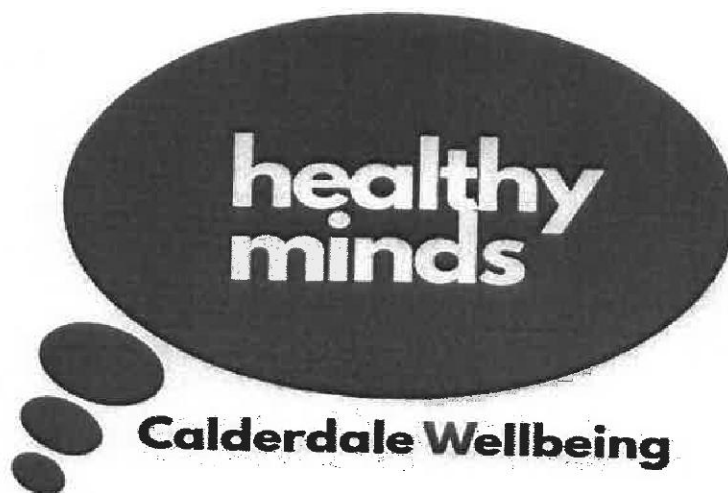


Calderdale Wellbeing

Charity number 1132316

A company limited by guarantee number 06828871

Annual Report and Financial Statements for the year ended 31 March 2021



West Yorkshire Community Accounting Service

Calderdale Wellbeing

Annual Report and Financial Statements for the year ended 31 March 2021

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Prepared by West Yorkshire Community Accounting Service

Calderdale Wellbeing

Trustees' report for the year ended 31 March 2021

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Paul Hunt	Chair	
Freda Davis		
Jonathan Morrish		
Jenny Fagan		
Daniel Redman		
Lydia Blundell		
Carla Harrison		
Lindsay Manning		Resigned October 2021
Naomi Sutcliffe		
Jonathan Stephen		
Kate Hallitt		Resigned October 2021
Gemma Edkins		Appointed May 2020
Martin Roberts		Resigned May 2020
Charity number	1132316	Registered in England and Wales
Company number	06828871	Registered in England and Wales
Registered and principal address	Bankers	
1 King Street	CAF Bank Ltd	Shawbrook Bank
Halifax	25 Kings Hill Avenue	Lutea House
HX1 1SR	Kings Hill	Warley Hill Business Park
	West Mailing	The Drive
	Kent	Great Warley
	ME19 4JQ	Brentwood
		Essex
		CH13 3BE

Independent examiner

Helen Galvin FCCA

West Yorkshire Community Accounting Service

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a company limited by guarantee and was formed on 24 February 2009. It is governed by a memorandum and articles of association which were adopted on 24 February 2009 and amended by special resolution on 30 July 2009. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £10.

Method of recruitment and appointment of trustees

The trustees of the charity are also the directors for the purposes of company law and are appointed by the members at the AGM.

Calderdale Wellbeing

Trustees' report (continued) for the year ended 31 March 2021

Objectives and activities

The charity's objects

The preservation, protection and enhancement of good mental health of people in Calderdale, in particular but not exclusively by the provision of support, information, advice and services.

The charity's main activities

Healthy Minds is the operating name of Calderdale Wellbeing, a registered Charity based in Halifax and Todmorden. Led by people who have personal experience of emotional distress, Healthy Minds creates opportunities for people to understand and build on their strengths to better achieve what they want from their lives. We work with Calderdale residents from primary school age upwards, raising awareness of emotional wellbeing and providing support through groups, courses and workshops alongside one-to-one support to manage life factors such as welfare rights and employment support.

Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the preservation, protection and enhancement of good mental health of people in Calderdale, in particular but not exclusively by the provision of support, information, advice and services.

Achievements and performance

1. Objectives and Activities:

Healthy Minds (Calderdale Wellbeing) works across the Calderdale area with the aims of:

The preservation, protection and enhancement of good mental health of people in Calderdale, in particular but not exclusively by the provision of support, information, advice and services.

Mental health affects everyone. The classic statistic that 1 in 4 people will experience mental health problems in any given year (NHS Adult Psychiatric Morbidity Survey 2007) has gone some way to tackle stigma, in demonstrating prevalence, but it is more helpful to understand mental health as part of our everyday lives. Life events can create anxiety and joy, sadness and happiness – with everything in-between – and we naturally respond. Accepting that we live with mental health as a constantly changing companion is an important step in improving our relationship with it, for ourselves and those around us. Some people need support in managing their emotional wellbeing, yet 76% of people with mental health problems in Calderdale never reach NHS mental health services (Calderdale JSNA); Healthy Minds aims to ensure that everyone has access to support, and to enable everyone who is part of Calderdale's community to achieve and maintain better mental health.

We do this by helping people develop understanding, knowledge and resources to find what works for them. We recognise that every person has their own experiences, challenges and strengths; we give them the respect and power to build their own recovery from the range of options Healthy Minds offers.

We aim to respond to existing and emerging needs of Calderdale's communities, providing what people want. As Calderdale's main voluntary sector provider in mental health, we're engaged with communities and partner organisations locally and regionally, including statutory providers in the NHS and local authority, to play our part in developing and strengthening Calderdale's mental health system to benefit everyone.

2. Achievements and Performance

This report covers the period from April 2020 – March 2021, a time that will be remembered for the Covid-19 pandemic crisis; a national lockdown was imposed on March 23rd 2020 after a couple of months of national and international confusion and speculation as to how urgently and seriously we should act. Naturally, people were anxious and fearful, and lockdown instantly meant that social contact and normal routines stopped – an odd and unsettling experience that, uniquely, involved everybody.

Calderdale Wellbeing

Trustees' report (continued) for the year ended 31 March 2021

As Healthy Minds' main model of working is to bring people together for mutual support, we had to transform almost overnight to a remote-working service. The team's commitment and flexibility meant that we were able to ensure support was available, albeit differently, and workers moved their hours around to enable ongoing telephone access, with Safespace temporarily extended to every evening. Every person on our contact lists also received check-in calls, with some leading to ongoing individual support; we also had a surge in new contacts, with people seeking emotional support as they felt the impact of lockdown. From the first week of April to the first week of May, the number of calls – not including Safespace – rose by over 500% (17 to 89 calls), with calls peaking at 133 per week in July; in total for the year of this report, staff made 2,600 calls, with 702 people receiving individual support. This marked a change in the support relationship we generally have with people – which has been mainly through groupwork – but meant that we met our purpose of ensuring people have access to support. It's also a more time-consuming and emotionally-demanding way of working, especially as staff were themselves trying to make sense of what the pandemic meant for them and their families; delivering support from home doesn't offer the same level of "decompression" as travelling to and from a workplace. Our adaptability and resilience as a team and service received praise from other providers and health commissioners as Healthy Minds filled urgent gaps in mental health provision.

This has not been an easy year for anyone. It has been difficult to plan ahead as the long-term outlook remains uncertain, with restrictions changing, lockdowns imposed-lifted-repeated, and vaccinations only beginning to make a difference in the period this report covers. Whilst we have still had to respond to changes and uncertainty, we have sought to re-establish our regular activities as soon and as much as we've been able. Groups were held online or by telephone conference; similarly, workshops and courses re-started online; when we could, we re-opened our allotments as safe, outdoor venues; walking groups met again. A new programme emerged in response to what people wanted, and we have learnt so much in being forced to remodel how we do what we do, all whilst remaining true to our mission.

Overall, during the 2020-21 year, we worked with 1,123 individuals across our services, with over 7,300 contacts. Compared to 2019-20, the impact of the Covid pandemic on service delivery is plain to see: we worked with 8,400 people last year. The effect on Time Out's work in schools was a big factor (Time Out represented 53% of last year's total); it's also the case, however, that we have worked with fewer people but more intensively. The necessity of remote delivery rather than in-person has been a barrier for some (those without the equipment and/or technical know-how to access online activity) and a bonus for others (those who find meeting in-person daunting, for example). The next section will explain more about how each service has responded to the year's challenges. The future for us is to take stock of this experience, to maintain the positive aspects and rebuild what has been missed.

Recovery and Support

The year brought a number of changes in recovery and support: as well as the necessary move to remote working, there were staffing changes and funding cycles for the Todmorden and Hebden services ended during the year, prompting us to bring forward a long-term plan to restructure services from January 2021. Recovery & Support now comprises a Halifax-based team and a combined Todmorden and Hebden team (the Upper Calder Valley team). This has meant losing capacity equivalent to 1 full-time worker across the teams (redundancies were not necessary as some staff chose to leave during this time and others took on roles elsewhere in Healthy Minds).

The shift to online activity meant that the location of groups, workshops and courses was of less importance, so the R&S activity programme was accessible across the borough. Workshops also offered paper-based activities for those who could not, or did not wish to, join online, with workers contacting people to go through the activities. A varied programme included workshops on anxiety management, coping with Covid, arts sessions, yoga, mindfulness, writing haikus and even bird-watching. Altogether, despite the challenges, the team ran 94 workshops, 83 support group sessions, 11 virtual drop-ins, 52 courses and 70 activity group sessions – a triumph of creativity and ingenuity on the part of the staff and volunteers who developed the programme.

The R&S teams collectively worked with 244 people through the programme (almost 1,700 contacts) as well as the individual telephone support calls as described above, clocking up almost 750 hours of calls.

Calderdale Wellbeing

Trustees' report (continued) for the year ended 31 March 2021

Beneficiaries are asked to complete a set of wellbeing measures, describing how they feel they're doing on such areas as coping with life's ups and downs, feeling isolated, confidence and contentment. 60% of R&S beneficiaries reported an improvement across the 8 measures, with a further 35% saying support had kept them stable (i.e. neither worse nor better); significantly, the outstanding area of improvement was on feeling less isolated (86%), reflecting the impact of lockdown and the importance of connecting with others, albeit online or by telephone.

We describe the recovery & support service as the "spine" of Healthy Minds: it reflects the ethos of the organisation and practically applies the central approach that informs all we do. Over the course of a difficult year, the service has proven its worth not only within Healthy Minds but as a key element in Calderdale's mental health system, complementing and serving as an alternative for people who can't or choose not to enter statutory services like NHS mental health services. Despite this, funding for the service has become more precarious through the year. The Todmorden and Hebden services, for example, were originally established and funded in response to the emotional impact of floods in those areas, and dedicated funding came to an end in December 2020.

With support from the Community Foundation for Calderdale (Covid emergency response), and National Lottery's agreement to reallocate Reaching Communities funding to include the restructured Upper Calder Valley team, we have been able to eke out funds to maintain the two teams within recovery and support until December 2021 so that other funding avenues can be pursued.

This experience – one that is familiar enough in the voluntary sector – highlights the volatility of grant funding, and this has been exacerbated by the pandemic. We have sought support from local councillors, emphasising that recovery and support contributes significantly to Calderdale's mental health system and strategic priorities; whilst there is much agreement with the case for support, this has yet to translate into financial support and discussions are ongoing.

Roshani

Now in its sixth year, Roshani remains the only service in Calderdale that has a specific, culturally-aware focus on mental health, primarily working with South Asian women in Park Ward, Halifax. The service has been funded for the previous three years through Calderdale Council, and funding was extended to grant-holders for a further 12 months so as not to disrupt services during the pandemic.

As with all our services, Roshani had to switch quickly to remote delivery, with the women in the group choosing phone-calls and WhatsApp to maintain contact. The project worker, Neelam, has delivered 1-1 and group support to existing and newly-referred group members; interestingly, this year has seen some men connect with Roshani for individual support. This has been an essential source of support for people who have felt isolated and fearful, with Covid-19 seen as particularly high risk in the Asian population.

1-1 support has highlighted huge unmet needs, particularly for the women supported by Roshani: a sense that statutory services do not meet their mental health needs and do not understand the social and cultural context of their lives has brought up complex and distressing issues that women feel safe to share with Neelam. Health inequalities are well-researched in communities, with race, gender and poverty among the factors. There are excellent services like Halifax Opportunities Trust and St. Augustine's Centre addressing many issues in Park Ward, but inequality has been further prised open by Covid and the scale of need, as we experienced in Roshani, is far greater than limited resources can meet.

Undaunted, Neelam has continued to support 15 people (3 male, 12 female) with weekly calls and group sessions developed on WhatsApp.

100% Roshani beneficiaries reported positive improvements across all areas of the wellbeing measures, with **coping / resilience** and **isolation** showing the greatest improvements.

"I am very happy with the weekly telephone support - Roshani is the only service I use now and feel I am making progress coming to terms with my trauma. This service helps me as it is culturally sensitive towards my needs and I feel like it is my only life line some weeks." (Roshani participant)

We are pleased that Roshani was awarded another year's funding (2021-22) through Calderdale Council's Stronger Neighbourhoods programme, with a delivery model that reflects the experience and priorities from the past year.

Calderdale Wellbeing

Trustees' report (continued) for the year ended 31 March 2021

Safespace

Safespace has been running since 2018, offering 1-1 emotional support in evenings and weekends. With lockdown many services came to an abrupt halt and Safespace really came into its own: we established quickly that Safespace could remain available by telephone as a port of call for anyone who needed support with their mental health and diverted capacity across the Healthy Minds team into extending Safespace capacity. A terrific response from staff throughout Healthy Minds saw people shift some of their working time to Safespace so that we could deal with the rapid increase in demand. Within a month, demand on Safespace increased by 118%. Calderdale CCG asked us to extend to seven evenings a week, recognising the urgent need to ensure people had access to support while other services, including in the NHS, adapted to new ways of working. During this period, we were successful in securing the tender for longer-term provision of Safespace as a 7-days a week service with a 2-year contract. Having good connections with the NHS Intensive Home-Based Treatment Team (informally known as the crisis team) and Yorkshire Ambulance Service, Safespace is established as a vital element in Calderdale's crisis provision and its worth has certainly been highlighted during the pandemic.

Safespace supported 149 people through the year, with a significant number (97) contacting the service for the first time. During lockdown, calls averaged 59 per week, peaking at 80 in one week. In total, there were 3241 support calls covering all sorts of support issues: anxiety, loneliness and low mood through to complex trauma and suicidal ideation. Safespace does what it says: the team gives people the time and space to talk through what's happening so that they are kept safe.

Time Out

With a delivery model heavily reliant on being physically present to deliver emotional health workshops in schools, Time Out has suffered a turbulent year. Planning ahead in uncharted territory proved difficult: nobody could say how long schools would be shut; schools themselves had to find ways to manage and external visitors were the least of their concerns, as worries grew about what it meant for children and young people to be plunged into isolation. Most of us have gained more from school than education: the social learning, responsibilities and rites of passage that form us are often rooted in our schooldays, and all of these things just couldn't happen. It is a sad fact that home is not a place of safety for some children: when the nation is being told to "stay home, stay safe", not everyone feels it. At precisely the time when parents, carers and professionals – as well as young people themselves – recognised heightened anxieties and isolation, the support networks to help young people manage weren't there.

The team received a lot of calls from parents and teachers seeking advice on how to support young people in their care, and sought to find alternative ways to deliver support: drop-in sessions transformed into the Listening Line, a text-based service for emotional support. Activity sessions went online via Zoom, with cartooning and illustration proving particularly popular. The Time Out programme, however, was scaled down on previous years and we decided to offer partial or full furlough to the team for 7 weeks in the early part of 2021, on the basis that service delivery could not be maintained with restrictions and resources risked being wasted. The impact on service delivery is reflected in the numbers: Time Out reached 470 beneficiaries this year compared to 3,885 in 2019-20. We agreed with Calderdale Council that the project would extend to the end of the Summer school term in 2022 to mitigate the hiatus.

Although unable to deliver the same level of activity, the team took the opportunity to review workshop content and co-produce new workshops with volunteers in readiness to launch a new programme. The Time Out website (www.timeoutcalderdale.co.uk) and social media were also overhauled. The result is a planned, revitalised programme and we look forward to next year's report, which we expect to show how Time Out bounced back with gusto as soon as circumstances allowed.

Money in Mind

Healthy Minds has been lead partner in the Money in Mind consortium, with Noah's Ark Centre, St. Augustine's Centre and Christians Together Calderdale, to support people to address financial issues that have an impact on mental health. The formal partnership was to end in March 2020 and was extended for a further 12 months by Calderdale Council to ensure some continuity in the midst of the pandemic.

Calderdale Wellbeing

Trustees' report (continued) for the year ended 31 March 2021

Across the partnership, over 4 years, over 32,000 support contacts were made, resulting in £760,000 income gains (e.g. through maximising benefits entitlements) and £7.9 million debt write-offs. Worrying about how to pay the bills and feed families has a profound effect on mental health and these outcomes represent a huge relief for people sometimes "stuck" in their predicament.

Healthy Minds' elements to the partnership have included specialist welfare rights advice and support, and

Always much in demand but with limited resources, we were pleased to be able to increase capacity in the welfare rights team thanks to Covid emergency funds from Lloyds Foundation and Jane Griffiths joined Billy in the service from November 2020. The team has worked with 456 people this year, enabling over £560,000 income gains.

The experience in the welfare rights team informs developments such as Calderdale's anti-poverty strategy and ensures that people have the advice and support to navigate a welfare system that can be perplexing and intimidating.

Volunteers

We started the year with 56 volunteers. As the pandemic took hold, 17 stepped back from volunteering for understandable reasons, leaving us with 39 volunteers who participated in Healthy Minds activities in some way throughout the course of the year. From coproducing to co-delivering activities, including walking groups and allotments as safe, outdoor venues when lockdown allowed, volunteers contributed 637 hours: that's equivalent to an extra third of a project worker every week.

A major development that emerged from lockdown was a volunteer-run telephone befriending service to address loneliness and isolation, starting in June 2020. 7 volunteers had regular contact with 9 people, who described the service as a "lifeline". This formed the basis of a new service, Like Minds, offering peer support (delivered by trained volunteers) for people who have accessed the NHS Intensive Home-Based Treatment Team (informally known as the crisis service).

Like Minds is a new approach, joining Healthy Minds' peer support expertise with IHBTT in a partnership model. Starting with 8 volunteer peer supporters in September 2020, the focus has been on developing the team with training, support and supervision so that they are prepared to receive clients as restrictions allow. As well as creating new opportunities for volunteers to build skills and confidence, this recognises the value of peer support and trials a new model of working in partnership with the NHS mental health provider (South West Yorkshire Partnership NHS Foundation Trust). Next year's report will cover more of this new service's journey.

Core team

We've had the opportunity this year to expand capacity in the core team that supports frontline activities and tends to the stuff that has to happen in a busy, growing organisation.

New roles brought much-needed capacity to keep in step with the pace of change:

Additional Operational Manager – Peter Boyle, joined January 2020. Peter has oversight of Time Out and Roshani as well as premises and facilities. This would prove very timely as we had to enable remote working across the organisation in a very short space of time. Peter works alongside Dianne Darby, Operational Manager overseeing the many aspects of recovery and support, with both taking on line management for team leaders.

Data Administrator – Ivan Gardiner had been volunteering time and expertise to help develop bespoke databases to strengthen monitoring and reporting across services. Volunteers make a huge contribution to Healthy Minds that is very welcome but this role being voluntary meant that we risked losing a vital function, and we decided to convert this to a paid role during the year. As work has progressed, we are in a better place than ever before in terms of data collection and analysis.

Calderdale Wellbeing

Trustees' report (continued) for the year ended 31 March 2021

Marketing and Communications. We have muddled along with the team producing their own publicity materials, with varying degrees of success, for many years since Healthy Minds started. We have lots of creative and artistic people in the team but we were missing a consistent look, branding and capacity to keep the website and social media up to date. The need for a dedicated role has long been recognised but it hadn't been possible within limited resources until this year. Recruitment got underway just before lockdown and plans had to be shelved for several months. Fortunately, those who had already been shortlisted understood the situation and we were grateful for their patience when we were able to restart the process.

Georgia Lomax-Thorpe accepted the role of marketing and communications officer from March 2021. During the recruitment process, it became clear that the scope of the role was broad and some of the functions were shifted into a new role of community fundraiser, with Vicky Garrod accepting that position from April 2021, just after the period this report covers. Both roles have made a huge impact in the organisation already, which will be covered more in next year's report.

3. Financial Review

The net income for the year after transfers was £72,414, including net income of £23,962 on unrestricted funds and net income of £48,452 on restricted funds.

Unsurprisingly, the Covid pandemic has impacted funding for the charity sector and remains a challenge. Whilst income from donations has not been a major source of funding for Healthy Minds, among the strategic objectives for this year was to diversify income, with public and corporate fundraising one element. We entered this year as Charity Partner for Woolshops Shopping Centre and Covea Insurance; as people were not going shopping and Covea's staff were working from home, fundraising opportunities were unavoidably restricted and these relationships did not prove as fruitful as all involved hoped.

On grant funding, most services were mid-way through funding cycles during this period and having secure funding in the short-term meant that we did not qualify for many of the Covid emergency funds established for the sector. It was later in the year, as it became apparent that this pandemic was going to last much longer than anyone imagined, that the scarcity of funding started to become an issue: funders had released huge amounts already so there was less available; competition was greater as more charities historically supported by public fundraising came forward in urgent need; funders' priorities had changed in response to the pandemic, so some planned funding applications no longer met the criteria; and timescales for funding applications suffered delays. Like many others in the sector, we found ourselves coming out of a secure position from earlier in the year just at the point when it became harder to source funding.

The Chief Officer and Board of Trustees maintain Healthy Minds' strategy and risk register which inform the annual business plan and operational plans for services. During this year, we have also developed a funding strategy that runs alongside the others, identifying actions to diversify income as well as plans to ensure ongoing funding for each service.

As is the case with many in the voluntary sector, sustainability remains the greatest challenge. Grant funding, usually short-term and rarely recurring, is inherently unsustainable as the aim is to arrive at zero: we receive grants with the expectation that there is no money left at the end of the project. Grant funding accounts for 93% of our income for 2020-21. Sustainability is about growing income – moving in the opposite direction from zero – so that we can better bridge funding gaps to reduce risk and achieve more stability. The funding strategy aims to broaden our income sources to be less reliant on the stop-start of grant funding, with increased commissioning and contracts for services, building community and corporate support through donations, and exploring potential for earned income.

Calderdale Wellbeing

Trustees' report (continued) for the year ended 31 March 2021

Reserves policy

Healthy Minds Trustees exercise their power to hold income in reserves, in accordance with our constitution, which states:

the Charity has the following powers in order to further the Objects ... To set aside income as a reserve against future expenditure but only in accordance with a written policy about reserves [4(1)(k)]

and in line with Charities Commission guidance CC19 (5.2):

Some charities have a power to hold reserves in their governing document – all others can rely on powers implicit in the law. Trustees can use these powers where they are satisfied that to do so is in the best interests of the charity: their charity's reserves policy should reflect their reasoning.

Our policy is that, where possible, project budgets will include a proportionate contribution to reserves; this is stated in budgets submitted in funding applications and in subsequent reports to funders. When the purpose for which grants received has been discharged, any small residual balances may be transferred into reserves, with funders' agreement (implicit or explicit) as grants are finalised or signed-off on acceptance of a final grant report, which includes a detailed breakdown of expenditure showing the contribution to reserves.

'Free' reserves are held to mitigate risks against loss of income or unforeseen adverse events which could mean we need extra flexibility temporarily or longer-term to meet increased demand for services and/or redeploy staff; they might also be used for cash-flow in the event that we expect to receive funds but there is a shortfall between existing and imminent resources.

Once a year the Board will consider the level of reserves that it is prudent for the organisation to hold. Consideration will be given to redundancy liabilities, lease agreements, cash flow requirements, significant factors and key risks that should be taken into account if the organisation were to close. This will be reviewed annually before the AGM, and agreed as part of the budget setting for the next financial year.

We calculate that the minimum level of reserves that we need to hold is £25,000. The trustees have placed an upper limit on the reserves to be held at 3 months of future budgeted expenditure. This is in the region of £125,000.

The charity's actual free reserves at the year end were £113,310.

Funds held as agent on behalf of others

Grant income was received from the Bearden Charitable Trust for people to start their own businesses and get back into work. Calderdale Wellbeing acts as an agent in relation to these funds and therefore the income and expenditure is excluded from the accounts. Note 13 provides further information in relation to these funds.

Calderdale Wellbeing

Trustees' report (continued) for the year ended 31 March 2021

4. Future Plans

Although we are still affected by the uncertainty of living through a pandemic and any strategy is tentative, we have tested and learnt a lot by having to be creative. We know that there are benefits as well as challenges in remote working: some people find online groups more accessible, for example. We probably would not have discovered some possibilities if we hadn't been forced to experiment. Whilst there is an appetite to return to in-person activities and we'll continue to reinstate activities as, when and where we can, the future for activities and work is a hybrid of in-person and remote delivery. As described above, the team's determination, flexibility and ingenuity has seen us through a very tough year but has ensured that people who need it have had access to support. The coming year is about establishing newer activities alongside those that people value and have missed the most.

We had aimed to progress significant new strategies in the past year and these have stalled due to other pressures but are not forgotten. In the coming year, we hope to revitalise our membership base to engage more people in Calderdale's communities and demonstrate that people value and support Healthy Minds.

We say that Healthy Minds is available to everyone in Calderdale and this is an important principle. We need, however, to examine how available and accessible we really are, and to be honest about what needs to be done to ensure that Calderdale's diversity is truly reflected in what we offer.

The past year has been challenging in many ways and we anticipate that next year will bring more challenges as funding cycles end for some services and, as described earlier, the funding landscape has changed. Among the challenges are opportunities: NHS England's community mental health transformation initiative sets an expectation that the voluntary sector is given greater recognition for what we contribute to the mental health "system" – the people we reach that statutory services don't; the gaps we fill; the needs we address.

Calderdale Council and Clinical Commissioning Group (CCG) have been at the forefront of moving in this direction in recent years and the transformation programme brings added impetus. The future looks likely to bring closer working alongside NHS and Local Authority services and may offer some solutions for sustainability in the voluntary sector. We already have good examples of more integrated working in Safespace and Like Minds, and will look to develop those and other opportunities as a key VCS provider in Calderdale's mental health offer.

Healthy Minds has long argued for cross-system working and this requires trust and respect between all partners for what each contributes. Although transformation creates opportunities to realise this long-held ambition, we must also be cautious to retain the values and character that make Healthy Minds what it is. There are many things we can't control at present. Being anchored to our core values as an organisation gives us stability in dealing with uncertainty. In the coming year, we want to work with the Healthy Minds team, people who come to us for support, the wider community and partners to strengthen and update our values.

Calderdale Wellbeing

Trustees' report (continued) for the year ended 31 March 2021

Statement of trustees' responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

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

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Signed on behalf of the board of trustees on

3/12/2021

Signed: (Trustee)

Name: PAUL HUNT

Calderdale Wellbeing

Independent examiner's report to the trustees of Calderdale Wellbeing

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 31 March 2021, which are set out on pages 13 to 23.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act.

I confirm that I am qualified to undertake the examination because I am a member of ACCA, which is one of the listed bodies.

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

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

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

Signed:  Name: Helen Galvin FCCA

7/12/2021

West Yorkshire Community Accounting Service

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Calderdale Wellbeing
Statement of Financial Activities
(including summary income and expenditure account)
for the year ended 31 March 2021

	Notes	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
Income and endowments from:					
Donations	(2)	25,286	20,291	45,577	15,093
Charitable activities	(3)	54,205	636,668	690,873	634,337
Bank interest		633	-	633	788
Total income		<u>80,124</u>	<u>656,959</u>	<u>737,083</u>	<u>650,218</u>
Expenditure on:					
Charitable activities	(4)	<u>56,940</u>	<u>607,729</u>	<u>664,669</u>	<u>555,189</u>
Total expenditure		<u>56,940</u>	<u>607,729</u>	<u>664,669</u>	<u>555,189</u>
Net income		23,184	49,230	72,414	95,029
Transfers between funds		778	(778)	-	-
Net movement in funds		<u>23,962</u>	<u>48,452</u>	<u>72,414</u>	<u>95,029</u>
Fund balances brought forward		89,348	182,434	271,782	176,753
Fund balances carried forward	(5)	<u>113,310</u>	<u>230,886</u>	<u>344,196</u>	<u>271,782</u>

All incoming resources and resources expended derive from continuing activities.

Calderdale Wellbeing

Balance sheet

as at 31 March 2021

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Current assets				
Debtors and prepayments	(6) 12,158	107,431	119,589	23,976
Cash at bank and in hand	(7) 136,911	133,544	270,455	271,411
Total current assets	<u>149,069</u>	<u>240,975</u>	<u>390,044</u>	<u>295,387</u>
Current liabilities:				
amounts falling due within one year				
Creditors and accruals	(8) 15,759	10,089	25,848	23,605
Deferred income	20,000	-	20,000	-
Total current liabilities	<u>35,759</u>	<u>10,089</u>	<u>45,848</u>	<u>23,605</u>
Net assets	<u>113,310</u>	<u>230,886</u>	<u>344,196</u>	<u>271,782</u>
Funds				
Unrestricted funds	113,310	-	113,310	89,348
Restricted funds	-	230,886	230,886	182,434
Total funds	<u>113,310</u>	<u>230,886</u>	<u>344,196</u>	<u>271,782</u>

For the year ending 31 March 2021 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102 (effective January 2019).

The financial statements were approved by the board of trustees on 3/12/2021

Signed: Paul Hunt (Trustee)

Name: PAUL HUNT

Calderdale Wellbeing
Statement of cash flows
for the year ended 31 March 2021

	2021 £	2020 £
Cash flows from operating activities:		
Net cash provided by (used in) operating activities	<u>(21,589)</u>	<u>87,889</u>
Cash flows from investing activities:		
Dividends and interest	633	788
Purchase of tangible fixed assets	<u>-</u>	<u>-</u>
Net cash provided by (used in) investing activities	<u>633</u>	<u>788</u>
Change in cash and cash equivalents in the reporting period	(956)	88,677
Cash and cash equivalents at the beginning of the reporting period	<u>271,411</u>	<u>182,734</u>
Cash and cash equivalents at the end of the reporting period	<u>270,455</u>	<u>271,411</u>
Reconciliation of net movement in funds to net cash flow from operating activities	2021 £	2020 £
Net movement in funds for the reporting period (as per the statement of financial activities)	72,414	95,029
Adjustments for:		
Depreciation charges	-	-
Other interest receivable and similar income	(633)	(788)
(Increase) / decrease in debtors and prepayments	(95,613)	(11,687)
Increase / (decrease) in creditors and accruals	<u>2,243</u>	<u>5,335</u>
Net cash provided by (used in) operating activities	<u>(21,589)</u>	<u>87,889</u>
Analysis of cash and cash equivalents	2021 £	2020 £
Cash in hand	50	322
Notice deposits (less than 30 days)	<u>270,405</u>	<u>271,089</u>
Total cash and cash equivalents	<u>270,455</u>	<u>271,411</u>

Calderdale Wellbeing

Notes to the accounts

for the year ended 31 March 2021

1 Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)

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

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Donated goods for resale are valued at the amount actually realised upon their sale.

Donated assets, facilities or services are valued at their estimated value to the charity. This is the price that the charity estimates it would pay in the open market for equivalent items; or services and facilities of equivalent utility to the charity.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Calderdale Wellbeing

Notes to the accounts

for the year ended 31 March 2021

1 Accounting policies continued

Tangible fixed assets

Tangible fixed assets costing more than £1,500 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt.

Pensions

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

Calderdale Wellbeing

Notes to the accounts continued

for the year ended 31 March 2021

2 Donations

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Gift aid	2,405	-	2,405	-
Maureen Brassington Childhood fund	-	17,243	17,243	-
The Forum	-	3,018	3,018	3,000
General donations	22,881	30	22,911	12,093
	<u>25,286</u>	<u>20,291</u>	<u>45,577</u>	<u>15,093</u>

3 Charitable activities

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Grants for charitable activities				
Community Foundation for Calderdale (CFFC)	-	168,331	168,331	119,152
Calderdale MBC (CMBC)	-	129,046	129,046	134,902
Clinical Commissioning Group (CCG)	-	196,243	196,243	67,500
National Lottery Community Fund	-	61,834	61,834	124,654
BBC Children in Need	-	9,903	9,903	9,708
Together Housing	-	-	-	2,732
Co-operative Community Fund	-	500	500	8,659
Crookhill Windfarm	-	-	-	5,000
Henry Smith	50,000	-	50,000	60,000
Lloyds TSB	-	31,426	31,426	33,333
Police and Crime Commissioner for West	-	-	-	6,000
Northpoint Wellbeing Ltd	-	31,081	31,081	30,728
Todmorden Town Council	-	550	550	-
HMRC	-	7,755	7,755	-
Other small grants	4,205	-	4,205	-
Kings Fund Award	-	-	-	30,000
Room hire income	-	-	-	1,969
	<u>54,205</u>	<u>636,668</u>	<u>690,873</u>	<u>634,337</u>

Calderdale Wellbeing
Notes to the accounts continued
for the year ended 31 March 2021

4 Charitable activities	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Salaries and NI (4a)	17,758	552,375	570,133	442,277
Telephone and internet	2,562	8,376	10,938	8,767
Travel expenses	-	397	397	2,778
Venue hire and meeting expenses	1	3,109	3,110	11,178
Support group refreshments	-	256	256	2,560
Staff expenses	207	472	679	816
Printing and publicity	-	2,984	2,984	4,260
Postage and stationery	2	2,062	2,064	3,545
Legal fees	-	48	48	35
Consultancy fees	159	-	159	-
Independent examination	1,357	623	1,980	1,800
Equipment	892	8,914	9,806	9,082
Insurance	1,878	879	2,757	2,573
Office rent and service charges	8,346	16,391	24,737	23,867
Building alterations and repairs	-	809	809	4,919
Training	214	1,017	1,231	716
Website	10	151	161	215
Volunteer expenses	87	360	447	4,238
IT Support	4	203	207	566
Governance	397	651	1,048	125
Subscriptions	96	325	421	80
Bank and other charges	324	189	513	478
Utilities	388	1,228	1,616	4,869
Partnership working	18,924	5,159	24,083	22,872
DBS checks	60	118	178	1,000
Sessional workers and hired in services	3,274	633	3,907	1,573
	<u>56,940</u>	<u>607,729</u>	<u>664,669</u>	<u>555,189</u>

4a Staff costs and numbers

	2021	2020
	£	£
Gross salaries	517,176	405,201
Social security costs	34,743	23,048
Employment allowance	(4,000)	(3,000)
Pensions	<u>22,214</u>	<u>17,028</u>
	<u>570,133</u>	<u>442,277</u>

The average number employees during the year was 31.2 (2020: 29.3.)
There were no employees with emoluments above £60,000.

Defined contribution pension scheme

	2021	2020
	£	£
Costs of the scheme to the charity for the year	22,214	17,028
Amount of any contributions outstanding at the year end	3,527	1,486
Amount of any contributions prepaid at the year end	-	-

Calderdale Wellbeing

Notes to the accounts continued

for the year ended 31 March 2021

5 Restricted funds	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
CMBC (1)	6,501	32,411	38,912	-	-
CMBC (2)	20,422	75,000	78,735	(236)	16,451
CCG (1)	13,228	153,944	128,392	-	38,780
CMBC (3)	466	21,635	20,439	(71)	1,591
CFFC - Flood Relief Fund (1)	11,930	57,975	55,528	(457)	13,920
National Lottery Community Fund	70,489	61,834	105,701	-	26,622
BBC Children in Need	5,660	9,903	7,409	-	8,154
Restricted donation (1)	8,860	3,018	59	-	11,819
CFFC - Flood Relief Fund (2)	-	73,748	48,748	-	25,000
Crookhill Windfarm	833	-	833	-	-
Todmorden Windfarm	12	-	12	-	-
Co-operative Community Fund	7,469	530	3,108	-	4,891
Northpoint Wellbeing Ltd (1)	7,532	28,000	27,860	-	7,672
Northpoint Wellbeing Ltd (2)	3,317	-	3,317	-	-
CFFC - Hardship	705	454	1,159	-	-
#iwill Fund	4,312	-	4,298	(14)	-
Todmorden Community Fund	1,200	-	-	-	1,200
Elphin Court	127	-	127	-	-
Lloyds TSB	19,371	31,426	36,511	-	14,286
Peer Support (1)	-	25,000	12,826	-	12,174
After the Floods	-	6,000	6,000	-	-
Restricted donation (2)	-	17,243	-	-	17,243
Upper Calder Valley	-	20,000	20,000	-	-
Peer Support (2)	-	17,425	-	-	17,425
Flood Support	-	13,658	-	-	13,658
HMRC - Coronavirus Job Retention Scheme	-	7,755	7,755	-	-
	<u>182,434</u>	<u>656,959</u>	<u>607,729</u>	<u>(778)</u>	<u>230,886</u>

Calderdale Wellbeing

Notes to the accounts continued

for the year ended 31 March 2021

5 Restricted funds

Fund name	Purpose of restriction
CMBC (1)	For welfare rights and employment support.
CMBC (2)	For children and young peoples emotional wellbeing.
CCG (1)	To provide mental health recovery and support sessions.
CMBC (3)	Support groups for BME's.
CFFC - Flood Relief Fund (1)	To run support groups, drop in advice and information, along with education projects in schools, which are all in Todmorden.
National Lottery Community	To provide a recovery and support service.
BBC Children in Need	For children and young people workshops.
Restricted donation (1)	For the Forum project.
CFFC - Flood Relief Fund (2)	To run support groups, drop in advice and information. Along education projects in schools in the Upper Valley.
Crookhill Windfarm	For local community emotional rights and employment support.
Todmorden Windfarm	Towards salaries for the Money In Mind project.
Co-operative Community Fund	For the Todmorden allotment and outdoor space.
Northpoint Wellbeing Ltd (1)	Towards the Time Out project.
Northpoint Wellbeing Ltd (2)	For parents and carers mental health awareness.
CFFC - Hardship	For people suffering hardship.
#iwill Fund	To help young people get involved in social action.
Todmorden Community Fund	For recovery and support workshops.
Elphin Court	To run activities fro the Elphin Court residents group.
Lloyds TSB	For salary costs.
Peer Support (1)	To deliver one to one peer support in crisis with the home based treatment team.
After the Floods	Towards drop in sessions from April to September.
Restricted donation (2)	To spend on children's support for mental health.
Upper Calder Valley	For emotional health and wellbeing support activities for Upper Valley residents.
Peer Support (2)	Training for volunteers to be peer support workers.
Flood Support	For emotional health and wellbeing support activities for Upper Valley residents.
HMRC - Coronavirus Job Retention Scheme	For staff who have been furloughed due to Covid-19.

The other transfer figures are in relation to the management charges on the individual projects.

6 Debtors and prepayments

	2021 £	2020 £
Debtors	113,506	18,976
Prepayments	6,083	5,000
	<u>119,589</u>	<u>23,976</u>

7 Cash at bank and in hand

	2021 £	2020 £
Current accounts	51,027	3,997
Saving accounts	219,378	267,092
Cash in hand	50	322
	<u>270,455</u>	<u>271,411</u>

Calderdale Wellbeing

Notes to the accounts continued for the year ended 31 March 2021

8 Creditors and accruals	2021	2020
	£	£
Creditors	23,868	21,805
Accruals	1,980	1,800
	<u>25,848</u>	<u>23,605</u>

9 Trustee expenses

During the year no trustees were paid any expenses (previous year: 3 trustees and £983 in respect of travel).

10 Related party transactions

There were no related party transactions during this year or the previous year.

11 Related party transactions

Key management personnel

The key management personnel of the charity comprises the Chief Executive Officer only. The total employee benefits of the key management personnel of the charity were £45,102 (2020: £43,774).

12 Operating leases

Expected future minimum lease payments over the remaining life of the lease, analysed into the period in which the commitment expires:	2021	2020
	£	£
Within one year	12,556	12,556
In the second to fifth years inclusive	8,408	11,465
Over five years from the balance sheet date	-	148
	<u>20,964</u>	<u>24,169</u>

13 Funds held for third parties

	Balance b/f	Incoming	Outgoing	Balance c/f
		£	£	£
Bearder Charitable Trust	<u>2,567</u>	<u>-</u>	<u>-</u>	<u>2,567</u>

Calderdale Wellbeing

Statement of Financial Activities including comparatives for all funds (including summary income and expenditure account) for the year ended 31 March 2021

	2021 Unrestricted funds £	2020 Unrestricted funds £	2021 Restricted funds £	2020 Restricted funds £	2021 Total funds £	2020 Total funds £
Income						
Donations	25,286	12,093	20,291	3,000	45,577	15,093
Charitable activities	54,205	91,944	636,668	542,393	690,873	634,337
Bank interest	633	788	-	-	633	788
Total income	<u>80,124</u>	<u>104,825</u>	<u>656,959</u>	<u>545,393</u>	<u>737,083</u>	<u>650,218</u>
Expenditure						
Charitable activities	<u>56,940</u>	<u>52,864</u>	<u>607,729</u>	<u>502,325</u>	<u>664,669</u>	<u>555,189</u>
Total expenditure	<u>56,940</u>	<u>52,864</u>	<u>607,729</u>	<u>502,325</u>	<u>664,669</u>	<u>555,189</u>
Net income	23,184	51,961	49,230	43,068	72,414	95,029
Transfers between funds	778	2,873	(778)	(2,873)	-	-
Net movement in funds	<u>23,962</u>	<u>54,834</u>	<u>48,452</u>	<u>40,195</u>	<u>72,414</u>	<u>95,029</u>
Fund balances brought forward	89,348	34,514	182,434	142,239	271,782	176,753
Fund balances carried forward	<u>113,310</u>	<u>89,348</u>	<u>230,886</u>	<u>182,434</u>	<u>344,196</u>	<u>271,782</u>