Charity (CIO) number
1171734

Sunderland Mind

Trustees' Report and Accounts

31 March 2025

Sunderland Mind
Trustees' report and accounts
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Sunderland Mind
Trustees' Annual Report
Charity (CIO) number: **1171734**

The Trustees' present their report and accounts for the year ended 31 March 2025

Objectives and activities

The purposes of the Charitable Incorporated Organisation (CIO) as set out in its governing document are:

A) To promote the preservation 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.

B) To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

The charity operates primarily in the City of Sunderland and surrounding areas.

The main activities undertaken in relation to those purposes during the year have been as follows:-.

Counselling services, adults, children and couples
Social and wellbeing support
Therapeutic services
Training on mental health awareness, volunteering etc.
Telephone support service
Various wellbeing activities
Themed social events
Listening Ear Service, adults and children

The main activities undertaken during the year to further the charity's purpose for the public benefit.

Sunderland Mind strive to provide quality mental health services for all, treating those experiencing mental illness fairly, positively, with respect and dignity. We provide support, information, advice on a range of activities, groups including counselling. Individuals accessing our service are the driving force behind our organisation and our aim is to improve their quality of life where possible.

Sunderland Mind is a well-established local mental health and wellbeing charity with extensive local knowledge and networks and effective partnerships which we have developed over time, the charity has served the population of Sunderland for over 50 years. Genuine service user involvement is at the heart of all our work.

The trustees have considered the guidance produced by the Charity Commission on the provision of public benefit and they confirm that public benefit has been provided by the range of activities provided.

The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

The short term and longer term aims and objectives.

The charity aims to continue to provide its various services and support to anybody who is in need of them, both in the short. and longer term.

Our aims and objectives have not changed and we intend to continue to provide all of our services at a very high standard.

The charity's strategies for achieving its aims and objectives in the future.

Project goals 2025 - 2028

The Wellbeing Hub - We will continue to promote recovery and improve mental health & wellbeing across our communities. We will accomplish this by the delivery of community groups and activities which will support the wellbeing of people of all ages. Our services will be enhanced by sharing community self-help and wellbeing resources. We will use our monthly data/stats report and our communications channels/poll to monitor, adapt and develop services.

Training - Sunderland Mind will continue to develop a training project to meet the needs of the organisation and our community. We will further establish our training programme through the continuation of our relationships with businesses, educational providers organisations. The training programme will continue to be delivered to a high standard whilst generating income and supporting sustainability.

Counselling - We will maintain our current high standard of individual counselling work with clients and develop further the community impact of the counselling service by offering support via group work.

Young People's Project - To work with young people to develop an adaptive and responsive service in a rapidly changing world we will strive to increase the service offer this will include further development of our Young Persons Counselling.

Family Support – As a new theme of support we will continue to design and deliver this element of new work to ensure that we can offer a 360 degree of holistic support. This will be continued through the funding secured from Big Lottery Reaching Communities.

Health and Safety – work on developing and improving the Wellbeing Hub to offer a safe warm non-threatening environment will continue.

People Management: Trustees, Staff and volunteers working as one team in a safe, stimulating, healthy environment that helps staff and volunteers work together towards shared goals.

Financial management - We will continue with our robust financial monitoring systems to ensure that the Charity's resources continue to be properly managed and safeguarded.

How the activities undertaken during the year contributed to the achievement of the aims and objectives.

All of our activities undertaken during the year have contributed to achieving our aims and objectives.

Resources used in the activities undertaken during the year.

Virtually all of the charity's resources expended are used on charitable activities.

The contribution of volunteers during the year.

Volunteers play an important role in the charity's work, our volunteers help in the social groups with facilitation, fundraising activities and publicity events. Their ongoing contribution to the charity helps the staff and the charity achieve our targets and helps to ensure that we deliver the best service possible.

The main achievements and performance of the charity during the year.

Over the last year as the country continues to struggle with the cost-of-living crisis the demand on services has rapidly increased. The energy crisis and increased bills impacts individuals and organisations like ours with a large, community wellbeing centre, the Wellbeing Hub to run and maintain. Working to generate core funding which is crucial for the organisation to continue to enable the resource to be used by our community. We are proud of our community Hub, which has become a well-used social hub within our community. The Wellbeing Hub has given us the opportunity not only to welcome more visitors to our building in a safe environment but to expand our services and offer more vital group work which keeps our community well. The Wellbeing Hub offers a wider weekly programme of wellbeing activities including gardening, Men's Group, Walking Groups, Knitting Group, Sew and Reuse Group, Coffee Morning, Creative Space, Craft Sessions, Lunch Club, Coffee Afternoon Drop in, we offer Young People activities on an early evening and holiday activities. Working with partners who have a presence in the Wellbeing Hub to extend our range of activities including Addiction Support, yoga, keep fit, Cookery Courses.

We have also this year been successful in securing a grant from the Big Lottery Reaching Communities Fund to start and deliver a much needed Family Support project named 'Strength and Resilience for All' This particular project will increase our reach working with families building resilience, ensuring that they have the correct support at the right time while building capacity and capability within the family dynamics.

Over the last year (April 24 to March 25) we have delivered 6,640 individual counselling sessions, to adults, couples and young people. The Listening Ear service has delivered 1,480 sessions to individuals who generally need just a little bit of extra support at difficult times in their lives. There has once again been a significant increase in the number of individuals accessing social and wellbeing support in the last year, collectively the recorded attendance is 8,650 who have attended the weekly group sessions and one off specific activities for e.g Christmas Fayre, Family Picnics, Mental Health Awareness Events We have dealt with over 110,000 telephone, email and text enquiries. Our Instagram reach for the last year is 42.4k, this is a 376% increase from the previous year. When it comes to content interactions 1343 we also have seen an increase of 145%. For Facebook, a reach of 104.9k has been recorded which is an increase of 4.2%. Our Content Interactions on this platform have reached 9.4k which is an increase of 40.3% from the previous year. (Information from website relaunch on 6th June) Since we updated and relaunched the website, we have had 6.9k active users access our site and a total of 57k events on our website take place. This includes views and interactions on pages. Our most popular pages are our home page (6,231 views), groups page (1324 views), counselling (1124 views), volunteering opportunities (938 views) and activities and services (801 views).

We have delivered training to over 190 individuals in Mental Health Awareness and Volunteer Roles and Responsibilities, including Boundaries Training (both personal and professional) and Counselling Communication Skills. In total we have received over 1600 visitors, carers for both children and adults to our centre across the last year.

Our support offer is built around choice, current activities include: information resources (including website and digital platforms), counselling (Adult and Young people), telephone support, therapeutic group work, wellbeing activities, training and volunteering opportunities. We also offer specifically themed social events throughout the year. Genuine service involvement is at the heart of all that we do always endeavouring to challenge and reduce stigma and discrimination.

We disseminate mental health and wellbeing information through a variety of media, including external publications, our own publications, social media, surveys, our website, service leaflets and promotional material including ensuring that we share all information on partner newsletters.

We have continued with delivery of telephone support initially started in the time of the Covid 19 Pandemic, but the offer of telephone, online (Teams or Zoom) or face to face means that every individual has the choice of their preferred medium. Some prefer to undertake a mixture of telephone and face to face as the needs change.

The difference the charity's performance during the year has made to the beneficiaries of the charity.

We are confident that the services provided by the charity make a real positive difference to our service users.

The degree to which the achievements and performance during the year have benefited wider society.

Our services are available to all residents in the area and the positive difference that we can make will benefit the wider society as a whole.

The significant charitable activities undertaken in the year.

The 2 main charitable activities undertaken during the year have been 'Counselling Services' and Wellbeing Activities'.

How the achievements during the year measure up to the objectives set.

The charity trustees feel that we have achieved all of the objectives that we set at the beginning of the year.

Structure, governance and management of the charity.

The methods used to recruit and appoint new charity trustees.

Trustees are recruited and selected using safer recruitment processes. We advertise openly to actively promote equality of opportunity for all and welcome applications from a wide range of candidates. We select all candidates for interview based on their skill, qualifications and experience, including lived experience of mental health issues. All potential trustees must complete an application form and shortlisting and interview are always undertaken by more than one person, usually the CEO and a trustee. If successful the chairperson will confirm in writing and the individual will be formally appointed at the next board meeting. Sunderland Mind has a duty of care to our client group so references will be checked and a DBS check undertaken. Each trustee is expected to complete a skills audit in order to ensure that we have the right skill mix and address any potential gaps.

The policies and procedures for the induction and training of trustees.

All trustees are inducted to the organisation through meetings with other trustees and senior staff. Additional training is provided as required including Safeguarding, Roles and Responsibilities and any other as deemed necessary.

The charity's organisational structure.

Sunderland Mind is a well-established local Charitable Incorporated Organisation governed by its Memorandum of Articles of Association, we have been delivering mental health and wellbeing services and support since 1973. We are affiliated to National Mind and are one of around 125 Local Mind Associations. Each one is an independent charity ran by local people, for local people and we are responsible for our own funding and services. Mind provides a nationwide support network including access to legal advice and other resources.

How the charity makes decisions and how decisions are delegated.

Sunderland Mind's management committee are responsible for the strategic direction of the organisation. At present the committee has six members from a variety of backgrounds relevant to the work of the charity. The Chief Executive Officer is appointed by the trustees and is responsible for all aspects of the charity's operations, including obtaining adequate funding to finance the charity's services. The complete organisation structure consists of a CEO, accountable to the management committee with two senior managers accountable to the CEO. They are Organisational Development Manager, Counselling Clinical Lead they both have line management plus clinical supervision responsibilities for the administration, wellbeing and counselling staff. There are currently six staff in the wellbeing team and eight in the counselling team. We also employ a cleaner.

We also have a strong volunteer team of 6 dedicated individuals who support the organisation across all areas of delivery, they are all trained in Roles and Responsibilities, Boundaries, Mental Health Awareness and Communication skills.

All new staff and volunteers are interviewed and an assessment is carried out of their skill, qualifications and experience against their job description and capability.

The Chief Executive Officer and other senior management personnel to whom day to day management is delegated.

Chief Executive Officer: Trish Cornish

Setting pay and remuneration of key management personnel.

Employees pay is set by the trustees and management committee.

Comparative salaries are sought and benchmarked against suitable pay scales, using other local minds and similar organisations. For new posts we use NJC pay scales as guide which are widely used in the Voluntary and Community sectors.

The trustees' bankers and advisors.

Bankers:	NatWest, 52 Fawcett Street, Sunderland, SR1 1SB.
Solicitors:	McKenzie Bell, 47 John Street, Sunderland, SR1 1QU.

Financial Review

The charity's financial position at the end of the year ended 31 March 2025

The financial position of the charity at 31 March 2025 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

	2025 £	2024 £
Net income	8,210	54,381
Unrestricted Revenue Funds available for the general purposes of the charity	403,578	410,692
Restricted Revenue Funds	17,017	-
Restricted Fixed Asset Funds	13,388	15,081
Total Restricted Funds	30,405	15,081
Total Funds	433,983	425,773

Financial review of the position at the reporting date, 31 March 2025.

Sunderland Mind have implemented robust financial systems to ensure that the Charity's resources continue to be properly managed and safeguarded. During the year our income dropped to £516,514 (2024: £556,584) and our expenditure increased to £508,304 (2024: £502,203).

The charity still managed to record a small surplus of £8,210 for the year despite the drop in income etc. mentioned above.

While this provides some certainty and continuity of funding going forward we are still in a position where demand on service outweighs the funding we receive.

The Trustees consider that our unrestricted net current assets of £284,740 as at 31st March 2025 are sufficient to meet ongoing operational obligations.

Policies on reserves.

The management board has continued to pay scrutiny to the charity's requirements for reserves. The year has been another successful one for Sunderland Mind, but we appreciate that the threat of difficult times continues to lie ahead due to the many changing circumstances out of our control, including the global financial difficulties and the continued fallout from Covid 19. This however does not change our view on the amounts necessary to fund core activities which have increased over the last year. We aim to hold undesignated reserves of between 3 and 6 months core costs.

The trustees are satisfied the current reserves are within the target range set but continue to monitor the position closely.

Cash reserves as at 31st March 2025 amounted to £277,328 (2024: £272,483). Unrestricted funds are currently standing at £403,578.

Going Concern.

There are no current concerns about the CIO's future.

Availability and adequacy of assets of each of the funds.

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Significant events which have affected the financial performance and the financial position.

There have been no significant events affecting the financial performance and position during the year.

The major risks to which the Charity is exposed and reviews and systems to mitigate them.

The trustees have examined the major risks which the charity faces in relation to external factors, governance and management, internal operations and business. The likelihood and impact of risks and what systems should be in place to control and reduce those risks are kept under review by the management committee throughout the year.

Sunderland Mind's Risk Register includes risks regarding governance, operational, financial, external factors and compliance with law and regulation is reviewed regularly. Trustees consider potential risks when planning and managing the charity's business. Risk management is a regular agenda item at Executive Committee meetings. Systems are designed to provide reasonable, although not absolute assurance against material loss or misstatement of loss.

There have been no major risks identified during the year

Factors likely to affect future financial performance .

The charity is not aware of any factors that are likely to affect future financial performance.

Principal funding sources in the year and how these support the key objectives of the charity.

Fundraising and Income generation:-
Sunderland Mind abide by the fundraising code of practice, all funding received is to meet the objectives of the service. Our main source of income is grant funding. However as we have an active presence in the city and wider community we do receive donations from individuals who have chosen to fundraise for Sunderland Mind by a variety of means (Marathon Running, sponsored walks, Bake sales) Families sometimes donate the collection that they have made at the funeral of a loved one.

Our major funders and sources of income during the year have been:-

Reaching Communities - Big Lottery
NHS NE & Ncumbria
Sunderland City Council
CNTW NHS Foundation Trust
CNTW - Listening Ear
CNTW NHS
Innovate Uk
Room hire
Counselling sessions
Various donations and fundraising events
Gentoo

Plans For the Future.

Summary of plans for the future and the trustees' perspective of the future direction of the charity.

We recognise that it is now more important than ever to plan effectively for our future income, if we don't there is a real risk that our income may decrease and our users and services may suffer. That being said since the year has been very successful we are experiencing greater levels of support and positivity.

As the charity is operating well, the plan over the coming years is to maintain the success and quality of the services provided.

It is felt that no major changes are needed at the present time.

See also our project goals described earlier in the Trustees Report.

Details of the Independent Examiner.

SE Squirrell FMAAT
8 West Acre
Consett
DH8 0AY

Reference and Administrative details

The charity name.

The legal name of the charity is:- Sunderland Mind

The charity's areas of operation and UK charitable registration.

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1171734.

The charity does not operate in any overseas jurisdictions.

Legal structure of the charity

The charity is constituted as a Charitable Incorporated Organisation (CIO) in England and Wales. The governing document of the charity is the constitution of the CIO as approved by the Charity Commission in England & Wales (CCEW).

The governing document is dated 22 February 2017.

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

The trustees are all individuals.

The principal operating address, telephone number, email and web addresses of the charity are:-

Sunderland Mind Wellbeing Hub
Church Street East
Hendon
Sunderland
Tyne and Wear
SR1 2BB

Telephone	0191 5657218
Email address	admin@sunderlandmind.co.uk
Website	www.sunderlandmind.co.uk

The Trustees in office on the date the report was approved were:-

A Morrison	Chair
D Gardiner	Treasurer
G Frend	
B Broad	
A Lowery	
A M Boyle	

The following persons served as Trustees during the year ended 31 March 2025 :-

The trustees who served as a trustee in the reporting period were as shown above, and there were no changes during the year, or in the period between the year end and the approval of the accounts.

Sunderland Mind
Trustees' Annual Report

Statement of Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), .

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departure disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) D Gardiner

Full name(s) Dorothy Gardiner

Position Treasurer

Date 28/1/26

Sunderland Mind

Report of the Independent Examiner to the Trustees of the charity on the accounts for the year ended 31 March 2025

I report to the Trustees on my examination of the financial statements of the charity on pages 11 to 22 for the year ended 31 March 2025 which have been prepared in accordance with the Charities Act 2011 (the Act) and with the Financial Reporting Standard 102, (effective 1st January 2016) as modified by FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, *(as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), published by the Charity Commission in England & Wales (CCEW),* and under the historical cost convention and the accounting policies set out on page 13.

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described on page 8, you, the charity's Trustees, are responsible for the preparation of the financial statements in accordance with the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to smaller entities, and for being satisfied that the financial statements give a true and fair view.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the Governing Document for the conducting of an audit. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my responsibility to:-

a) examine the financial statements of the charity under Section 145 of the Act;

b) follow the applicable procedures in the Directions given by the Charity Commission under section *145(5)(b) of the Act.*

Basis of Independent Examiner's Statement and scope of work undertaken

Since the charity's gross income exceeded £250,000, the charity's examiner must be a member of a body listed in section 145 of the Act. I confirm that I am qualified to undertake the examination because I am an authorised member of the Association of Accounting Technicians, which is one of the listed bodies.

I report in respect of my examination of the charity's financial statements carried out under s145 of the Act. In carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act setting out the duties of an independent examiner in relation to the conducting of an independent examination. An independent examination includes a review of the accounting records kept by the charity and of the accounting systems employed by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you, as Trustees, concerning such matters. The purpose of the examination is to establish as far as possible that there have been no breaches of charity legislation and that, on a test basis of evidence relevant to the amounts and disclosures made, the financial statements comply with the SORP.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries and does not cover all the matters that an auditor would consider in arriving at an opinion. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide.

Consequently, I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

Independent Examiner's Statement, Report and Opinion

Subject to the limitations upon the scope of my work as detailed above, I have completed my examination: and can confirm that:-

The gross income of the charity in the year ended 31 March 2025 appears to exceed the sum specified in Section 145(3) of the Act, namely £250,000, and that I am qualified to act as Independent Examiner in accordance with that section by virtue of my being a qualified member of Association of Accounting Technicians;

This is a report in respect of an examination carried out under 145 of the Act and in accordance with Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:-

accounting records were not kept in respect of the charity as required by Section 130 of The Charities Act 2011;

the financial statements do not accord with those records; or

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view, which is not a matter considered as part of an independent examination;

have not been prepared in accordance with the methods and principles set out in the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP).

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 financial statements to be reached.

Signed:-



Mr S E Squirrell - Independent Examiner

Date: 28/1/26

Association of Accounting Technicians

8 West Acre
Consett
DH8 0AY

Sunderland Mind **Charity (CIO) number: 1171734**

Statement of Financial Activities
for the year ended 31 March 2025

	Notes	Unrestricted funds 2025	Restricted income funds 2025	Total funds 2025	Prior year funds 2024
Incoming resources	3, 4	£	£	£	£
Income and endowments from:					
Donations and legacies		27,193	116,427	143,620	157,659
Charitable activities		4,525	341,300	345,825	373,582
Other trading activities		27,069	-	27,069	25,343
Other		-	-	-	-
Total		58,787	457,727	516,514	556,584
Resources expended	5				
Expenditure on:					
Raising funds		-	-	-	-
Charitable activities		65,901	442,403	508,304	502,203
Other		-	-	-	-
Total		65,901	442,403	508,304	502,203
Net income/(~~expenditure~~)		(7,114)	15,324	8,210	54,381
Transfers between funds		-	-	-	-
Net movement in funds		(7,114)	15,324	8,210	54,381
Reconciliation of funds:					
Total funds brought forward		410,692	15,081	425,773	371,392
Total funds carried forward		403,578	30,405	433,983	425,773

Sunderland Mind
Balance Sheet
as at 31 March 2025

	Notes	Total funds	Prior year funds
		2025 £	2024 £
Fixed assets			
Tangible assets	8	149,243	156,269
Total fixed assets		149,243	156,269
Current assets			
Debtors	9	13,464	952
Cash at bank and in hand	11	277,328	272,483
Total current assets		290,792	273,435
Creditors: amounts falling due within one year	10	(6,052)	(3,931)
Net current assets/(liabilities)		284,740	269,504
Total assets less current liabilities		433,983	425,773
Creditors: amounts falling due after one year	10	-	-
Total net assets or liabilities		433,983	425,773
Funds of the Charity			
Restricted income funds	12	30,405	15,081
Unrestricted funds	12	403,578	410,692
Total funds		433,983	425,773

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA..

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on pages 9 and 10.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

Dorothy Gardiner
Treasurer

D Gardiner

Date of approval by the trustees: 28/1/26

The notes attached on pages 14 to 22 form an integral part of these accounts.

Sunderland Mind
Cash Flow Statement for the year ended 31 March 2025

	2025 £	2024 £
Cash flows from operating activities		
Net cash provided by (used in) operating activities as shown below	**4,845**	**61,805**
Cash flows from investing activities		
Purchase of property, plant and equipment	-	-
Net cash provided by (used in) investing activities	**-**	**-**
Cash flows from financing activities		
Net cash provided by (used in) financing activities	**-**	**-**
Overall cash provided by (used in) all activities	**4,845**	**61,805**
Cash movements		
Change in cash and cash equivalents in the reporting period	4,845	61,805
Cash and cash equivalents at the beginning of the reporting period	272,483	210,678
Cash at bank and in hand less overdrafts at the end of the reporting period	**277,328**	**272,483**
Reconciliation of net income/(expenditure) to net cash flow from operating activities		
Net income/(expenditure) as shown in the Statement of Financial Activities	8,210	54,381
Adjustments for :-		
Depreciation charges	7,026	7,822
(Increase)/ decrease in debtors	- 12,512	5,807
Increase/ (decrease) in creditors, excluding loans	2,121	- 6,205
Net cash provided by (used in) operating activities	**4,845**	**61,805**
Analysis of cash and cash equivalents		
Cash in hand at 31 March 2025	277,328	272,483
Total cash and cash equivalents	**277,328**	**272,483**

Analysis of change in net debt

	At start of year £	*Cash-flows* £	*At end of year* £
Cash	272,483	4,845	277,328
Total	**272,483**	**4,845**	**277,328**

Sunderland Mind
Notes to the Accounts
for the year ended 31 March 2025

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019

and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note 2.

1.3 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period.

1.4 Material prior year errors

No material prior year errors have been identified in the reporting period.

2 Accounting policies

2.1 INCOME

Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: · the charity becomes entitled to the resources; · it is more likely than not that the trustees will receive the resources; and · the monetary value can be measured with sufficient reliability.
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met. In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met.
Legacies	Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.
Government grants	The charity has received government grants in the reporting period.

Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so. The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution. Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'. Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable. Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.
Support costs	The charity has incurred expenditure on support costs.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies. Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.
Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met and are included as an item of other income in the SoFA.
Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

2.2 EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg staff costs by the time spent.
Redundancy cost	The charity has not made any redundancy payments during the reporting period.
Deferred income	No material item of deferred income has been included in the accounts.
Creditors	Charity creditors are measured at settlement amounts less any trade discounts.
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

2.3 ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £300. They are valued at cost. The depreciation rates and methods used are disclosed in note 8.2.
Investments	Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value. Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock. Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

3 Analysis of income

This analysis is classified by conventional nominal descriptions and not by activity.

Analysis	Unrestricted funds	Restricted income funds	Total funds	Prior year
Donations and legacies:	£	£	£	£
Donations and gifts	18,478	-	18,478	36,212
Reaching Communities - Big Lottery	-	72,103	72,103	19,548
Hedley Solicitors	-	-	-	4,842
Sunderland Care and Support	-	-	-	3,939
Wates Family Grant	-	-	-	3,454
Innovate Uk	1,935	-	1,935	1,924
NHS NE & Ncumbria	-	39,324	39,324	35,000
Access Reach Fund	-	-	-	12,000
Tyne Coast Academy	-	-	-	2,418
Sunderland City Council	-	5,000	5,000	37,822
Gentoo	5,323	-	5,323	-
Other income	1,457	-	1,457	500
Total	27,193	116,427	143,620	157,659
Charitable activities:				
Sunderland CCG/Together for Children	-	-	-	38,399
Sunderland City Council	1,495	44,068	45,563	44,068
CNTW NHS Foundation Trust	-	237,155	237,155	228,253
CNTW - Listening Ear	-	38,399	38,399	39,327
CNTW NHS - IAPT Costs	-	21,678	21,678	17,500
Anger Management	10	-	10	610
Private counselling sessions	3,020	-	3,020	4,100
Other counselling	-	-	-	1,325
Total	4,525	341,300	345,825	373,582
Other trading activities:				
Room rental	22,448	-	22,448	19,666
Fundraising events	4,039	-	4,039	5,572
Other	582	-	582	105
Total	27,069	-	27,069	25,343
TOTAL INCOME	58,787	457,727	516,514	556,584

Other information:

All income in the prior year was unrestricted except for:

	£
Sunderland CCG/Together for Children	38,399
Sunderland City Council	81,890
CNTW - Listening Ear	39,327
CNTW NHS - IAPT Costs	17,500
NHS NE & Ncumbria	35,000
CNTW NHS Foundation Trust	228,253
Reaching Communities - Big Lottery	19,548
Access Reach Fund	12,000
Tyne Coast Academy	2,418
Sir James Knott	-
Other counselling	975
Total	475,310

4 Analysis of receipts of government grants

	2025 £	2024 £
Sunderland CCG/Together for Children	-	38,399
NHS NE & Ncumbria	39,324	35,000
CNTW NHS Foundation Trust	237,155	228,253
CNTW - Listening Ear	38,399	39,327
CNTW NHS - IAPT Costs	21,678	17,500
Sunderland City Council	50,563	81,890
Total	387,119	440,369

5 Analysis of expenditure

This analysis is classified by conventional nominal descriptions and not by activity.

Analysis	**Unrestricted funds £**	**Restricted income funds £**	**Total funds £**	**Prior year £**
Expenditure on raising funds:				
	-	-	-	-
Total expenditure on raising funds	-	-	-	-
Expenditure on charitable activities				
Salaries	-	352,825	352,825	314,306
Employers NI	-	22,518	22,518	19,759
Pension costs	-	7,129	7,129	6,427
Sub-contracted workers	-	-	-	1,030
Heat, light & water	21,141	-	21,141	19,417
Telephone	3,194	-	3,194	2,773
Insurance	10,949	-	10,949	8,822
Membership & licence fees	2,613	-	2,613	2,955
Supervision, interpreter & DBS's	5,164	-	5,164	14,934
Travel, training & conference	1,740	-	1,740	805
Maintenance, repairs & goods	5,692	34,354	40,046	79,633
IT Website	-	18,551	18,551	7,311
Rent & rates	599	-	599	614
Catering & cleaning	736	-	736	914
Activities, events & sundries	4,039	-	4,039	6,083
Publicity, printing, stationery, advertising & postage	3,375	-	3,375	2,464
Photocopier	4,118	-	4,118	3,334
Legal & professional fees	2,200	-	2,200	2,468
Bank charges	341	-	341	332
Depreciation	-	7,026	7,026	7,822
Total expenditure on charitable activities	65,901	442,403	508,304	502,203
Other				
	-	-	-	-
Total other expenditure	-	-	-	-
			-	
TOTAL EXPENDITURE	65,901	442,403	508,304	502,203

Other information:

Analysis of expenditure on charitable activities

Activity or programme	Activities undertaken directly £	Support Costs £	2025 £	2024 £
Counselling	232,598	76,758	309,356	338,749
Wellbeing	149,874	49,074	198,948	163,454
Other	-	-	-	-
Total	382,472	125,832	508,304	502,203
Prior year expenditure on charitable activities can be analysed as follows:	340,493	161,710		502,203

Support costs are apportioned based on estimated % of time spent on each activity.

6 Details of certain items of expenditure

6.1 Fees for examination of the accounts

	2025 £	2024 £
Independent examiner's fees	1,150	1,100
Other fees paid to the independent examiner	-	-

7 Paid Employees

7.1 Staff Costs

	2025 £	2024 £
Salaries and wages	352,825	314,306
Employers NI	22,518	19,759
Pension costs	7,129	6,427
Total staff costs	382,472	340,492

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

7.2 Average head count in the year

The parts of the charity in which the employees work:-	2025	2024
Fundraising	-	-
Charitable Activities	17	15
Governance	-	-
Other	-	-
Total	17	15

7.3 Redundancy payments

There were no redundancy payments made during the year.

8 Tangible fixed assets

8.1 Cost or valuation

	Land and buildings	Fixtures, fittings and equipment	Total
	£	£	£
At the beginning of the year	153,288	38,086	191,374
Additions	-	-	-
Disposals	-	-	-
At end of the year	153,288	38,086	191,374

8.2 Depreciation

**Basis	SL	SL	
** Rate	50 years	10/20%	
At beginning of the year	8,975	26,130	35,105
Disposals	-	-	-
Depreciation	3,066	3,960	7,026
At end of the year	12,041	30,090	42,131

8.3 Net book value

Net book value at the beginning of the year	144,313	11,956	156,269
Net book value at the end of the year	141,247	7,996	149,243

9 Debtors and prepayments

9.1 Analysis of debtors

	2025	2024
	£	£
Debtors	11,623	-
Prepayments and accrued income	1,841	952
Total	13,464	952

10 Creditors and accruals

10.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	2025	2024	2025	2024
	£	£	£	£
Other creditors	1,384	1,264	-	-
Taxation and social security	-	-	-	-
Trade creditors	780	1,027	-	-
Accruals and deferred income	3,888	1,640	-	-
Total	6,052	3,931	-	-

11 Cash at bank and in hand

	2025	2024
	£	£
Cash at bank and on hand	277,328	272,483
Total	277,328	272,483

12 Charity funds

12.1 Details of material funds held and movements during the CURRENT reporting period

Restricted Funds

Fund names	Fund balances b/f. £	Income £	Expenditure £	Fund balances c/f. £
Reaching Communities - Big Lottery	-	72,103	60,086	12,017
NHS NE & Ncumbria	-	39,324	39,324	-
Sunderland City Council	11,206	49,068	44,470	15,804
CNTW NHS Foundation Trust	3,875	237,155	238,446	2,584
CNTW - Listening Ear	-	38,399	38,399	-
CNTW NHS - IAPT Costs	-	21,678	21,678	-
Total Restricted Funds	15,081	457,727	442,403	30,405
Unrestricted Funds				
General fund	410,692	58,787	65,901	403,578
Total Unrestricted Funds	410,692	58,787	65,901	403,578
Total Funds	425,773	516,514	508,304	433,983

The purposes for which the funds detailed above are held by the charity are as follows:-

Restricted funds:-

Sunderland City Council	Funding for shelter and equipment.
CNTW NHS Foundation Trust	Funding for laptops.

Unrestricted and designated funds-

These funds are held for meeting the objectives of the charity, and to provide reserves for future projects and activities. Subject to charity legislation, they are free from all restrictions on their use.

12.2 Details of material funds held and movements during the PREVIOUS reporting period

Restricted Funds

Fund names	Fund balances b/f. £	Income £	Expenditure £	Fund balances c/f. £
Sunderland CCG/Together for Children	-	38,399	38,399	-
NHS NE & Ncumbria	-	35,000	35,000	-
Access Reach Fund	-	12,000	12,000	-
Reaching Communities - Big Lottery	-	19,548	19,548	-
Tyne Coast Academy	-	2,418	2,418	-
Sunderland City Council	19,107	81,890	89,791	11,206
CNTW NHS Foundation Trust	5,167	228,253	229,545	3,875
CNTW - Listening Ear	-	39,327	39,327	-
CNTW NHS - IAPT Costs	-	17,500	17,500	-
Cumbria NHS	3,028	-	3,028	-
Therapy - Housing Options	-	975	975	-
Total Funds	27,302	475,310	487,531	15,081
Unrestricted Funds				
General fund	344,090	81,274	14,672	410,692
Total Unrestricted Funds	344,090	81,274	14,672	410,692
Total Funds	371,392	556,584	502,203	425,773

13 Transactions with trustees and related parties

13.1 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with

13.2 Trustees' expenses

No trustee expenses have been incurred.

13.3 Transaction(s) with related parties

There have been no related party transactions in the reporting period.

14 Defined contribution pension scheme

The charity operates a defined contribution pension scheme through NEST.

The total amount of contributions recognised in the SOFA as an expense is £7,129.