the term of the lease. Associated grant funding is shown as a designated fund and will be written down over the same period.

(e) Funds

Unrestricted funds comprise those funds which the Trustees are free to use in accordance with the charitable objects. Designated funds are unrestricted funds that have been identified by the Trustees to be applied for a specific purpose. Restricted funds are funds which have been given for particular purposes and projects.

(f) Pension contributions

The charitable company operates a Group Personal Pension Scheme, operated through the Pensions Trust, for the benefit of its own staff. Pension contributions to defined contribution schemes are written off to the statement of financial activities in the year to which they relate.

(g) Transfers between funds

The transfer from restricted project funds to unrestricted funds represents management and administration charges earned on projects and any surpluses or deficits on the finalisation of projects (subject to funders agreement).

2. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	GROUP & CHARITY	
	2011	2010
	£	£
Unrestricted - general income:		
Hartlepool PCT – Condition Management Programme	64,600	44,940
Mental Health Matters – IAPT Service	139,355	67,067
Middlesbrough PCT – Primary Care Mental Health	64,851	40,621
Middlesbrough PCT – Community Development Workers	162,678	40,848
Middlesbrough PCT – Carers’ Support Service	78,755	79,755
Middlesbrough Council – Department of Social Care	84,866	84,453
Middlesbrough Council – Working Neighbourhoods Fund	34,063	35,678
Northern Rock Foundation	17,500	20,000
Unrestricted - designated income:		
BME community support	15,000	-
Mental health training income	57,484	145,931
Young People’s support	5,000	18,000
Future project funding	-	44,300
Stockton PCT – Mentoring	-	60,000
Middlesbrough Council – Department of Social Care	-	36,852
Middlesbrough PCT – Capital funding	70,000	60,000
Tees, Esk & Wear Valleys NHS FT – Capital funding	70,000	-
Middlesbrough Council – Capital funding	70,000	-
Social Enterprise Investment Fund	155,250	-
Clothworkers Foundation	30,000	-
Garfield Weston Foundation	20,000	-
Catherine Cookson Charitable Trust	1,000	-
William Webster Charitable Trust	2,500	-
Total unrestricted income:	1,142,902	778,445
Restricted income:		
BBC Children in Need	36,209	35,152
Big Lottery – Mental Health First Aid	109,922	106,846
Comic Relief	28,948	28,107
National Mind – Opportunities for Volunteering	28,875	28,036
Ecominds	38,539	-
Transitions Fund	73,000	-
MVDA – VCSSE	3,282	-
North East Together (NET)	23,000	-
	341,775	198,141
Total incoming resources from charitable activities	1,484,677	976,586

3. ANALYSIS OF RESOURCES EXPENDED – GROUP & CHARITY

	Basis of Allocation	Unrestricted Funds £	Restricted Funds £	2011 Total Funds £	2010 Total Funds £
Charitable Activities					
Salaries	Direct	514,045	164,382	678,427	571,695
Pension costs	Direct	3,836	2,068	5,904	2,009
Staff travel	Direct	5,947	7,904	13,851	12,058
Staff recruitment	Direct	7,353	4,846	12,199	8,844
Staff training	Direct	960	4,278	5,238	19,828
Volunteer expenses	Direct	2,417	6,581	8,998	2,508
Participant expenses	Direct	705	337	1,042	-
Project resources	Direct	12,975	224	13,199	-
Legal fees	Usage	1,371	-	1,371	1,269
Accountancy services	Direct	716	124	840	-
Rent, rates, & utilities	Staff time	20,778	6,872	27,650	27,149
Insurance	Staff time	3,630	394	4,024	3,821
Workshops/catering	Direct	12,926	10,271	23,197	27,768
Room hire	Direct	9,885	2,260	12,145	10,116
Telephones and internet	Staff time	8,722	3,595	12,317	7,160
Books, leaflets and publications	Direct	2,267	304	2,571	7,089
Printing, postage and stationery	Direct	45,593	4,870	50,463	28,568
Advertising	Direct	1,200	194	1,394	3,294
Cleaning	Direct	4,926	1,511	6,437	5,754
Repairs and renewals	Usage	5,284	2,763	8,047	20,250
Consultancy fees	Usage	18,122	-	18,122	31,208
Depreciation	Usage	1,243	-	1,243	1,657
Mind affiliation fees	Direct	686	-	686	662
Management fees	Direct	1,200	548	1,748	-
Bank charges & interest	Direct	212	-	212	20
Total - charity		686,999	224,326	911,325	792,727
Subsidiary costs					
Accountancy services		294	-	294	-
Total - group		687,293	224,326	911,619	792,727

	Basis of Allocation	Unrestricted Funds £	Restricted Funds £	2011 Total Funds £	2010 Total Funds £
Governance Costs					
Audit	Direct	2,130	-	2,130	1,945
Wages	Direct	2,975	-	2,975	2,906
Trustee Expenses	Direct	1,528	-	1,528	744
Total - charity		6,633	-	6,633	5,595
Subsidiary costs					
Audit		500	-	500	-
Total - group		7,133	-	7,133	5,595

4. NET INCOMING RESOURCES FOR THE YEAR

Net incoming resources for the year is stated after charging:

	GROUP		CHARITY	
	2011 £	2010 £	2011 £	2010 £
Directors' / Trustees' emoluments	-	-	-	-
Depreciation of owned fixed assets	1,243	1,657	1,243	1,657
Auditor's remuneration				
- as auditor	2,630	1,945	2,130	1,945
- other services	1,134	-	840	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

5. TRUSTEES INDEMNITY INSURANCE

The charity subscribes to Mind Block Insurance and purchased indemnity insurance within the terms of the 1996 agreement. A total of £22 was paid during the year.

6. EMPLOYEE EMOLUMENTS

There were no employees whose remuneration defined for taxation purposes amounted to greater than £60,000.

	GROUP & CHARITY	
	2011 £	2010 £
Wages and Salaries	627,277	529,336
Social Security costs	54,125	45,265
	<u> </u>	<u> </u>
	<u>681,402</u>	<u>574,601</u>

The average number of staff employed by the group during the year was as follows:

	GROUP & CHARITY 2011		GROUP & CHARITY 2010	
	Full Time	Sessional Equivalent	Full Time	Sessional Equivalent
Number of staff	<u>34</u>	<u>2</u>	<u>31</u>	<u>5</u>

7. FIXED ASSETS - GROUP AND CHARITY

	Leasehold Property £	Furniture & Equipment £	Computer Equipment £	Total £
COST				
At 1 st April 2010	-	15,398	15,093	30,491
Additions	203,328	-	-	203,328
	<u>203,328</u>	<u>15,398</u>	<u>15,093</u>	<u>233,819</u>
At 31 st March 2011	<u>203,328</u>	<u>15,398</u>	<u>15,093</u>	<u>233,819</u>
DEPRECIATION				
At 1 st April 2010	-	13,527	11,993	25,520
Charge for the year	-	468	775	1,243
	<u>-</u>	<u>13,995</u>	<u>12,768</u>	<u>26,763</u>
At 31 st March 2011	<u>-</u>	<u>13,995</u>	<u>12,768</u>	<u>26,763</u>
NET BOOK VALUE				
At 31 st March 2011	<u>203,328</u>	<u>1,403</u>	<u>2,325</u>	<u>207,056</u>
At 31 st March 2010	<u>-</u>	<u>1,871</u>	<u>3,099</u>	<u>4,970</u>

8. DEBTORS

	GROUP		CHARITY	
	2011 £	2010 £	2011 £	2010 £
Grants receivable	77,972	29,608	77,972	29,608
Amounts due from group companies	-	-	26,938	-
Other debtors	9,538	-	9,538	-
Prepayments	193	799	193	799
	<u>87,703</u>	<u>30,407</u>	<u>114,641</u>	<u>30,407</u>

9. CREDITORS

	GROUP		CHARITY	
	2011 £	2010 £	2011 £	2010 £
Trade creditors	1,203	592	1,203	592
Income in advance	65,782	70,264	65,782	70,264
Other taxes and social security	1,125	442	1,125	442
Accruals	5,224	2,000	4,724	2,000
	<u>73,334</u>	<u>73,298</u>	<u>72,834</u>	<u>73,298</u>

10. FUNDS - GROUP AND CHARITY

	2011		2010	
	£	£	£	£
Unrestricted – Free reserves		286,108		185,138
Unrestricted - Designated Funds				
Young People's support	18,389		18,000	
Mental Health training	86,560		86,560	
Mentoring	-		40,000	
Middlesbrough PCT - Capital	-		60,000	
Future Project Funding	-		44,300	
BME community support	15,000		-	
Administration	5,000		-	
Personalisation	15,000		-	
Volunteering	15,000		-	
Small projects	11,440		-	
Unrestricted – Capital Asset Fund	478,750		-	
		<u>645,139</u>		<u>248,860</u>
Total Unrestricted Funds		931,247		433,998
Restricted Funds				
Ecominds	11,970		-	
BBC Children in Need	2,525		3,062	
Comic Relief	21,328		19,838	
National Mind – O 4 V	-		3,836	
Transitions Fund	73,000		-	
Restricted Fund held on behalf of:				
North East Together (NET)	22,918		-	
		<u>131,741</u>		<u>26,736</u>
Total Restricted Funds		<u>1,062,988</u>		<u>460,734</u>

The surplus generated from Mental Health First Aid training in financial year 2009/10 continues to be designated by the trustees to be used for the further development of mental health training. Other unrestricted funds have been designated for the following purposes: continuation of our outreach work with young people who experience mental health difficulties (£18,389), continuation of our work with BME communities (£15,000), developing our responses to the Government's personalisation agenda (£15,000), the development of volunteering opportunities within the organisation (£15,000), additional reception support required within the new premises (£5,000) and a number of small projects to which we are already committed (£11,440).

Grants which make up the Capital Assets fund are described in the Financial Review on page 7 and listed as incoming resources on page 16.

11. TRUSTEE EXPENSES

Training and travel expenses of £1,527 were used to support the 10 members of the Board of Trustees in the year. (2010: £744).

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total £
Tangible Fixed Assets	207,056	-	-	207,056
Net Current Assets	79,052	645,139	131,741	855,932
	<u>286,108</u>	<u>645,139</u>	<u>131,741</u>	<u>1,062,988</u>

13. COMPANY LIMITED BY GUARANTEE

The company is limited by guarantee and does not have a share capital.

14. SUBSIDIARY COMPANY

The charity owns the whole of the issued ordinary share capital of Middlesbrough and Stockton Mind Trading Limited, which was established to deliver training.

Its summary results for the year to 31st March 2011 are as follows:

	£
Income	27,733
Expenditure	27,733
Surplus / Deficit	-
Assets	27,440
Liabilities	27,439
Funds	1

15. RELATED PARTY TRANSACTIONS

Middlesbrough and Stockton Mind Trading Limited is a wholly owned subsidiary of Middlesbrough Mind Limited, details of which are shown in note 13 above.

16. CAPITAL COMMITMENTS

At 31st March 2011 there were commitments to capital expenditure in connection with the leasehold property alterations of £400,000.