



**For better
mental health**

Mind (The National Association for Mental Health)

Report and financial statements

For the year ended

31 March 2013

Company number: 424348

Charity number: 219830

Granta House, 15-19 Broadway, Stratford, London E15 4BQ

www.mind.org.uk

Mind (The National Association of Mental Health)

Report of the Council of Management

Year ended 31 March 2013

Patron

HRH Princess Alexandra, The Hon. Lady Ogilvy KG GCVO

President

Stephen Fry

Vice Presidents

Professor Alan Clark CMG

The Free Churches Moderator

The Very Reverend Chief Rabbi

Trustees as at 30 September 2013

Honorary Officers

Ryan Campbell ♦ ⊗ # > + *

Chair and elected trustee

Alison Cowan ♦ *

Vice Chair-External Relations and elected trustee

Lesley Dixon ⊗ *

Vice Chair-Networks and co-opted trustee

Ian Ruddock # + *

Treasurer and co-opted trustee

Trustees co-opted by Council

Sir Paul Britton CBE ♦ *

Steve Young ⊗

Jo Bogacz >

John Binns ⊗

Richard Addy ♦

Trustees elected

Andrea Woodside # >

Linda Seymour # + >

Melanie Brooks # + *

Sarah Rae ♦

Jose Grayson ⊗ (from 1st December 2012)

Charlotte Venkatraman ♦ (from 1st December 2012)

Sub-committee membership of Council of Management

♦ External Relations

> Pwyllgor Cymru

⊗ Networks & Communities

+ Audit

Business Management

* Remuneration

Other trustees who served during the year to 31 March 2013

Kate Watts (to 1st December 2012)

David Henry (to 30th November 2012)

Michael Starkie (to 13th March 2013)

Chief Executive and Company Secretary

Paul Farmer

Mind (The National Association of Mental Health)

Report of the Council of Management (continued)

Year ended 31 March 2013

Report of the Council of Management

The Council of Management presents its report with the financial statements of Mind for the year ended 31 March 2013.

Objectives

Mind's vision:

We won't give up until everyone experiencing a mental health problem gets both support and respect.

Mind's mission:

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Mind's values are:

Open:	We reach out to anyone who needs us
Together:	We're stronger in partnership
Responsive:	We listen, we act
Independent:	We speak out fearlessly
Unstoppable:	We never give up

Activities and public benefit

To achieve its mission, Mind campaigns on behalf of people with mental health problems, provides support for the independently run 155 local Mind associations, and provides direct information through telephone helplines, publications and website.

Mind's beneficiaries include the one in four who experience mental distress in any one year and the wider population of England and Wales whose wellbeing we aim to improve and maintain.

Mind's trustees confirm that the activities of the charity are carried out, in line with its objectives, for the benefit of the public, and the impact of our work on our beneficiaries is a key criterion when deciding what activities to undertake and how best to achieve our mission. Mind's trustees therefore confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission in determining the activities undertaken by the charity

Organisational structure

Mind (The National Association for Mental Health), referred to here as Mind, is a charity, constituted as a company limited by guarantee and not having a share capital. Mind is governed by a board of trustees forming the Council of Management, as constituted by Mind's Articles of Association. Members of Council are both trustees of the charity and directors of the company.

Mind (The National Association of Mental Health)

Report of the Council of Management (continued)

Year ended 31 March 2013

Organisational structure (continued)

Mind's consolidated figures include Mind, its wholly owned subsidiary Minds Matter (Trading Activities) Limited, and connected trusts – the Elliott Charity and The Mary Hemingway Rees Memorial Fund.

Minds Matter (Trading Activities) Limited carries out the marketing, distribution and sale of donated goods as agent for Mind and receives income from Christmas card sales and other merchandise. The subsidiary does this through some 133 charity shops and gifts its profits to Mind.

The Mind network consists of Mind together with about 155 local Mind associations (local Minds) which are affiliated to Mind. The local Minds are separate charities in their own right and are responsible for their own financial affairs and statements. These statements do not include the local Minds' accounts. The total gross income of local Minds is some £94 million, which together with Mind's gross income of £29 million gives the total Mind network gross income of £123 million.

Governance and management

Council of Management consists of up to sixteen trustees drawn from Mind's individual and affiliated local Minds membership. Up to eight trustees are elected by the members of Mind, and up to eight members are co-opted by Council. The election or appointment of trustees is set out in the Articles of Association of Mind. The Honorary Officers are elected by Council from among its members.

The membership of Council must include so far as it is practicable:

- a minimum of 50 per cent with personal experience of mental distress
- at least two individuals from black or minority ethnic communities, and
- at least one individual living in Wales.

Terms of office are for three years and trustees may serve up to a maximum of three terms.

New trustees are given a structured induction day, and training and development needs are established and met on an individual basis and reviewed each year.

The Council of Management has six subcommittees. The External Relations, Networks and Communities, Business Management Committees and Pwyllgor Cymru meet quarterly before the Council of Management and have delegated responsibilities for relevant areas of work. External Relations has oversight of our policy, campaigning, communications, legal and information work. Networks and Communities has oversight of support of local Minds and other networks for engagement. Business Management includes oversight of finance, investments, fundraising and staff matters. Pwyllgor Cymru has oversight of Mind's work in Wales. There is also an Audit Committee, which meets at least twice a year and reports to Council. Finally the Remuneration Committee determines the policy and arrangements for the pay of the Chief Executive and the senior management team.

A board assessment is carried out each year, to evaluate how well Council of Management functions and how it can improve in future. Annual audits including diversity of the board is carried out, and at the year end 70% of us bring direct experience of mental health problems to our roles.

The day-to-day management of the charity is delegated to the Chief Executive, who reports to the Council of Management. Staff are led by the Chief Executive through five directorates: External

Mind (The National Association of Mental Health)

Report of the Council of Management (continued)

Year ended 31 March 2013

Governance and management (continued)

Relations, Networks and Communities, Mind Cymru, Fundraising, and Finance and Resources, and also through the Time to Change central management team.

Statement of responsibilities of Members of Council

Company law requires the Members of Council to prepare financial statements for each financial period, which give a true and fair view of the state of affairs of the charity and its subsidiaries and of their incoming resources and application of resources for that period. In preparing those financial statements, the Members of Council are required to:

- select suitable accounting policies and then apply them consistently
- make judgements and estimates that are reasonable and prudent
- state whether applicable account standards have been followed, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

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

In determining how amounts are presented within items in the statement of financial activities and balance sheet, the Members of Council have had regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

So far as each of the Members of Council is aware at the time the report is approved there is no relevant audit information of which the company's auditors are unaware, and the directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

Trustees' report: Activities, achievements and future plans

The year to 31 March 2013 was the first year of Mind's 2012-2016 strategy, Unstoppable Together. To support this strategy we have implemented a new evaluation framework, which allows us to report increasingly on outcomes and progress towards our strategic objectives, as opposed to on outputs and activities.

We have been pleased with the progress that has been made in this first year of the strategy, especially in light of the fact that some of the areas of strategic focus are relatively new for Mind. However, we continue to operate in a challenging external environment, responding to significant change at government and policy level against a backdrop of an ongoing recession and cuts in funding and services.

Below we set out progress made to date in line with our strategic objectives, focusing on recorded outcomes as well as outputs, where possible.

Trustees' report: Activities, achievements and future plans (continued)

Goal A: Staying Well

**Strategic objectives
for 2012-2016**

What we achieved in 2012/13

500,000 people at risk of developing a mental health problem acquire greater mental resilience, the majority before they ever experience a problem.

The theme of 'resilience building', for people at risk of but not living with mental health problems, was a new strategic focus for 2012-2016. In this first year we undertook research and consultation to define how best to achieve our ambitions in this area. As a result, we now have defined an evidence based model of good early interventions to prevent mental health problems. We have also set up nine pilot projects, based in local Minds, working with socially isolated pregnant women and new mothers, and older unemployed men to promote wellbeing, build social capital and psychological insight and strengths.

We have also been proactively feeding messages about positive mental health into the media. We know from circulation figures that we can reach in the region of 11 million people each quarter through contributions to pieces in UK national papers, magazines and consumer publications as well as key regional papers on the topics of positive mental health for all, including stress and anger management and relaxation techniques.

2,000 more employers support their managers and supervisors to recognise and act on the signs and triggers of mental health problems amongst staff so they can be prevented.

The workplace is a hugely important context for early intervention and prevention in mental health. Throughout the year we worked with 281 employer organisations through Mind Workplace, providing training to improve their understanding of mental health in the workplace and how to build mentally healthy workplaces. Our evaluation findings suggest that 80% of employers we worked with to deliver in-house Mind Workplace training have improved understanding of mental health in the workplace as a result. And importantly, the same proportion also report taking follow up action after the training (such as introducing more flexible working arrangements or better supervision) to minimise the risk of mental health problems in the workplace.

Through a successful burst of our Taking Care of Business campaign we reached 3,256 employers / managers. We produced a series of best practice guides and also held two very successful webinars on how best to manage mental health in the workplace, one which was aimed at HR professionals and the other at line managers in general.

Via our Mental Health First Aid and Positive Choices training courses, delivered in Wales, a further 3,830 front line workers report increased confidence, skills and preparedness to act on early signs of poor mental health.

Mind (The National Association of Mental Health)

Report of the Council of Management (continued)

Year ended 31 March 2013

Trustees' report: Activities, achievements and future plans (continued)

Good mental health is promoted and supported via the implementation of the Department of Health's public health strategy and in 25% more of all local public health strategies.

In the context of the transition of public health funding from the NHS to local government, Mind has developed positive working relationships with the new key stakeholders in public mental health, including Public Health England and the Local Government Innovation Unit. We have worked alongside them to help them consider the needs of mental health in the new public health system. We have also undertaken research and engagement to inform a set of resources for local authorities and community groups on the topic of public mental health to be published in Q2 of next year.

Challenges faced

- Our work around resilience, early intervention and prevention work represents a new strategic focus for Mind, meaning that we have had to develop new relationships, understand a new evidence base and find new ways of talking to new audiences.

What next?

- At the end of the first year of our resilience building pilots, we will look at evaluation data to identify the lessons for potential roll out of the service
- Publication of Mind's resources on how to address public mental health – to support local authorities and community groups to build mentally healthy communities
- Continue to campaign and support employers to recognise and act on the signs and triggers of mental health problems amongst staff so they can be prevented.

Goal B - Empowering choice

Strategic objectives for 2012-2016

What we achieved in 2012/13

We double the number of times we provide timely, up to date and quality assured information to over 4 million - empowering people who experience mental health problems to make informed decisions.

Mind's information service continues to expand its reach, supporting people with mental health problems as well as their friends and family members to understand the choices available to them in terms of managing their mental health. We have expanded our reach so much that we will have to revisit our targets for the 2012-2016 period.

Over the course of 2012/2013:

- there were almost 6 million visits to our information pages
- over 40,000 calls to our Info line were answered
- 21,500 information publications were distributed

Over 90% of those surveyed tell us that they are satisfied with the quality of the information they receive from us. And we know that our information services empower people. 70% of callers to the Info Line who were calling about a personal issue said that the information received from Mind had empowered them to take a more informed next step.

Trustees' report: Activities, achievements and future plans (continued)

There is a 50% increase in the number of people with mental health problems who are able to access timely and individual support to make their own choices via the One Mind network.

We have also had some real success in relation to building our infrastructure around information distribution. The distribution of information booklets to the public via local Minds and shops has gone well overall, and we are currently planning the evaluation of these schemes to inform their development in 2013-14. In terms of our digital information, we continue to develop and improve the format of our articles, ahead of a website refresh next year.

Given the challenges around the personalisation agenda, the focus of this year has been research and consultation on this topic, both with our local Mind network and more broadly with people living with mental health problems to find out what role personal health budgets might play in improving their experience of care and their health and wellbeing outcomes. The report "Personal health budgets – getting them right in mental health" will be published early next year.

With our local Mind network we undertook the nationally accredited survey "Progress for Providers" to establish the areas in which we should be focussing our future support and capacity building. We now know that the biggest challenge for local Minds around delivering personalised services are around establishing the cost basis and dealing with new contractual arrangements and structures.

We also have a baseline figure for how far our services feel personalised from the point of view of those accessing them. From a recent survey of a sample of local Mind service users, almost two thirds (65%) said they were able to choose how they were supported in their recovery. And we know that 620 people are receiving services from the local Mind network via a personal budget. These figures are the baselines for us to improve on over the remaining three years of this strategy.

Everyone in England and Wales can access peer support

The reach of peer support services delivered directly by Mind has increased in part thanks to the Cabinet Office funded Social Action Fund (SAF) project. This project has reached 2,414 people with online and face to face peer support against a targeted reach of 3,082 people. And the launch of the new Elefriends platform has provided online peer support for several thousand people. Feedback indicates how valuable this service is. Following the launch in Q4, the number of online peer support interactions was estimated at 30,307 (which was an increase from 10,551 in Q3).

The outcomes data from our peer support services suggest they are working well where they are in place, with 79% of survey respondents telling us that peer support was helping them to better manage their mental health.

Challenges faced

- We are struggling to manage to the volume of demand from callers to the Mind Info Line. This increase means the percentage of calls answered has reduced from 62% in 2009/10 to 40% in 2012/13.
- Publications sales at year end were below target, partly due to budget cuts facing our customers and the general switch to online access of resources.

Trustees' report: Activities, achievements and future plans (continued)

- The policy context, at a local level, around personal budgets and mental health is very challenging with large numbers of service users being denied access to social care.
- Our ambitious targets around peer support will only be achieved through a big external funding injection, which will allow us to influence other providers outside of the local Mind network.
- External Peer support projects have not reported on ethnicity which means we do not have sense of whether peer support provision is managing to reduce inequalities in accessing mental health services.

What next?

- We will continue to improve access to Mind's information via our retail shop network, as well as ongoing growth of Mind Info Line including set up of a text service to respond to increased demand and to reach new audiences. Further, work is underway to fundraise for and recruit additional staff.
- Publication of Mind's report on how to make the most of personal budgets
- Providing practical tools to support local Minds to make necessary changes around finance, HR, risk management to be able to deliver personalised services.
- Supporting local Minds to influence commissioners to make the most of personal budgets for mental health
- Dependent on the outcome of a large funding bid, we will begin a programme to scale up the peer support provision, including targeted work to develop new services for marginalised groups
- User testing of our digital information resources to feed into Mind's website rebuild project.

Goal C – Improving Services and Support

Strategic objectives for 2012-2016

100% of local Mind service users, as well as more service users outside of our network, report provide person-centred, recovery orientated, holistic treatment and the opportunity to be involved in decision about their care and the design and delivery of services.

What we achieved in 2012/13

We have continued to support our network of local Minds to deliver high quality services, despite a challenging external environment and increasingly restrictive local commissioning opportunities.

Throughout 2012/13, the local Mind network supported more than 1/3 of a million people, including:

- o 109,000 through information services
- o 57,000 through psychological therapies
- o 21,000 through advocacy

This year we ran a pilot to understand the quality of experience for users of local Minds. The survey responses indicate that the vast majority felt supported in their recovery by their local Mind. Findings from this survey have indicated strengths as well as areas for development, which we will be taking forward through our new Innovation and Improvement team.

Trustees' report: Activities, achievements and future plans (continued)

We have also been active influencing other providers across the statutory sector to deliver good quality services which align with our vision. A successful Crisis Care campaign burst in November focusing on mental health crisis teams surpassed a number of targets relating to reach. 339 people took the campaign action compared to 57 for the previous campaign burst in 2011. The campaign reached 40% of MPs representing English constituencies, and 48% of Clinical Commissioning Groups (CCG's) who responded to our survey said the campaign had made them want to act to improve crisis care services in their area.

We have worked closely with new structures within health and social care in England to ensure that mental health is appropriately integrated. An important gain was the recognition of the need for parity between physical and mental health in all services. We also worked closely with the Government to develop an implementation framework for the new structures to deliver the Government's mental health strategy.

At least 10% more statutory-funded health and social care services prioritise early identification and intervention for all mental health problems.

Throughout 2012/2013 Mind has been actively influencing the statutory sector to prioritise early intervention.

Our work around social care in England has involved influencing the pre-legislative scrutiny committee on the upcoming social care Bill. Government officials have so far responded positively to our recommendations around advocacy, hospital discharge, prevention and assessment. Similarly, in Wales Mind Cymru had the opportunity to present evidence to the Social Services Committee with regard to the Social Services and Wellbeing Bill.

As part of our ongoing work to influence the new architecture brought about by the NHS reforms in England, we helped secure the retention of a national central team for the Improving Access to Psychological Therapies team when it moves to the NHS Commissioning Board (now NHS England)

The percentage of employers, as well as friends and family of people with mental health problems who have a basic understanding of mental health and can give useful practical support rises by 10%

Mind's information service is not only about empowering individuals with mental health problems, but also about increasing the capacity of their immediate social networks to be able to provide useful and practical support. More than half of friends and family who call the Mind Info line say that they can better support their loved one as a result of their call.

We have worked with a range of employers through Taking Care of Business, our training offers and Time to Change 2

Challenges faced

- The implementation of the new Mind Quality Mark reviews has been slightly delayed
- Reduced capacity in our Networks and Communities department (the department that engages with the local Mind network) has meant slower progress around some areas of work.

Trustees' report: Activities, achievements and future plans (continued)

What next?

- Work with local Minds to further develop a 'One Mind' culture of excellent services, and support the roll out of the Mind Quality Mark.
- Roll out of the Your Experience in Mind survey across the network to get a more robust picture of the quality of service user experience across the network
- Next burst of the Crisis Care campaign will be on physical restraint and is due in Q1
- Work on the Social Care Bill is ongoing.
- We will continue to develop relationships with the new structures both at a national and a local level

Goal D – Enabling Social participation

**Strategic objectives
for 2012-2016**

**Public knowledge,
attitudes and
behaviour improve by
a further 5%,
so that people with
mental health
problems are treated
with respect.**

What we achieved in 2012/13

The Time to Change campaign has continued its successful start to Phase 2 with ongoing work around social marketing, community engagement and media influencing to make a positive shift in knowledge, attitudes and behaviours in relation to mental health.

Highlights include:

- A large burst of social marketing in January 2013, evaluation of which showed that just under half (48%) of all exposed respondents recognised a given Time to Change Advertorial
- Delivery of training on dealing with mental health to 255 media professionals. 83% said that they felt more confident when reporting on mental health problems after the training. A further 2523 media professionals have downloaded resources (against a target of 1000).

As a result we are seeing indications of ongoing positive shifts in national attitudes. The '2013 National Attitudes Towards Mental Illness' report shows a significant 3.6% improvement in attitudes from 2008. In the second phase of TTC, there has been a 1.3% improvement in public attitudes between 2012 and 2013 (not statistically significant). The same study has picked up significantly higher levels of awareness of the TTC campaign among both the total audience and target population between 2012 and 2013, which is proving to be a significant predictor of better knowledge, attitudes and behaviour.

Trustees' report: Activities, achievements and future plans (continued)

At least 11,000 additional people with experience of mental health problems benefit from access to leadership opportunities to enable them to become positive role models for others and to society as a whole.

Throughout 2012/2013 13,214 people with lived experience had access to leadership opportunities through Time to Change. These opportunities included:

- Informal mentoring and training for TTC Champions
- Opportunities to attend networking events in Liverpool, Newcastle, Coventry and Manchester aimed at building social leadership of people with lived experience to challenge stigma and discrimination. (Two of these were for BME and LGBT communities.)
- Training for 'social contact' project leads

Within Mind we have also been actively influencing the broader policy and legal context to enable greater social leadership opportunities for people with mental health problems. We played a significant part in ensuring that the Mental Health Discrimination Bill complete its passage through Parliament, thus removing some outdated areas of discrimination, such as the bar against people who have been detained for six months or more from being a Member of Parliament. Mind's Parliamentary team contributed significantly to the legislation and its success.

At least 160,000 additional people with mental health problems take an active part in the life of their communities and have the financial resources to do so.

Mind has supported people with lived experience to take a more active part in the lives of their communities (whether they be local communities, ethnic or religious communities or communities of interest) in a variety of ways. For example:

- Our Ecominds programme, supported by the Big Lottery, has funded 130 environmental projects that help people with mental health problems get involved in green activities to improve confidence, self-esteem, and their physical and mental health. Over the course of this programme over 12,000 people have been supported to get involved with ecotherapy projects. 89 of these projects received further funding to extend their work in 2012/13. An independent evaluation from the University of Essex shows that participants experienced improvements in mental wellbeing, social inclusion, self esteem, connection to nature and healthy lifestyles. 76% of individuals experienced improvements in mood after an Ecominds session and 59% saw improvements in overall health.
- Mind's membership is a way for people to get involved in our work and with decisions around mental health more broadly. There are currently 2,332 Mind members. Our recent survey shows that as a result of joining Mind, 42% of Members feel more confident to contact their MP or their council about mental health issues and almost a third (32%) are more interested in volunteering.

Trustees' report: Activities, achievements and future plans (continued)

Across all of our work at Mind we engaged over 27,000 people with mental health problems, to ensure that in everything we do we speak with the voice of lived experience. We have engaged via advisory groups, surveys, and social media platforms.

We have also been actively influencing the broader policy and legal context to enable active participation of people with mental health problems. We secured some important victories:

- Subsequent to our input into a case against the Home Office, they have committed to do an impact assessment on the mental health of people in immigration detention. This is an important result for many vulnerable people in the immigration system.
- A new version of the application form for Employment Support Allowance (ESA) introduced with significant changes based on recommendations from Mind and other charities

The proportion of people who are confident to disclose their mental health to friends, family or employers increases by a further 5%.

As well as improving knowledge and attitudes and behaviours around mental health, the Time to Change campaign aims to make people confident to disclose and talk about their mental health. After 2012/2013 we know that 15% of organisations who have undertaken the Time to Change pledge report that they then go on to see a rise in levels of disclosure amongst employees.

We also know that 43% of Mind members feel more confident about speaking openly about their own mental health since joining the Membership

Challenges faced

- Changing social attitudes can take a generation, and times of economic hardship can lead to a hardening of negative attitudes. We remain some distance from the 'tipping point' where mental health prejudice becomes generally socially unacceptable
- Despite positive outcomes from our work improving the knowledge and attitudes of media professionals, the proportion of people with mental health problems who feel that coverage is prejudiced against mental health problems is increasing. We are aware of a number of complex dynamics around this including the impact of austerity in hardening attitudes.

What next?

- Continue to promote opportunities for social leadership and participation of people with mental health problems through Time to Change, Mind and its networks.
- With additional grant funding from Big Lottery, the Time to Change campaign will deliver new projects working with communities where the impact of stigma and discrimination are most strongly felt. For example there will a social marketing campaign targeted at African and Caribbean communities, specific projects with LGBT communities, and a programme to challenge mental health stigma and discrimination in secondary schools across five regions.

Trustees' report: Activities, achievements and future plans (continued)

Goal E – Removing Inequality of Opportunity-

**Strategic objectives
for 2012-2016**

100% of local Mind services users who experience multiple forms of discrimination, as well as more mental health service users from services outside of Mind, report services which are culturally appropriate and easily accessible

What we achieved in 2012/13

To drive improvements in the services delivered by our local Mind network, in October 2012 we launched the Diverse Networks programme. This aims to support local Minds to develop links with the local communities, to better engage with people from diverse groups and to develop new services. The programme involves four pilot projects testing new ways of engaging with diverse groups, and also a buddying scheme to facilitate local Minds to learn more from each other about engaging with diverse groups.

Local minds involved in the different pilot projects are: Mind Aberystwyth (will work with people with Autistic Spectrum Disorder (ASD) to raise awareness and share best practice in meeting the mental health needs of this specific group); Buckinghamshire Mind (will work with local Community Development Workers to strengthen connections with local BME groups); Stockport Mind (will conduct local consultations to identify current gaps in services); and Suffolk Mind (will support a number of local Minds in developing innovative ways of working with Muslim communities).

The buddying scheme currently involves: Oxfordshire Mind supporting Mind in Brighton & Hove in developing a BME volunteering programme; and Greenwich Mind supporting Thurrock Mind in developing services for local under-represented groups.

From the provisional data we have, the picture is that over two thirds of people feel that the service they receive from their local Mind is appropriate to their individual needs, considering culture, ethnicity, race, sexuality and disability. And as a further indicator of how far local Minds are culturally appropriate and easily accessible to BME groups, it is positive to note that the percentage of LM service users from BME groups is now at 18%, which is above the projected target for year one of 12%.

Thinking about influencing services outside of the local Mind network to reduce inequality of outcomes for BME groups, in 2013 we published and distributed commissioning guidance around good crisis care services for BME groups as part of our crisis care campaign. This was circulated to 340 CCG contacts by post and 1529 CCG contacts by email (though the display rate after 7 days was only 12%, and the click through just 0.5%)

Trustees' report: Activities, achievements and future plans (continued)

125,000 people, who experience discrimination because of their mental health problem and one or more other factors as well, are supported to develop increased resilience.

Mind's scoping work around the theme of resilience has identified a range of groups who will form our 'target audiences' for prevention and early intervention work. This includes groups with experience of multiple forms of discrimination, including BME groups, LGBT people and people with long term physical disabilities. As we roll out resilience building offers, both digitally and via our local Mind network, we will continue to engage we the actively monitor the ethnicity of beneficiaries, and continue to ensure services reach as wide an audience as possible

Develop and pilot an approach to reduce overrepresentation of young African Caribbean males (YACM) in inpatient mental health services by increasing by 10% the number of YACM in target areas who receive person centred mental health support in community and primary care settings.

This year we have developed a new programme of work engaging with young African Caribbean men before they experience mental health problems. The programme will work along-side organisations (in diverse spheres such as education, housing, mentoring, employment and criminal justice) engaging with young African Caribbean men to help build resilience, reduce risk factors, and enable the wider community to more effectively support the mental health needs of their young people. From the launch of the programme in April 2012, we've secured three Programme Partners, external, locally based individuals well-connected with the organisations we're seeking to partner. With their assistance, we've consulted with a range of local organisations in Manchester, London, Birmingham and Wales, all with experience of engaging with young African Caribbean men.

At least 20% of mental health service commissioners commit to changes in their services to better meet the needs of vulnerable migrants (subject to available funding).

Mind Cymru have developed a Directory of Services for Refugees and Asylum Seekers to be officially launched in June 2013, with the support of an Assembly Member sponsor. The directory has been translated into Arabic, Farsi and Kurdish, ready for distribution next year.

Mind's work improving mental health services to better meet the needs of vulnerable migrants has been on hold this year due to a delay in confirmation of funding.

Challenges faced

- Delays to our programme of work with vulnerable migrants as a consequence of a delayed funding bid

What next?

- An increase in the commitment of resources to achieve our objectives around removing inequality of opportunity for groups who experience multiple forms of discrimination
- Dissemination of resources and best practice developed to the rest of the local Mind network and beyond
- Evaluation of our pilot projects with Young African Caribbean males

Trustees' report: Activities, achievements and future plans (continued)

Goal F – Organisational Excellence

To deliver our ambitions we achieve £16m income net of income generation cost in Year 1 and explore ways to grow our income net of income generation cost to £20m by Year 4.

Mind's fundraising, with its diverse portfolio, has done well to hold up robustly during a difficult economic period and in such a competitive environment and key income streams were on track for 2012/13.

The proportion of the public who have at least a basic understanding of what Mind does rises from 20% to 30%.

Following on from the launch of our refreshed brand in January 2012, we continued the brand roll out, working in particular with local Minds and Mind shops. Further, we refreshed our website to bring it in line with the new brand.

In May 2012 we ran an integrated marketing campaign, using the headline, 'People need Mind more than ever', including digital banner advertising.

Mind's media team continued to generate greater coverage for the organisation and the issues we campaign on. In the final quarter alone there were 1,457 media mentions for Mind. This represents an increase of ten percent compared to the previous quarter. This brings the total mentions for 2012-13 to 5,208 exceeding the year's target of 4,730.

We are starting to see the results of our increased efforts around marketing and media. The percentage of the general public who report basic or good understanding of the work done by Mind (from nfp Synergy's Charity Awareness Monitor) has gone up to 31% (from 26% last year).

Further, the percentage of politicians who mention Mind as the first charity they think of when they think of mental health has risen from 49% to 56% over the year, which is above projections

National Mind's leadership and other key indicators achieve top quartile performance vs. benchmark charities, in staff surveys.

Throughout 2012/13 work continued around renewing and revising some of our key HR policies. A wellbeing and mental health in the workplace policy is being developed, outlining our internal commitment to this area and key flexible working policies including maternity and paternity policies are also being reviewed.

Noticeable improvements in HR indicators around sickness levels, and number of grievances suggest that staff wellbeing and satisfaction are improving.

Trustees' report: Activities, achievements and future plans (continued)

100% of local Minds are proud to be part of Mind.

Data from the annual return suggests 95% of local Minds feel proud to be part of our network. This is ahead of projected levels and suggests we will be on track to achieve this stretch target by the end of the life of the strategy. However, this figure may well fluctuate and obviously there are limitations to how far the data is representative of all individual staff members within local Minds.

Challenges faced

- Delays in the implementation of the new CRM database which will greatly improve the way in which we are able to communicate with our members, supporters and donors.
- The Local Mind Annual Return has been patchy which does not give us as much information as we would like to develop strategy across the network

What next?

- Further develop our integrated approach to marketing, income generation and supporter management, ensuring that we make the most of every opportunity to engage our supporters.
- Further steady rollout of our CRM database
- Roll out of a new HR database to generate better knowledge of our workforce and their needs, as well as a wellbeing in the workplace policy, accompanied by the roll out of better line management training and the use of WRAP plans (Wellbeing, Recovery Action Plans) for all those who want them.

Financial review

The financial year ended on 31 March 2013 was the first year of Mind's new four year strategy and financial figures within the Statement of Financial Activities and relevant notes, which are set out within the financial statements, have been presented in line with the new strategy. Comparative figures for the previous financial year have been restated to facilitate year on year comparison.

Once again, and despite the challenging economic climate, Mind has had another good financial year, leaving the charity well placed to weather current and future challenges. Turnover of £29 million was £1 million less than the previous year, which was in line with our expectations. The decrease was mainly due to the timings of activities for the Time to Change programme in England and the timings of income for the Ecominds project. A large amount of income for Ecominds, which has been distributed as grants to smaller institutions this year, was received and recognised in the previous financial year.

Income

Figure 1 below provides a summary of key sources and relevant size of income for the year. Income from Mind Charity shop sales and other activities was 42%, grants received for charitable activities was 32% and voluntary income was 24% of the total income for the year. The remaining 2% arose from fees and publications sale.

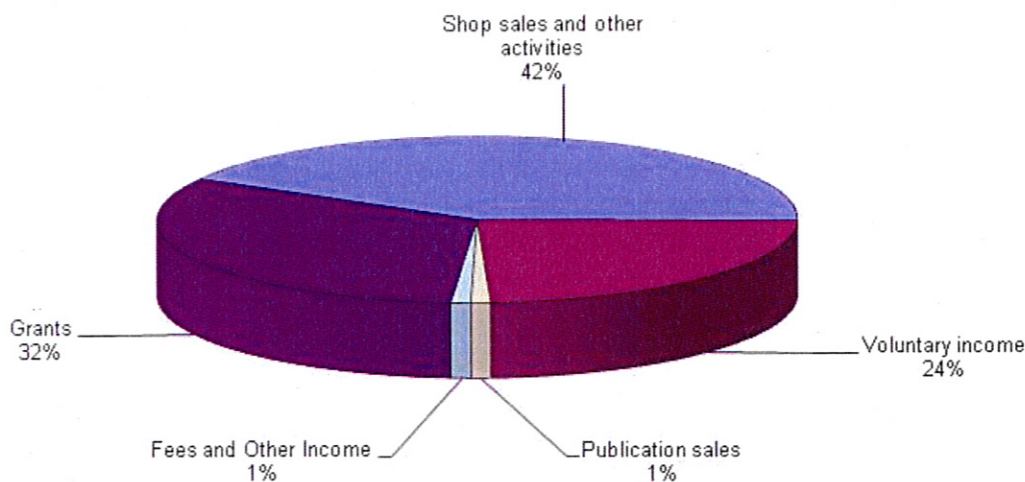


Figure 1: Income by key activities

Voluntary income of £7 million was £442,000 more than the previous year, which is an increase of 7%. The increase was primarily due to better uptake of our challenge events and more income from legacies. Income from challenge events increased by 13% while income from legacies also increased by 13%. Donations continue to be very competitive and at £3.1 million; these were similar to the previous year.

In activities for generating funds, sales in the Mind charity shops increased by 8% to a record of £11.9 million. This increase is due to an increased number of shops from 125 to 134 during the year and the continuation of gift aid reclaim on donated goods.

Financial review (continued)

Income (continued)

Income from charitable activities consists of income relating to sale of services, publications and training courses and of restricted income for specific work. The latter includes grants from The Welsh Government for work in Wales and Time to Change Wales programme, Department of Health for personalising the future and £4 million grant funding for phase two of the Time to Change programme in England. Detailed breakdowns of income from key funders are shown under note five within the financial statements in this report.

Resources expended

Total resources expended increased by £1.9 million to just over £30 million. The increase was mainly due to more expenditure on charitable activities and increased costs of Mind Charity shops in line with the increase in sales in the year. Figure 2 below summarises key areas of expenditure and their relevant size in relation to total expenditure.

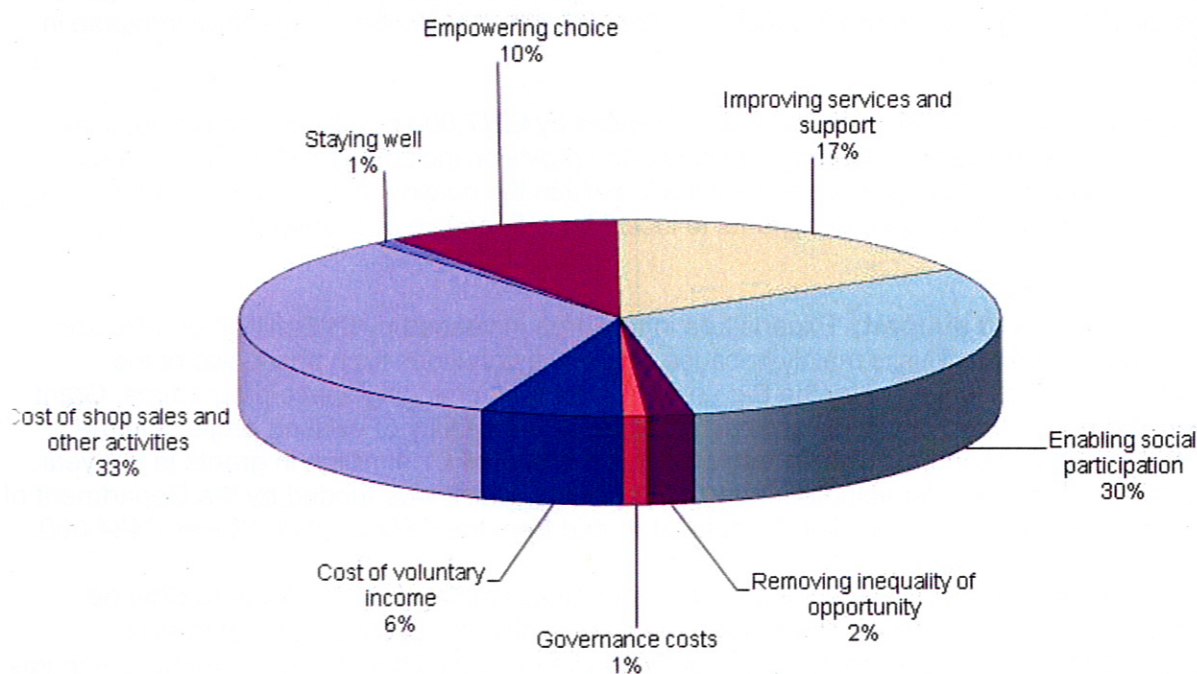


Figure 2: Expenditure by key activities

Fundraising costs and performance

Mind continues to rely heavily on voluntary, shop and grant income to enable us to carry out our charitable activities. We have to work hard to raise this income, particularly as mental health is not generally seen by the public as the most attractive cause compared with those of many other charities. This income is crucial so that we can maintain our independence as a campaigning charity.

While the costs of recruiting donors and running shops are high, these remain very effective ways of raising net unrestricted income for Mind to spend on our charitable purpose. The costs of raising voluntary income decreased by £190,000 in the year due to a decrease in direct marketing costs

Financial review (continued)

Fundraising costs and performance (continued)

and reduced expenditure on legacy marketing. Mind fundraising cost ratios are comparable to other charities that undertake similar methods of fundraising.

Mind charity shops net profit of £2.1 million was slightly higher than the previous year. Sales increased by 9% in the year. Costs also increased by 10% mainly due to the start up costs for nine new shops. However, the gift aid recovery continued to significantly help to sustain the profit.

Charitable expenditure

Charitable expenditure of £18.5 million was 7% more than the previous year. This is mainly due to increases in expenditure in improving services and support arising from grant distributions and costs of phase two of the Ecominds project. However, there was a decrease in expenditure from the Time to Change programme due to the timings of activities, which reduced total charitable expenditure for the year.

Staying well: These costs mainly consist of staff working on policy and campaigning. Expenditure increased by 26% or £82,000 from £312,000 to £394,000, which was due to a general increase in activities.

Empowering choice: Expenditure in this area increased by £577,000 or 22% on the previous year. This is mainly due to increased spending on information provision including Mind Infoline, mental health related training courses, service transformation within the network and new projects funded by the Social Action Fund, which provides grants to local Minds to enable peer support within their respective area.

Improving services and support: Expenditure in this area increased by £1.6 million or 46% from £3.5 million to £5.1 million. This is mainly because of grant distributions from phase two of the Ecominds project, which is funded by the Big Lottery under their changing space programme. Grant distributions from phase two of this scheme aims to help sustainability of existing projects in the scheme in the current economic climate and distributed a total of £1.9 million in grants in the year. However, the Opportunities for volunteering (OFV) scheme, which was funded by the Department of Health ended in the previous year. Total grant distributed from the OFV in 2011-12 was £434,000.

Enabling social participation: Expenditure in this area arises mainly from the Time to Change programmes in England and Wales. It also includes a proportion of our other work on raising awareness and enabling positive changes in attitudes towards mental health. Total expenditure in this area decreased by £1 million or 10%. This is mainly due to the timings of activities and grant funding of Time to Change projects in England. In addition, most of the activities of phase one of Time to Change programme, which was jointly funded by Big Lottery and Comic Relief ended in the previous year. Phase two was launched in October 2011 with a total budget of £20m over its expected lifespan of about four years. Phase two is jointly funded by the Department of Health and Comic Relief.

Removing inequality of opportunity: Expenditure of £500,000 in this area was £46,000 less than last year. This is mainly due to two small projects coming to an end in the previous year. Otherwise, activities in this area and associated expenditure were similar to last year.

Financial review (continued)

Reserves and reserve policy

Overall, expenditure in the year was more than total income and the net incoming resources were a deficit of £1.3 million. The deficit was made up of £706,000 surplus from unrestricted activities and £2.03 million deficit from restricted activities in the year. This was in line with our expectation, mainly due to restricted funds received in advance for Ecominds and the Time to Change programme. These funds were dispersed in 2012-13 financial year in accordance with the terms of the programmes and account for the bulk of the restricted deficit in this financial year.

We made investment gain of £469,000 compared to a loss of £90,000 in the previous year. There was an actuarial gain of £2,000 on the defined benefit pension scheme. These are shown in the SOFA to reach the net movements in funds of £850,000. Mind's general reserves increased from £6.2 million to £6.3 million at the end of the year.

Mind's policy is to maintain general reserves to give financial stability to the charity and to its activities. General reserves exclude restricted funds and reserves invested in tangible fixed assets and they allow Mind to manage the risks that it faces and to fund future work to achieve its aims.

Trustees reviewed the policy and agreed to continue to maintain a general reserve in the range of four to six months of unrestricted expenditure.

Applying the above principle, the four to six months' cover of expenditure produces a desirable range of reserves of between £6.4 million to £9.7 million. Our general reserve currently stands at £6.3 million which is just below the desirable range. We will work to maintain the reserve targets without in any way compromising the pressing charitable activities that we are committed to undertake.

Risk management and key policies

Risk management

Council has overall responsibility for risk management and trustees review the analysis, assessment and management of risks on an annual basis alongside the consideration of strategic direction. Council can provide reasonable assurance that the major risks to which the charity is exposed have been reviewed and systems established, or in some cases planned, to mitigate those risks. The major risks identified include concerns about income, and staff management capacity.

Pension provision

Although the final salary scheme is now closed for future accrual, it remains a significant risk for the charity. The deficit as valued by FRS17 is included in the balance sheet as a long-term liability and balanced by a negative pension reserve. This negative reserve is not deducted from general reserves, as the liability is long term, with repayment being spread over the next few years. The triennial valuation continues to be used to calculate the repayments required, and the payments are incorporated into Mind's long term financial planning, so that these commitments can be met as they fall due in the future.

Financial review (continued)

Investment powers, policy and performance

The trustees have the power to invest in such assets as they see fit. We have reviewed our investment strategy, policy and management in the year, and confirmed our policy of maximising total return on investment. Mind's investment portfolio is currently managed by Newton Investment Management Limited.

In order that Mind is, and is seen to be, absolutely independent of the pharmaceutical sector, Mind's ethical investment policy is not to hold any investment in companies in the healthcare sector that manufacture pharmaceuticals. To achieve this Mind's investments are in a segregated portfolio rather than a pooled fund, and Newton have discretionary management of the portfolio. Mind believes in a positive socially responsible approach to investment and delegates this to Newton who are a signatory to the UN Principles of Responsible Investment. Newton act on our behalf in voting and engaging with companies on a number of environmental, social and governance issues, and report on this to us quarterly.

Performance is measured by comparing income to targets set at the beginning of the year, and measuring capital growth against relevant benchmarks. Dividend investment income was as expected but interest on cash balances was much less as interest rates remained low during the year. Capital gains over the year were better than the benchmark, at 10.6% compared with a 9.6% rise in the benchmark.

Grant-making policies

Mind gives grants to third parties to carry out projects that help achieve our charitable objectives. Grants are openly advertised and awarded by assessment panels. Mind provides assistance in supporting grant funded projects and monitors performance and outcomes on a regular basis.

Diversity and disability

Mind is strongly committed to supporting the diversity of staff and volunteers through equal opportunity policies and practice. This includes encouraging applications from those who consider themselves disabled, particularly those who have experience of mental distress. Over half of our staff have experience of mental distress and about a third use or have used mental health services.

Volunteers

Mind is also greatly indebted to its volunteers for their commitment, time and skills. This includes all volunteers that help with Mind's work, whether directly helping in Mind's offices or indirectly helping for example by completing surveys or contributing to Mind's campaigns. In particular the Mind charity shops could not run without the support of some 1,850 volunteers. More and more people carry out voluntary fundraising activities for Mind, often being sponsored for challenging activities such as running marathons, trekking and cycling. We thank them all for their support.

Mind (The National Association of Mental Health)

Report of the Council of Management (continued)

Year ended 31 March 2013

Financial review (continued)

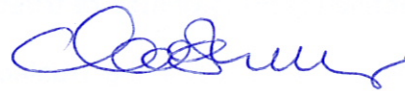
Thank you

Mind could not exist without funding from individual donors, companies, trusts, public bodies and other associations, and we thank all for their support. We would like to record our thanks to all of the staff of Mind and Minds Matter (Trading Activities) Ltd, who show much dedication and commitment to their work and to the charity. Also we would like to thank staff and volunteers at the local Minds for their part in working with Mind to contribute to our shared objectives to improve mental health for everyone.

On behalf of the Council of Management.



Ryan Campbell
Chair



Ian Ruddock
Honorary Treasurer

Registered Office:
Granta House, 15-19 Broadway, Stratford, London E15 4BQ

Mind (The National Association of Mental Health)

Independent auditors' report to members of Mind Year ended 31 March 2013

We have audited the financial statements of Mind (the National Association for Mental Health) for the year ended 31 March 2013 which comprise the Consolidated Statement of Financial Activities, the Group and Parent Charitable Company Balance Sheets, the Consolidated Cash Flow Statement and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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 Auditors' 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 opinion we have formed.

Respective responsibilities of trustees and auditor

As explained more fully in the Trustees' Responsibilities Statement set out on page four, 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.

We have been appointed as auditor under the Companies Act 2006 and report in accordance with regulations made under that Act.

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 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 group's and the parent 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 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 group's and the parent charitable company's affairs as at 31 March 2013 and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Mind (The National Association of Mental Health)

Independent auditors' report to members of Mind (continued)

Year ended 31 March 2013

Opinion on other matters 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:

- the parent charitable company has not kept proper and adequate accounting records or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company's financial statements are not in agreement with the accounting records or 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.



**Bernie Watson (Senior statutory auditor)
for and behalf of haysmacintyre, Statutory Auditor**

11 September 2013

**Fairfax House
15 Fulwood Place
London
WC1V 6AY**

Mind (The National Association of Mental Health)

Consolidated statement of financial activities

Year ended 31 March 2013

	Note	Unrestricted funds £'000	Restricted funds £'000	Total 2013 £'000	Total 2012 £'000 Restated
Incoming resources					
Incoming resources from generated funds					
Voluntary income	2	7,093	-	7,093	6,651
Activities for generating funds					
Shop income	3	11,899	-	11,899	10,985
Raffle and other activities		312	-	312	281
Total funds generated from activities		12,211	-	12,211	11,266
Investment Income	4	143	-	143	163
Incoming resources from charitable activities					
Staying well		122	57	179	93
Empowering choice		396	1,049	1,445	1,119
Improving services and support		137	813	950	2,845
Enabling social participation		3	6,991	6,994	7,642
Removing inequality of opportunity		1	58	59	120
Total incoming resources from charitable activities	5	659	8,968	9,627	11,819
Total incoming Resources		20,106	8,968	29,074	29,899
Resources expended					
Cost of generating funds					
Voluntary income	6	1,738	-	1,738	1,928
Fundraising trading					
Shop costs	3	9,925	-	9,925	9,000
Raffle and other activities		49	-	49	56
Total costs of generating funds		11,712	-	11,712	10,984
Net incoming resources available for charitable activities		8,394	8,968	17,362	18,915

Mind (The National Association of Mental Health)

Consolidated statement of financial activities (continued)

Year ended 31 March 2013

	Note	Unrestricted funds £'000	Restricted funds £'000	Total 2013 £'000	Total 2012 £'000 Restated
Charitable activities:					
Staying well		326	68	394	312
Empowering choice		2,377	863	3,240	2,663
Improving services and support		2,092	3,024	5,116	3,516
Enabling social participation		2,345	6,942	9,287	10,317
Removing inequality of opportunity		402	98	500	546
Total charitable activities	7	7,542	10,995	18,537	17,354
Governance costs	10	146	-	146	123
Total resources expended		19,400	10,995	30,395	28,461
Net incoming resources		706	(2,027)	(1,321)	1,438
Other recognised gains/(losses)					
Gain/(loss) on investments		469	-	469	(90)
Actuarial gain/(loss) on defined benefit pension scheme	23	2	-	2	(285)
Net movement in funds	12	1,177	(2,027)	(850)	1,063
Balances brought forward		7,525	2,758	10,283	9,220
Balances carried forward		8,702	731	9,433	10,283

- All transactions are derived from continuing activities.
- All recognised gains and losses are included in the Statement of Financial Activities.

The total deficit of £1.3 million as net incoming resources was made up of £706,000 surplus from unrestricted activities and £2.03 million deficit from restricted activities in the year. The deficit was related to the extension of the Ecominds project for which funding was received in the previous financial year. This was in line with our expectation.

Mind (The National Association of Mental Health)

Consolidated balance sheet

Year ended 31 March 2013

	Note	2013 - £'000	2012 £'000
Fixed assets			
Tangible assets	14	2,601	2,427
Investments	15	4,145	3,605
		<u>6,746</u>	<u>6,032</u>
Current assets			
Stocks		159	166
Debtors	16	4,176	4,070
Cash at bank		2,581	4,006
Cash in hand		255	271
		<u>7,171</u>	<u>8,513</u>
Creditors: amounts falling due			
Within one year	17	(3,523)	(3,086)
Net current assets		<u>3,648</u>	<u>5,427</u>
Total assets less current liabilities		<u>10,394</u>	<u>11,459</u>
Creditors: amounts falling due			
After one year	23	(961)	(1,176)
Net assets		<u><u>9,433</u></u>	<u><u>10,283</u></u>
Funds			
Restricted funds	18	731	2,758
Unrestricted funds:			
Designated fixed asset fund	19	2,601	2,427
Designated infrastructure development fund	19	750	-
General reserves		6,312	6,274
Pension reserves		(961)	(1,176)
		<u><u>9,433</u></u>	<u><u>10,283</u></u>

The financial statements were approved and authorised for issue by the Council of Management on 11 September 2013 and were signed below on its behalf by:



Ryan Campbell
Chair



Ian Ruddock
Honorary Treasurer

Mind (The National Association of Mental Health)

Balance sheet (charity only)

Year ended 31 March 2013

	Note	2013 - £'000	2012 £'000
Fixed assets			
Tangible assets	14	2,601	2,427
Investments	15	4,145	3,605
		<u>6,746</u>	<u>6,032</u>
Current assets			
Stocks		77	81
Debtors	16	4,268	4,023
Cash at bank		2,380	4,004
Cash in hand		10	6
		<u>6,735</u>	<u>8,114</u>
Creditors: amounts falling due			
Within one year	17	(3,141)	(2,741)
Net current assets		<u>3,594</u>	<u>5,373</u>
Total assets less current liabilities		<u>10,340</u>	<u>11,405</u>
Creditors: amounts falling due			
After one year	23	(961)	(1,176)
Net assets		<u><u>9,379</u></u>	<u><u>10,229</u></u>
Funds			
Restricted funds	18	677	2,704
Unrestricted funds:			
Designated fixed asset fund	19	2,601	2,427
Designated infrastructure development fund	19	750	-
General reserves		6,312	6,274
Pension reserves		(961)	(1,176)
		<u><u>9,379</u></u>	<u><u>10,229</u></u>

The financial statements were approved and authorised for issue by the Council of Management on 11 September 2013 and were signed below on its behalf by:



Ryan Campbell
Chair



Ian Ruddock
Honorary Treasurer

Mind (The National Association of Mental Health)

Consolidated cash flow statement

Year ended 31 March 2013

	Note -	2013 £'000	2012 £'000
Net cash (outflow)/inflow from operating activities	A	(839)	1,656
Returns on investment and servicing of finance			
Income from investments		81	125
Bank and loan interest received		62	38
		143	163
Taxation paid		(1)	(3)
Capital expenditure			
Purchase of tangible fixed assets		(681)	(402)
Purchase of investments		(1,555)	(1,659)
Proceeds from sale of tangible fixed assets		7	10
Proceeds from sale of investments		1,485	1,276
		(744)	(775)
(Decrease)/increase in cash	B	(1,441)	1,041

Mind (The National Association of Mental Health)

Notes to the consolidated cash flow statement

Year ended 31 March 2013

A.	Reconciliation of net movement in funds to net cash flow from operating activities	2013	2012
		£'000	£'000
	Net movement in funds	(850)	1,063
	Adjustment for:		
	Depreciation charge	484	407
	Unrealised gain on investments	(509)	(25)
	Realised loss on investments	39	116
	Realised loss on disposal of tangible fixed assets	16	12
	Interest receivable	(62)	(38)
	Income from investments	(81)	(125)
	Taxation charge	1	3
	Cash from operations before working capital charge	(962)	1,413
	Decrease in stock	7	125
	(Increase)/decrease in debtors	(106)	2,158
	Increase/(decrease) in creditors	222	(2,040)
	Net cash (outflow)/inflow from operating activities	(839)	1,656
B.	Analysis of net funds	As at	As at
		1 April 2012	31 March 2013
		£'000	£'000
	Cash at bank	4,006	2,581
	Cash in hand	271	255
		4,277	2,836

1. Accounting policy

Basis of accounting

The financial statements are prepared under the historical cost basis, modified by the revaluation of investments, and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2005, revised), Companies Act 2006 and with applicable accounting standards.

Group financial statements

Group financial statements have been prepared in respect of Mind and its wholly owned subsidiary Minds Matter (Trading Activities) Limited (see note 13) together with connected trusts the Elliott Charity and Mary Hemingway Rees Memorial Fund (see notes 26 to 27). In accordance with Section 408 of the Companies Act 2006, no separate Statement of Financial Activities is presented for Mind. The results are consolidated on a line-by-line basis.

Income and expenditure for the charitable activities within the Statement of Financial Activities are categorised by goals in the four year strategy. Comparative figures for the previous financial year have been restated to facilitate year on year comparisons.

Fund accounting

Restricted funds are funds subject to specific restricted conditions imposed by the donors.

Unrestricted funds comprise of accumulated net movement in general funds. They are available for use at the discretion of the trustees in furtherance of the general charitable objectives.

Designated funds are amounts that have been put aside at the discretion of the Council of Management. At the year end they comprised of a fixed assets fund, and an infrastructure development fund, which represents the extent to which funds are invested in property for use by the charity, and therefore are not available for other purposes.

Pension reserves represent the deficit in the defined benefit pension scheme, which was closed for future accrual on 31 July 2002 (see note 23).

Incoming resources

Voluntary income is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability. Legacies with continuing life interest are not recognised in the financial statements, as they do not meet all these criteria.

Income from shop sales, raffles and other activities are recognised as earned.

Income from investments is recognised on a receivable basis.

Income from charitable activities include income received under contract or sale, or where entitlement to grant funding for specific projects undertaken by the charity is recognised as earned (as the related goods and services are provided). Income from sales of publication and courses are recognised as earned.

Some income from charitable activities including grants income is apportioned between two or more categories of charitable activities on a basis consistent with the use of resources.

1. Accounting policy (continued)

Volunteers and donated services

The value of services provided by the volunteers is not incorporated in these financial statements. Further details of contributions from volunteers can be found in the Report of the Council of Management.

Donated services

Donated services and facilities from other institutions are recognised as income and expenditure and they are incorporated in these financial accounts in charitable income and expenditure.

Resources expended

Expenditure is recognised when a liability is incurred. Funding provided through contractual agreements and as agent is recognised when a constructive obligation arises that result in payments being unavoidable.

Costs of fundraising activities are mostly shown in the costs of raising voluntary income but a portion is allocated to costs of charitable activities for providing information in an educational manner to raise awareness of mental health issues in furtherance of the charity's objectives. The apportionment is based on an assessment of particular activities.

Costs of generating funds are those costs incurred in attracting voluntary income. Costs of fundraising trading are those incurred in trading activities that raise funds.

Some expenditure for charitable activities is apportioned between two or more categories on a basis consistent with the use of resources.

Support costs are costs of services supplied centrally, which have been allocated to activity cost categories on a basis consistent with the use of resources. For example, human resources costs have been allocated by the number of staff whereas office property costs have been apportioned by usage of the floor space.

Governance costs include those incurred in the governance of the charity, its assets and those costs associated with constitutional and statutory requirements.

Taxation

Irrecoverable VAT is allocated to the same cost heading as the related expenditure.

Tax recovered for voluntary income under gift aid is allocated to the same income heading as the related income, including gift aid now reclaimed relating to charity shop donations.

Stocks

Stocks are valued at the lower of cost and net realisable value. Stocks of donated goods held in the Minds Matter charity shops are not valued until they are sold.

1. Accounting policy (continued)

Depreciation

All tangible fixed assets, including freehold properties, are stated in the balance sheet at cost, less depreciation. The depreciation of assets is provided in equal annual instalments over the estimated useful lives of the assets at the following rates:

Freehold property	2%
Long leasehold property	2%
Short leasehold property	Over the term of the lease
Office furniture and equipment	10 to 20%
Computer equipment	20%
Motor vehicles	33%

Individual items of capital expenditure in excess of £500 are accounted for as fixed asset additions. Individual items of capital expenditure of £200 or more are accounted for as fixed assets for the trading subsidiary Minds Matter (Trading Activities) Ltd.

Investments

Investments are shown at market value. Unrealised gains and losses represent the movement in the market value in the financial year. Realised gains and losses are calculated as the difference between sale proceeds and the market value at the beginning of the financial year. Unrealised and realised gains and losses are included together in the Statement of Financial Activities.

Pensions

Employees of the charity are entitled to join the group personal pension scheme and employees of the subsidiary Minds Matter (Trading Activities) Ltd are entitled to join one of their defined contribution pension schemes. Employer contributions are charged to expenditure in the accounting period in which they are payable.

Mind operated a defined benefit scheme, which was closed for future accrual on 31 July 2002. The assets and liabilities in the scheme are reported in these financial statements as required by FRS17. Please see the pension note (note 23) for more detail.

2. Voluntary income

	Unrestricted £'000	Restricted £'000	2013 Total £'000	2012 Total £'000
Donations	3,131	-	3,131	3,151
Challenge events	1,838	-	1,838	1,621
Legacies	2,124	-	2,124	1,879
Total	7,093	-	7,093	6,651

Mind (The National Association of Mental Health)

Notes to the financial statements (continued)

Year ended 31 March 2013

3. Mind charity shop results

Total group results from the charity shops included in these financial statements are shown below, some of which is reported in Minds Matter (Trading Activities) Limited accounts and some in Mind's charity only accounts.

	2013	2012
	£'000	£'000
Shop income	11,899	10,985
Other income including rent received	138	120
Costs of selling goods	(9,925)	(9,000)
	<u>2,112</u>	<u>2,105</u>

4. Investment income

	Unrestricted	Restricted	2013	2012
	£'000	£'000	Total	Total
			£'000	£'000
Interest received	62	-	62	38
Dividends	81	-	81	125
Total	<u>143</u>	<u>-</u>	<u>143</u>	<u>163</u>

5. Incoming resources from charitable activities

	Unrestricted	Restricted	2013	2012
	£'000	£'000	Total	Total
			£'000	£'000
Government grants	-	5,058	5,058	4,630
Trusts, foundations and other grants	1	3,910	3,911	6,673
Fees	146	-	146	158
Publication sales	91	-	91	210
Conferences and training	300	-	300	118
Other	121	-	121	30
Total	<u>659</u>	<u>8,968</u>	<u>9,627</u>	<u>11,819</u>

5. Incoming resources from charitable activities (continued)	2013 £'000	2012 £'000
Restricted incoming resources by funder:		
Welsh Government		
Grant scheme for Mind Cymru	286	302
Time to Change Wales	142	150
Other	-	1
	<u>428</u>	<u>453</u>
National Health Service (Wales)		
Mental Health First Aid	112	103
ASIST	39	-
	<u>151</u>	<u>103</u>
Department of Health		
Opportunities for volunteering	-	482
Time to Change	4,000	3,395
Personalising the future	134	-
Strategic partner programme	54	-
Other	2	(17)
	<u>4,190</u>	<u>3,860</u>
The Cabinet Office		
Social action fund	239	214
	<u>239</u>	<u>214</u>
National Health Service (England)		
Premature mortality	50	-
	<u>50</u>	<u>-</u>
Big Lottery Fund		
Time to Change	835	2,741
Ecominds	555	1,893
Care evaluation research	-	193
Positive choices project	222	171
Other	-	5
	<u>1,612</u>	<u>5,003</u>

Mind (The National Association of Mental Health)

Notes to the financial statements (continued)

Year ended 31 March 2013

5. Incoming resources from charitable activities (continued)	2013 £'000	2012 £'000
Restricted incoming resources by funder:		
Comic Relief		
Time to Change	1,444	749
Imagine your goals	20	300
Time to Change Wales	161	88
Other	-	4
	<u>1,625</u>	<u>1,141</u>
Other		
Northern Rock Foundation	69	67
Santander Foundation	-	50
Young beginnings fund	50	50
People's Health Trust	362	-
Other	192	362
	<u>673</u>	<u>529</u>
Total	<u><u>8,968</u></u>	<u><u>11,303</u></u>

6. Cost of generating voluntary income	Unrestricted £'000	Restricted £'000	2013 Total £'000	2012 Total £'000
Donations	986	-	986	1,162
Challenge events	457	-	457	447
Legacies	56	-	56	102
Support costs allocated	239	-	239	217
	<u>1,738</u>	<u>-</u>	<u>1,738</u>	<u>1,928</u>

Notes to the financial statements (continued)

Year ended 31 March 2013

7. Resources expended on charitable activities

	Activities undertaken directly £'000	Grant and other Funding of activities £'000	Support costs £'000	2013 Total £'000	2012 Total £'000
Staying well	366	-	28	394	312
Empowering choice	2,664	109	467	3,240	2,664
Improving services and support	2,076	2,746	294	5,116	3,514
Enabling social participation	4,020	4,871	396	9,287	10,317
Removing inequality of opportunity	452	-	48	500	547
	<u>9,578</u>	<u>7,726</u>	<u>1,233</u>	<u>18,537</u>	<u>17,354</u>

8. Support costs

	Management Staff £'000	Finance, IT and Office Service Staff £'000	Property Costs Area £'000	Human Resources Staff £'000	2013 Total Costs £'000	2012 Total Costs £'000
Charitable activities						
Staying well	1	17	2	8	28	37
Empowering choice	10	234	121	102	467	414
Improving services and support	6	150	84	54	294	372
Enabling social participation	14	233	19	130	396	428
Removing inequality of opportunity	2	25	6	15	48	55
	<u>33</u>	<u>659</u>	<u>232</u>	<u>309</u>	<u>1,233</u>	<u>1,306</u>
Income generation						
Voluntary income	5	124	66	44	239	217
Raffle and other Activities	-	4	2	1	7	7
	<u>5</u>	<u>128</u>	<u>68</u>	<u>45</u>	<u>246</u>	<u>224</u>
	<u>38</u>	<u>787</u>	<u>300</u>	<u>354</u>	<u>1,479</u>	<u>1,530</u>

9. Staff costs

	Group	
	2013	2012
	£'000	£'000
Wages and salaries	9,919	9,647
Social security costs	844	829
Other pension contributions	637	692
	<u>11,400</u>	<u>11,168</u>

Other pension contributions are made up as follows:

Mind defined benefit scheme related costs	62	111
Mind defined contribution scheme	545	558
Minds Matter defined contribution schemes	30	23
	<u>637</u>	<u>692</u>

See note 23 for more information on the pension schemes.

The average number of full time equivalent employees during the year was:

	Number	Number
Shops	352	335
Staying well	4	4
Empowering choice	41	35
Improving services and support	22	34
Enabling social participation	53	46
Removing inequality of opportunity	6	6
Income generation, support and governance	44	40
	<u>522</u>	<u>500</u>

Higher paid employees

The number of employees whose emoluments for the year fell Within the following bands were:

£60,000 to £69,999	1	1
£70,000 to £79,999	2	4
£80,000 to £89,999	2	1
£100,000 to £109,999	1	-
£110,000 to £119,999	-	1
	<u></u>	<u></u>

Notes to the financial statements (continued)

Year ended 31 March 2013

9. Staff costs (continued)

Emoluments include salary and taxable benefits but do not include employer's pension contributions or employer's national insurance. The highest paid employee was the Chief Executive.

	Group 2013 £'000	2012 £'000
Total employer contribution paid to the pension scheme for the above higher paid employees	40	46

10. Governance costs

	2013 £'000	2012 £'000
Membership and committees	36	28
External audit costs for the charity	21	20
Internal audit	10	6
Management support costs	79	69
	<u>146</u>	<u>123</u>

11. Council of Management emoluments and reimbursed expenses

	2013 £'000	2012 £'000
Total expenses relating to travel and subsistence	8	8

	Number	Number
Number of trustees reimbursed	12	12
Number of trustees in office at some time during the year	18	18

Trustee remuneration

No remuneration has been paid to trustees in the year.

Related party transactions

Mind does not have any related party transactions to disclose under FRS 8.

Mind (The National Association of Mental Health)

Notes to the financial statements (continued)

Year ended 31 March 2013

12. Net movement in funds	2013 £'000	2012 £'000
Net movement in funds is stated after charging:		
Depreciation	484	407
Auditors' remuneration		
External audit	28	28
Tax services	1	3
Payroll administration	24	23
Internal audit	10	6
Operating lease: land and buildings	2,286	2,089
Operating lease: equipment and motor vehicles	37	119
	<u> </u>	<u> </u>

13. Results from trading subsidiary, Minds Matter (Trading Activities) Ltd

For full financial results for the charity shops see note 3.

	2013 £'000	2012 £'000
Turnover	9,775	9,041
Cost of sales	(1,276)	(953)
	<u> </u>	<u> </u>
Gross profit	8,499	8,088
Other operating income	731	633
Operating expenses and administration costs	(8,301)	(7,760)
Interest receivable	4	3
	<u> </u>	<u> </u>
Profit for the year	933	964
Gift aid payable to Mind	(932)	(961)
Taxation	(1)	(3)
	<u> </u>	<u> </u>
Profit for the year	-	-
	<u> </u>	<u> </u>

Notes to the financial statements (continued)

Year ended 31 March 2013

14. Tangible fixed assets

Group	Freehold properties £'000	- Long leasehold properties £'000	Short-term leasehold properties £'000	Furniture, Equipment and vehicles £'000	Total £'000
Cost					
At 1 April 2012	219	1,438	356	4,718	6,731
Additions at cost	-	-	23	658	681
Disposals	-	-	(7)	(115)	(122)
At 31 March 2013	219	1,438	372	5,261	7,290
Depreciation					
At 1 April 2012	46	444	295	3,519	4,304
Charge for year	4	30	-	450	484
Disposals	-	-	(6)	(93)	(99)
At 31 March 2013	50	474	289	3,876	4,689
Net book value					
At 31 March 2013	169	964	83	1,385	2,601
At 31 March 2012	173	994	61	1,199	2,427

Mind charity only

Cost					
At 1 April 2012	219	1,438	336	4,369	6,362
Additions at cost	-	-	23	658	681
Disposals	-	-	(3)	(114)	(117)
At 31 March 2013	219	1,438	356	4,913	6,926
Depreciation					
At 1 April 2012	46	444	275	3,170	3,935
Charge for year	4	30	-	450	484
Disposals	-	-	(2)	(92)	(94)
At 31 March 2013	50	474	273	3,528	4,325
Net book value					
At 31 March 2013	169	964	83	1,385	2,601
At 31 March 2012	173	994	61	1,199	2,427

Mind (The National Association of Mental Health)

Notes to the financial statements (continued)

Year ended 31 March 2013

15. Investments	2013 £'000	2012 £'000
The following movements took place during the year.		
Market value brought forward	3,606	3,313
Disposals of investments	(1,525)	(1,392)
Additions to investment at cost	1,555	1,659
	<u>3,636</u>	<u>3,580</u>
Net unrealised gain on revaluation	509	25
Market value carried forward	<u>4,145</u>	<u>3,605</u>

The investment portfolio is divided into the following classes and geographic regions:

	2013 £'000	2012 £'000
UK gilt edged and cash fund	494	486
UK bonds	381	342
UK equities	1,179	1,371
	<u>2,054</u>	<u>2,199</u>
Total UK	2,054	2,199
Overseas equities and bonds	2,091	1,406
	<u>4,145</u>	<u>3,605</u>

16. Debtors	Group		Mind	
	2013 £'000	2012 £'000	2013 £'000	2012 £'000
Amount due from subsidiary undertaking	-	-	952	865
Other debtors	195	179	182	164
Prepayments and accrued income	3,981	3,891	3,134	2,994
	<u>4,176</u>	<u>4,070</u>	<u>4,268</u>	<u>4,023</u>

17. Creditors: amounts falling due within one year	Group		Mind	
	2013 £'000	2012 £'000	2013 £'000	2012 £'000
Trade creditors	538	284	424	262
Other creditors	243	109	243	109
Income tax and social security	272	264	208	203
Other taxes	3	3	-	-
Accruals and deferred income	2,467	2,426	2,266	2,167
	<u>3,523</u>	<u>3,086</u>	<u>3,141</u>	<u>2,741</u>

Mind (The National Association of Mental Health)

Notes to the financial statements (continued)

Year ended 31 March 2013

18. Restricted funds by activity	Balance at 1 April 2012 £'000	Incoming Resources £'000	Resources Expended £'000	Balance at 31 March 2013 £'000
Time to change	372	6,043	(6,363)	52
Time to change Wales	137	560	(504)	193
Ecominds	1,621	555	(2,164)	12
Social action fund	138	239	(365)	12
Mind Cymru	-	286	(286)	-
Mental health first aid	15	128	(85)	58
ASIST	2	54	(39)	17
Positive choices	73	222	(222)	73
Service development	72	69	(77)	64
Local Mind grant fund	83	50	(116)	17
Personalising the future	-	134	(81)	53
People's Health Trust	-	362	(362)	-
Premature mortality	-	50	(49)	1
Other	191	216	(282)	125
Mind restricted funds	2,704	8,968	(10,995)	677
The Elliott Charity	39	-	-	39
Mary Hemingway Rees Memorial Fund	15	-	-	15
Group restricted funds	2,758	8,968	(10,995)	731

Restricted grants are received from a variety of sources including government and trusts and foundations and are for a variety of purposes that help us achieve our strategic goals.

The Time to change programme aims to create a measurable shift in public attitude and a genuine reduction in discrimination linked to mental health and to improve people's physical and mental wellbeing. The first phase of this programme was launched in October 2007. The second phase was launched in October 2011, and builds on the work carried out in the first phase. The second phase is jointly funded by the Department of Health and Comic Relief and it is expected to last for three and a half years.

Time to change Wales is a Wales wide programme, which was launched in February 2012 to challenge stigma and discrimination associated with mental illness. It is jointly funded by the Big Lottery Wales, Comic Relief and the Welsh Government.

Ecominds is a grant giving project funded by the Big Lottery's Changing Spaces programme. It provides grants to community environmental projects involving mental health service users. Additional funding for Supporting Change and Impact was granted from the Big Lottery to support some projects through uncertain times starting in financial year 2012-13.

18. Restricted funds by activity (continued)

The Social action fund project is funded by The Cabinet Office, to develop Mind's Elephant in the Room online peer support discussion forum, conduct a peer lead enquiry into peer support across England and four local Minds to deliver peer support projects locally.

The Welsh Government fund a significant part of our core work in Wales and for the last five years they also funded Applied Suicide Intervention Skills Training (ASIST) which provides training in Wales for caregivers seeking to prevent the risk of suicide.

The Mental Health First Aid project is funded by Public Health Wales. The fund is used to train instructors to deliver courses in Wales on approaches to help people with mental health issues.

Positive Choices builds on the work carried out by ASIST. The project is funded by the Big Lottery for five years to raise awareness of suicide, challenge stigma, and provide ASIST training in early intervention skills to essential front-line services.

The Service development project funded by Northern Rock Foundation enhances the development and capacity of local Minds in the North of England through the development of a range of tools and financial and governance systems designed to address the challenges they face. It enables local Minds to have increased influence on local and regional practices in their area.

The local Mind grant fund includes grant from Stravros Niarchos Foundation. It has enabled Mind to establish a fund to support the development of new initiatives, which meets the mental health needs of young people in communities across England and Wales.

Personalising the future project was developed to support statutory agents and voluntary service providers, to understand policy and philosophical approaches underpinning personalisation, to determine issues specific to mental health conditions that impact on an individual's ability to access, utilise, attain and maintain recovery through the use of personalised budgets and then to disseminate this learning to a wide range of stakeholders to improve the outcomes for individuals with mental health problems.

The Premature mortality project, carried out for NHS London, aimed to improve understanding of the physical health needs of people with mental health problems and the barriers faced by this group to adopting healthier lifestyles.

Notes to the financial statements (continued)

Year ended 31 March 2013

19. Designated funds	At 1 April 2012 £'000	New Designations £'000	At 31 March 2013 £'000
Fixed asset fund	2,427	174	2,601
Infrastructure development fund	-	750	750
	<u>2,427</u>	<u>924</u>	<u>3,351</u>

The fixed asset fund is utilised over its economic life in accordance with our depreciation policy (see note 1). The infrastructure development fund is set aside to invest in Mind's office development, which is expected to be utilised in the next financial year.

20. Analysis of group net assets	Unrestricted Funds £'000	Restricted Funds £'000	Total Funds £'000
Fund balances at 31 March 2013 are represented by:			
Tangible fixed assets	2,601	-	2,601
Investments	4,145	-	4,145
Current assets	4,945	2,226	7,171
Current liabilities	(2,028)	(1,495)	(3,523)
Pension Deficit	(961)	-	(961)
	<u>8,702</u>	<u>731</u>	<u>9,433</u>

21. Investment in subsidiary undertakings

Name of subsidiary	Holding	Proportion of voting rights
Minds Matter (Trading Activities) Ltd	5 ordinary shares of £1 each	100%

22. Share capital

The company is limited by guarantee and has no share capital. The liability of the members is limited to the sum of £1 per member.

23. Pension commitments

Mind operated a group personal pension scheme, and contributions are charged to expenditure in the accounting period in which they are payable. Charges in the year were £545,000 (2012: £558,000).

The trading subsidiary, Minds Matter (Trading Activities) Ltd, operates two defined contribution pension schemes. Contributions are charged to expenditure in the accounting period in which they are payable. Charges in the year were £30,000 (2012: £23,000).

23. Pension commitments (continued)

Defined benefit scheme

Mind operates a defined benefit scheme, which was closed for future accrual on 31 July 2002. The assets of the scheme are held by The Pensions Trust on behalf of the members and are invested on behalf of The Pensions Trust by designated Fund Managers. The scheme was not contracted out of the state second-tier of pension provision. The contributions are determined by a qualified actuary on the basis of triennial valuations using the projected unit method.

The most recent formal valuation was as at 30 September 2010. The main actuarial assumptions were that the investment returns would be 5.9 per cent per annum, and that present and future pensions would increase at the rate of 2.6 per cent per annum. The valuation showed that the market value of the scheme's assets was £5,982,000 and that this fund value was less than the benefits that had accrued to members, after allowing for expected future increases in earnings. The funding level was 74.4 per cent.

The deficiency will be made up by payments over the expected future working lifetime of the current members, which together with scheme expenses requires employers' contributions of £306,000 per annum. This payment is paid monthly and will be made over ten years to eliminate the deficit.

The Mind defined benefit pension scheme was professionally valued as at 31 March 2013 in accordance with the accounting standard FRS17 as follows:

Net pension deficit at 31 March:	2013 £'000	2012 £'000
Market value of scheme assets	7,635	6,776
Present value of scheme liabilities	(8,596)	(7,952)
	<u>(961)</u>	<u>(1,176)</u>

Asset	2013		2012	
	Expected rate Of return % pa	Value £'000	Expected rate of return % pa	Value £'000
Equities	7.30%	2,320	8.00	2,031
Bonds	3.60%	4,786	4.50	4,286
Property	6.30%	476	7.00	421
Other	0.5%	53	0.50	38
		<u>7,635</u>		<u>6,776</u>

Notes to the financial statements (continued)

Year ended 31 March 2013

23. Pension commitments (continued)

Actuarial assumptions used:	2013 % pa	2012 % pa
Rate of increase of pensions	2.4	2.2
Discount rate	4.4	4.6
Retail price inflation	3.3	3.1
Deferred pension revaluation	5.0	5.0

The following amounts have been recognised in the financial statements under the requirements of FRS17:

Amount charged to functional cost categories	2013 £'000	2012 £'000
Current service cost	(62)	(66)
Interest cost	(362)	(392)
Expected return on assets	331	347
Net amount charged to expenditure	(93)	(111)

Actuarial gains/(losses)		
Gain on assets	464	296
Gain arising on Scheme Liabilities	-	-
Loss on change of assumptions	(462)	(581)
Actuarial gain /(loss) credited/(charged) to the Statement of Financial Activities	2	(285)

Analysis of movement in deficit	2013 £'000	2012 £'000
Deficit at the beginning of year	(1,176)	(1,068)
Movement in year :		
Current service cost	(62)	(66)
Contributions paid by charity	306	288
Other finance income	(31)	(45)
Actuarial gain/ (loss)	2	(285)
Deficit at end of the year	(961)	(1,176)

23. Pension commitments (continued)

	2013 £'000	2012 £'000
Recognised gains		
Actual return less expected return on scheme assets	464	296
Changes in assumptions underlying the present value of the scheme liabilities	(462)	(581)
	<u>2</u>	<u>(285)</u>
Actuarial (loss)/gain charged to Statement of Financial Activities		
	<u>2</u>	<u>(285)</u>

History of experience gains and (losses)	2013 £'000	2012 £'000	2011 £'000	2010 £'000	2009 £'000
Difference between expected and actual return on scheme assets:					
Amount	464	296	37	709	(995)
% of scheme assets	6.1	4.4	0.6	12.4	(20.8)
Experience gains/(losses) on scheme liabilities					
Amount	-	-	336	-	-
% of scheme assets	-	-	(5.5)	-	-
Total actuarial gain/(losses) recognised					
Amount	2	(285)	1,022	(1,229)	(837)
% of scheme liabilities	0.0	3.6	14.2	(15.4)	14.2

24. Operating lease commitments

	2013		2012	
	Group £'000	Mind £'000	Group £'000	Mind £'000
Land and buildings				
Annual commitments under operating leases expiring:				
Within one year	63	63	140	132
In the second to fifth year	786	775	659	637
After five years	1,098	897	998	998
	<u>1,947</u>	<u>1,735</u>	<u>1,797</u>	<u>1,767</u>

Notes to the financial statements (continued)

Year ended 31 March 2013

24. Operating lease commitments (continued)

	2013		2012	
	Group £'000	Mind £'000	Group £'000	Mind £'000
Equipment and motor vehicles				
Annual commitments under operating leases expiring:				
Within one year	12	1	5	1
In the second to fifth year	33	4	97	39
After five years	-	-	-	-
	<u>45</u>	<u>5</u>	<u>102</u>	<u>40</u>

25. Grants and other distributions to institutions

	Local Minds £'000	Other £'000	2013 Total £'000	2012 Total £'000
Grants				
Local Mind grant fund	122	-	122	71
Local Mind reserve fund	69	-	69	71
Young beginnings fund	66	-	66	15
Creative therapies fund	35	-	35	-
Grants for carers	45	-	45	47
Ecominds	95	1,790	1,885	(22)
Social action fund	84	-	84	74
Imagine your goals	-	103	103	184
People's Health Trust	360	-	360	-
Opportunities for volunteering	2	-	2	434
Local Mind distribution	159	-	159	178
Other	2	7	9	34
	<u>1,039</u>	<u>1,900</u>	<u>2,939</u>	<u>1,086</u>
Other distribution				
Time to Change project distributions:				
Local Minds	178	-	178	32
Institute of Psychiatry	-	407	407	2,502
Rethink Mental Illness	-	2,949	2,949	452
Other	-	941	941	-
Time to Change Wales distributions	-	294	294	182
Strategies for implementation	-	18	18	-
	<u>1,217</u>	<u>6,509</u>	<u>7,726</u>	<u>6,747</u>

25. Grants and other distributions to institutions (continued)

Grants and distributions made in the 2013 financial year varied from £1,000 to £150,000 and were made to the following institutions:

Local Mind grant fund

Andover Mind
Caerphilly Mind
Chichester area Mind
Flintshire Mind
Folkestone Mind
Hammersmith & Fulham Mind
Herefordshire Mind

Hillingdon Mind
Mind in Bradford
Redcar & Cleveland Mind
Rochdale Mind
Solihull Mind
South Lakeland Mind
West Cornwall Mind

Local Mind reserve fund

Hunts Mind
Mind in Haringey
Oxfordshire Mind

Salford Mind
Yorkshire & Humber Consortium

Young beginnings fund

Andover Mind
Basildon Mind
Brent Mind
Carlisle Eden Mind
Chichester area Mind
City and Hackney Mind
Herefordshire Mind
Lancashire Mind

Redcar & Cleveland Mind
Rochdale Mind
South East & Central Essex Mind
South Somerset Mind
Washington Mind
West Essex Mind
Ynys Mon

Creative therapies fund

Caerphilly Mind
City and Hackney Mind
Flintshire Mind
Leeds Mind
Maidstone Mind

Mind in Kingston
Suffolk Mind
Telford Mind
Westminster Mind

Grants for carers

Andover Mind
Buckinghamshire Mind
Carlisle Eden Mind
City and Hackney Mind
Herefordshire Mind
Herts Mind Network Ltd
Mid Powys Mind
Mind in Brighton & Hove

Mind in Haringey
Plymouth Mind
Redcar & Cleveland Mind
Richmond Borough Mind
South Somerset Mind
Mind in Taunton & West Somerset
Ystradgynlais Mind

25. Grants and other distributions to institutions (continued)

Ecominds

Abbey Physic Community Gardens	Medical Foundation for the Care of victims of Torture
Alabare Christian Care Centre (Out Reach One2one Services)	Middlesbrough & Stockton Mind
Amber Trust	Mind in Brighton and Hove
Aquarius	Mind in Mid Herts
Artlink Centre for Community Arts	Mind in Salford
B Arts (Beaver Arts)	Mind in Taunton and West Somerset
Bankside Open Spaces Trust	Next Step
Bath City Farm	Nottinghamshire Wildlife Trust
Bath Mind	Open Country
Borderland Voices	Orb Community Enterprise
Bradford Environmental Action Trust	Organic Arts
Bridewell Organic Gardens	Our Celebration
Bromley-by-Bow Centre	Petroc
Carlisle Eden Mind Ltd	Prism Youth Project
CB Boardriders CIC	Providence Row Housing Association
Community & Business Partners CIC	Restore
Community Options Ltd	Richmond Borough Mind
Core Arts	Second Nature Life Support (Winthrop Park)
Densholme Community Care Farm	Shaw Trust
Double Elephant Print Workshop	South Shropshire Furniture Scheme
Eastfeast Trust Ltd	St James's House
Ecoworks (Nottingham) Ltd	St Mary's Secret Garden
Emmanuel House	St Mungo's
Exclusion Lind CIC	Stonebridge City Farm
Family Action	Stroud Valleys Project
Folkestone & District Mind	Tameside, Oldham and Glossop Mind
Forest Farm Peace Garden	Thames21
Forest Recycling Project Ltd	The Conservation Volunteers
Forty Hall Community Vineyard	The Growing Space (Wincanton) Ltd
Friends of St Nicholas Fields	The Hampton Trust
Great Yarmouth Community Trust	The Sharpham Trust
Groundwork North East	Thrive
Groundwork West Midlands	Trees for Cities
Growing Well	UK Youth
Hart Voluntary Action	West Norfolk Mind
Heeley City Farm	Wildwood Trust
Hill Holt Wood	WindmillHil City Farm
Hive Bradford	Worthing & Littlehampton Mind
Life Cycle UK	WWOOF (World-wide opportunities on organic farms)
Local Enterprise & Vocational Employment Scheme	York House Centre & MK Mind in Partnership
London Wildlife Trust	Young Women's Housing Project

25. Grants and other distributions to institutions (continued)

Debt and poverty

Leeds Mind	Bromley Mind
Mind in Taunton & West Somerset	

Social action fund

Mind in Harrow	Suffolk Mind
Oxfordshire Mind	Westminster Mind

Imagine your goals

Manchester City in the Community	Manchester United Foundation
	Portsmouth - Pompey Sports and Education Foundation
Arsenal in the Community	Stoke City - SCFC Wellbeing Project
Birmingham City BCFC Community	Tottenham Hotspur Foundation
Chelsea FC in the Community	Wigan Athletic Community Trust
Fulham FC Foundation	Wolves Community Trust
Hull City	
Liverpool FC (Half Time Score)	

Peoples Health Trust

City and Hackney Mind	Mind in Tower Hamlets and Newham
Coventry and Warwickshire Mind	Peterborough and Fenland Mind
Darlington Mind	Ulverston Mind
Dudley Mind	York Mind
Merthyr and the Valleys Mind	

Opportunities for volunteering

Chester & District Mind

Wellbeing

The Mental Health Foundation

Local Mind distribution

Aberconwy Mind	Mind In Exeter & East Devon
Brighton & Hove Mind	Mind In Haringey
Bromley Mind	Mind Northampton & District
CMWA Ltd	Northampton & Dist Mind
Derbyshire Mind	Richmond Borough AMH
Doncaster Mind	Richmond Borough Mind
Harrogate & District Mind	S D M H A
Hastings & Rother Mind	South East & Central Essex Mind Ltd
Islington Mind	Southwark Mind
Lambeth Mind	Wealden Eastbourne & Lewes Mind
Maidstone Mind	West Leicestershire Mind
Mind in Enfield	Woking Mind
Mind In Cambridgeshire	Worthing & Littlehampton Mind
Mind In Croydon Ltd	

25. Grants and other distributions to institutions (continued)

Time to Change

Mind in Croydon
Institute of Psychiatry, King's College
London
Abandofbrothers
Afiya Trust
Africa Advocacy Foundation
Albion in the Community
Blue Elephant Theatre
BRAP
Carlisle Eden Mind
COPE Black Mental Health Foundation
East Durham Community Development
Hamara Healthy Living Centre
Hear Us
Holme Valley Gardening Network
Lifecraft

Rethink Mental Illness

Rethink Mental Illness
Mind in Tower Hamlets and Newham
Multi-media Arts Project
Twining Enterprise
Women and Theatre (Birmingham) Ltd.

Time to Change Wales

Gofal Social Marketing Strand
Hafal Training Strand

Strategies for implementation

National Survivor User Network
Rethink Mental Illness
The Afiya Trust

26. The Elliott Charity

Mind is Trustee for the Elliot Charity. The figures below have been included in the consolidated accounts in restricted funds.

	2013 £'000	2012 £'000
Net assets		
Cash at bank	39	39
	<u>39</u>	<u>39</u>
Funds		
Balance at 1 April	39	40
Income/(expenditure)	-	(1)
	<u>-</u>	<u>(1)</u>
Balance at 31 March	39	39
	<u>39</u>	<u>39</u>

The charity makes grants to provide training and personal development opportunities for persons employed in the field of mental health. We are reviewing how best these funds can be used for the beneficiaries.

Mind (The National Association of Mental Health)

Notes to the financial statements (continued)

Year ended 31 March 2013

27. Mary Hemingway Rees Memorial Fund

Mind is the trustee of this Fund. The figures below have been included in the consolidated accounts in restricted funds.

	2013 £'000	2012 £'000
Net assets		
Cash at bank	15	15
	<u> </u>	<u> </u>
Funds		
Balance at 1 April	15	15
	<u> </u>	<u> </u>
Balance at 31 March	<u>15</u>	<u>15</u>

The Trust gives grants towards speaker's expenses for lectures on mental health and spiritual values usually organised by the World Federation for Mental Health as a memorial to the late Dr Mary Hemingway Rees.

Mind (The National Association of Mental Health)

Advisors and supporters

Year ended 31 March 2013

Auditors

haysmacintyre
Fairfax House
15 Fulwood Place
London WC1V 6AY

Principal solicitors

Anthony Collins Solicitors
134 Edmund Street
Birmingham B3 2ES

Principal bankers

The Royal Bank of Scotland
9th Floor, 280 Bishopsgate
London EC2M 4RB

Investment managers

Newton Investment Management
Bank of New York Mellon Centre
160 Queen Victoria Street
London EC4V 4LA

Mind (The National Association of Mental Health)

Advisors and supporters (continued)

Year ended 31 March 2013

Supporting Mind

Without the generous support of charitable trusts and foundations, companies, organisations and individuals, we would not be able to continue our vital work in improving the quality of life of people who experience mental distress. We would like to thank and make special mention of the following organisations, who made large grants or donations to Mind during the year, in alphabetical order :

Big Lottery Fund
BMJ Group
Cabinet Office
Comic Relief
Department of Health
Friends Life
National Health Service (England)
National Health Service (Wales)
People's Health Trust
Rouge Events
Stavros Niarchos Foundation
The Northern Rock Foundation
The Robert and Rena Lewin Charitable Trust
Trust for London
Veolia Environmental Services
Waterstones
Welsh Government
Women in Advertising and Communications London

Ambassadors

Mind's Ambassadors support our President by promoting our work as widely as possible and encouraging more people to support Mind. They are committed to our cause and to raising awareness of mental health problems. Our current ambassadors are listed below in alphabetical order:

Alastair Campbell
Anna Williamson
Denise Welch
Frankie Sandford
Phillips Idowu
Ruby Wax
Stuart Semple