REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

FOR

SHAWMIND

Duncan & Toplis Limited 14 London Road Newark Nottinghamshire NG24 1TW

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees, one of which are also directors of the charity, for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

We exist to support all people with mental health difficulties through early intervention information, training and non-clinical/therapeutic support. We are particularly passionate about working with children and young people as well as employees in the workplace. No one should have to reach crisis point before getting help and by tackling anxiety, and the stigma associated with speaking out about one's mental health, we ultimately aim to save lives.

The key strands of our work are:

- (a) Working with individuals and/or organisations to develop preventative measures that head off serious mental health challenges where possible and that helps transform organisational culture to stop perpetuating mental health stigma.
- (b) Addressing stigma head-on through social media and event campaigns, and through education about what mental health is and is not.
- (c) Working with children, young people and educational organisations to support the development of emotional literacy & psychological resilience at an early age.
- (d) Continuing to influence policy development with respect to children's mental health.

Public benefit

Shawmind is a charity on a mission to improve mental health awareness. We are committed to educating individuals and organisations so they understand mental health & emotional wellbeing, and how to manage them effectively to lead successful, fulfilled lives.

By encouraging people to talk about their experiences and feelings, we work towards eradicating the crippling stigma associated with mental illness. We also help young people develop an emotional literacy that can continue throughout their education, employment, and personal lives.

We work closely with partner trainers and speakers to provide bespoke mental health packages - such as training programmes or wellbeing strategies - to businesses, schools, colleges, and universities. We know that one size will not fit all, so our innovative approach is tailor made to fit with the identified need.

Our overarching goal is to support anyone who may be struggling with anxiety or related mental health challenges, both the sufferer and those who support them. In order to achieve this the Charity has a number of powers which are listed in the constitution and summarised below:

- 1. to provide support and practical advice;
- 2. to raise money to pay for the charities activities;
- 3. to make such payments as shall be necessary.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

ACHIEVEMENT AND PERFORMANCE

Charitable activities

In 2017 our charity made history, becoming the first UK charity to raise the required number of signatures to force a parliamentary debate on children's mental health education. This debate took place later the same year and in July 2018 the government released guidance on proposals for implementing compulsory mental health education into all UK schools from September 2020. However, whilst we are incredibly proud of the part we played in influencing this policy decision, there are still gaps in the process of ensuring better mental health provision for children and young people. This is why our charity is committed to providing support and education to children and adults throughout the year to address this gap.

2020 was a challenging year in that we had to shut down our face-to-face engagements as a result of COVID-19 and find new and more innovative ways of still reaching and helping people. We did this by pivoting to online platforms with our Breathe Cafes, hosting weekly and monthly online sessions for people to connect with our trained volunteers, or to connect with each other around mental health. Much of this work continued in 2021 as the insecurity and anxiety caused by the pandemic kept people away from the office and away from large social engagements.

We continued to reach out to organisations' employees through business networking groups and through the trustees' professional contacts to assist them with the mental health anxiety of returning to work / hybrid working, retrenchment, or business failure as a result of the pandemic. We trained 189 people during the year. We increased the number of engagements in schools and further developed our Headucation offering to support schools in implementing mental health & wellbeing best practice. We trained 119 teachers in mental health awareness and mental health first aid during the year. We also launched a pilot student mental health programme across 3 university campuses, using trained student volunteers to support the mental health of their fellow students. Our Breathe Café mental health drop-in community support services and ManCave men's mental health programmes continued too, initially online and then through establishing two permanent breathe Cafes with existing café partners - one in Wimbledon and one in Newark-on-Trent. Through these initiatives we helped 963 people with various aspects of their mental health during the year. We were also part of a successful CCG contract bid to provide early intervention mental health support to children and young people aged 0-25 years in Nottinghamshire, with the head contract agreed in November 2021 and our work launching in April 2022. The value of this contract to the charity is £54,000 in 2022/3, and a negotiable £29,000 in each of 2023/4 and 2024/5.

The trustees note that income and expenditure increased in the year to 31 December 2021 which resulted in a surplus of £73,495 (2020: deficit of £34,395) for the year.

The Statement of Financial Activities indicates Total Income Resources of £230,120 (2020 - £123,912) and total Resources Expanded of £156,625 (2020 - £158,307).

FINANCIAL REVIEW

Reserves policy

The majority of funds held by the Charity are held as unrestricted general funds. As at 31 December 2021 the reserves were £42,844 (2020: £30,651) in line with the Charity's reserves policy.

There is an amount of £4,642 in restricted grant funding which the charity has ringfenced and from which disbursements have and will be made according to the wishes of the grantors.

The charity has had the benefit of a draw down loan facility provided by a sister company to the charity, Shaw Callaghan Ltd. This facility showed funds owing to the charity at the end of 2021 £63,098 (2020: £21,090). This amount was settled in February 2022 and the facility closed down.

FUTURE PLANS

The charity's focus is on Headucation and getting this into as many schools as possible, and raising the funding to enable this programme to be a successful national programme.

To strengthen our income generation and thereby our sustainability, we will look to appoint a specialist fundraiser and a outreach programmes champion in 2022 - together with our CEO this team would be tasked with ensuring the charity's impact is increased, whilst at the same time improving it's financial viability as an ongoing concern. Our funding patrons have agreed to support the charity through at least 2022. Much of our service delivery can be carried out online and the charity is fully set up for remote working, limiting the impact of any potential future disruption.

The effects of the pandemic, lockdown and now the looming economic impacts will no doubt continue to throw up challenges, but we remain positive for the remainder of 2021 and into 2022. Our services are required more than ever, evidenced by the dramatic increase in children 7 young people's mental health struggles, as well as that of adults.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, memorandum and articles originally drawn up in 2015 and amended and approved on 22 June 2016, and constitutes an incorporated charity.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The trustees are those who make up the Committee.

Appointment of trustees is governed by the constitution as follows:-

There will be a minimum number of 4 trustees and a maximum number of 8, consisting of:

- (a) a Chair and a Treasurer
- (b) not less than 1 not more than 6 other elected trustees; and
- (c) optionally a further 1 trustee can be co-opted at any time after the AGM (Annual General Meeting).

The trustee in (a) and (b) above shall be elected for 2 years at the AGM. Retiring trustees are eligible for re-election. Co-opted members in (c) above may join at any time on the invitation of the Committee but shall retire at the next AGM. No co-opted member shall serve for more than 6 consecutive years.

Not less than two weeks before the date of the next AGM each Member shall be sent a form which any Member wishing to stand as a candidate for election to the Committee must complete and return to Secretary to indicate their willingness to act as a member of the Committee if elected.

At the AGM the prospective new elected members of the Committee will be those candidates receiving the highest number of votes from the Members. At the first Committee meeting following the AGM at which the newly elected members of the Committee are elected they shall choose from amongst their number the members who will act as Chair, Treasurer and Secretary.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The trustees have appointed one of their number as head of a sub-committee which reviews risks to the charity on a quarterly basis and reports to the board in the form of a risk register. Trustees then determine collectively how best to address each risk.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

09921207 (England and Wales)

Registered Charity number

1167947

Registered office

Navigation House Suite 4 48 Millgate Newark Nottinghamshire NG24 4TS

Trustees

N Goddard Director & Treasurer Resigned 18 August 2021

A P Shaw Director & Chairman

J E Espey OBE L Callaghan V E Collins Dr A Hakeem

Dr A Hakeem Resigned 1 February 2021 IJ Wallace Resigned 28 June 2021

C Woolston Appointed 4 March 2020

Independent Examiner

Duncan & Toplis Limited 14 London Road Newark Nottinghamshire NG24 1TW

Approved by order of the board of trustees on 29 September 2022 and signed on its behalf by:

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

A P Shaw - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SHAWMIND

Independent examiner's report to the trustees of Shawmind ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Simon Shaw FCCA Duncan & Toplis Limited 14 London Road Newark Nottinghamshire NG24 1TW

29 September 2022

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM Charitable activities					
General		217,370	12,750	230,120	123,912
EXPENDITURE ON Raising funds		56,997	609	57,606	70,803
Charitable activities General		85,656 ———	13,363	99,019	87,504
Total		142,653	13,972	156,625	158,307
NET INCOME/(EXPENDITURE)		74,717	(1,222)	73,495	(34,395)
RECONCILIATION OF FUNDS					
Total funds brought forward		(36,515)	5,864	(30,651)	3,744
TOTAL FUNDS CARRIED FORWARD		38,202	4,642	42,844	(30,651)

BALANCE SHEET 31 DECEMBER 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
FIXED ASSETS	Notes	±	<u> </u>	L	_
Tangible assets	6	-	-	-	86
CURRENT ASSETS					
Debtors	7	65,565	-	65,565	27,639
Cash at bank		28,667	4,642	33,309	6,422
		94,232	4,642	98,874	34,061
CREDITORS					
Amounts falling due within one year	8	(16,354)	-	(16,354)	(15,918)
NET CURRENT ASSETS		 77,878	4,642	 82,520	18,143
NEI CORRENT ASSETS		——————————————————————————————————————	<u> 4,042</u>		
TOTAL ASSETS LESS CURRENT LIABILITIES		77,878	4,642	82,520	18,229
CREDITORS					
Amounts falling due after more than one year	9	(39,676)	-	(39,676)	(48,880)
NET ASSETS/(LIABILITIES)		38,202	4,642	42,844	(30,651)
FUNDS	11				
Unrestricted funds				38,202	(36,515)
Restricted funds				4,642	5,864
TOTAL FUNDS				42,844	(30,651)

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

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

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 29 September 2022 and were signed on its behalf by:

A P Shaw - Trustee

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment

- 33% on cost

Taxation

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

Fund accounting

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

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

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

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe it is appropriate and that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements.

2. NET INCOME/(EXPENDITURE)

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

 Depreciation - owned assets
 2021 2020 fm
 £
 fm
 fm
 fm
 fm
 108 mm
 <

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2021

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

Trustees' expenses

There were no reimbursed expenses paid to the trustees during the year ended 31 December 2021 and £0 paid for the year ended 31 December 2020.

4. STAFF COSTS

The average monthly number of employees during the year was as follows:

	Employees		2021 3 ———	2020 4 ———
	The number of employees whose employee benefits (excluding employee	oyer pension costs) ex	ceeded £60,000 w	vas:
	£60,001 - £70,000		2021	2020 1
5.	COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES INCOME AND ENDOWMENTS FROM	Unrestricted fund £	Restricted fund £	Total funds £
	Charitable activities General	94,912	29,000	123,912
	EXPENDITURE ON Raising funds	60,804	9,999	70,803
	Charitable activities General	74,367	13,137	87,504
	Total	135,171	23,136	158,307
	NET INCOME/(EXPENDITURE)	(40,259)	5,864	(34,395)
	RECONCILIATION OF FUNDS			
	Total funds brought forward	3,744	-	3,744
	TOTAL FUNDS CARRIED FORWARD	(36,515)	5,864	(30,651)

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2021

6. TANGIBLE FIXED ASSETS

6.	TANGIBLE FIXED ASSETS		Computer equipment
	COST At 1 January 2021 and 31 December 2021		320
	DEPRECIATION		
	At 1 January 2021 Charge for year		234 86 ———
	At 31 December 2021		320
	NET BOOK VALUE At 31 December 2021		
	At 31 December 2020		86
7.	DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2024	2020
		2021 £	2020 £
	Trade debtors	2,020	5,625
	Other debtors Prepayments and accrued income	63,098 447	21,090 924
	rrepayments and accided income	65,565	27,639
			====
8.	CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
		2021 £	2020 £
	Bank loans and overdrafts (see note 10)	9,537	805
	Trade creditors	248	11,233
	Social security and other taxes Other creditors	2,191	-
	Accrued expenses	1,078 3,300	3,880
		16,354	15,918 ———
9.	CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR		
		2021	2020
	Bank loans (see note 10)	£ 39,676	£ 48,880
10.	LOANS		
	An analysis of the maturity of loans is given below:		
		2021	2020
		2021 £	2020 £
	Amounts falling due within one year on demand:		
	Bank overdrafts Bank loans	- 9,537	805
	Dalik IUdiis		
		9,537 ———	805 ———
	Amounts falling between one and two years: Bank loans - 1-2 years	9,778	9,204

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2021

10.	LOANS - continued			
			2021 £	2020 £
	Amounts falling due between two and five years: Bank loans - 2-5 years		29,898	30,073
	Amounts falling due in more than five years:			
	Repayable by instalments: Bank loans more 5 yr by instal		-	9,603
11.	MOVEMENT IN FUNDS			
			Net movement	۸+
		At 1.1.21 £	in funds £	At 31.12.21 £
	Unrestricted funds	(26.545)	74.747	20.202
	General fund	(36,515)	74,717	38,202
	Restricted funds	F 0C4	(4.222)	4.642
	Restricted fund	5,864	(1,222)	4,642
	TOTAL FUNDS	(30,651)	73,495	42,844
	TOTAL FORDS	(30,031)	——————————————————————————————————————	=====
	Net movement in funds, included in the above are as follows:			
		Incoming resources £	Resources expended £	Movement in funds £
	Unrestricted funds	Ľ	Ľ	Ľ
	General fund	217,370	(142,653)	74,717
	Restricted funds			
	Restricted fund	12,750	(13,972)	(1,222)
	TOTAL FUNDS	230,120	(156,625)	73,495 ———
	Comparatives for movement in funds			
			Net	
			movement	At
		At 1.1.20 £	in funds £	31.12.20 £
	Unrestricted funds		(10.050)	(26.545)
	General fund	3,744	(40,259)	(36,515)
	Restricted funds		F 064	F 064
	Restricted fund	-	5,864	5,864
	TOTAL FUNDS	3,744	(34,395)	(30,651)

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2021

11. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds General fund	94,912	(135,171)	(40,259)
Restricted funds Restricted fund	29,000	(23,136)	5,864
TOTAL FUNDS	123,912	(158,307)	(34,395)
A current year 12 months and prior year 12 months combined position	is as follows:		
		Net	
		movement	At
	At 1.1.20	in funds	31.12.21
	£	£	£
Unrestricted funds			
General fund	3,744	34,458	38,202
Restricted funds			

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

4,642

42,844

4,642

39,100

3,744

	Incoming resources £	Resources expended £	Movement in funds
Unrestricted funds General fund	312,282	(277,824)	34,458
Restricted funds Restricted fund	41,750	(37,108)	4,642
TOTAL FUNDS	354,032	(314,932)	39,100

12. RELATED PARTY DISCLOSURES

Restricted fund

TOTAL FUNDS

During the year, the charity bought services to the value of £67,882 (2020: £107,550) from a company in which A Shaw is also a Director. These services related to a recharge of salaries from Shaw Callaghan Ltd who operated a payroll system on the charity's behalf.

Amounts that were owed to the charity by the company at the year end was £63,098 (2020: £21,090).

During the year, the charity also bought services to the value of £6,265 (2020: £8,324) from a company in which I J Wallace is a director.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2021

FOR THE YEAR ENDED 31 DECEMBER 2021	2021 £	2020 £
INCOME AND ENDOWMENTS	_	_
Charitable activities Donation - personal	154,319	34,710
Trading receipts	154,519	14
Donations - corporate	13,922	16,935
Fundraising events	7,697	11,245
Grants	27,869	51,461
Training provision	25,015	9,100
Other income	1,298	447
	230,120	123,912
Total incoming resources	230,120	123,912
EXPENDITURE		
Raising donations and legacies	40 000	55,480
Wages Social security	48,800 6,465	55,480 6,170
Pensions	1,335	980
Fundraising event	200	6,234
Service provision	806	1,939
	57,606	70,803
Charitable activities		
Wages	39,659	40,168
Social security Pensions	3,128 550	4,020 733
Insurance	552	725
Telephone	381	327
Postage and stationery	102	159
Advertising	9,422	4,141
Sundries Consultancy fees	981 240	847 2,060
Software	367	531
Subscriptions	5,607	1,269
Travel and insurance	2,287	2,969
Website and promotions	12,057	3,998
Accountancy	7,134	7,304
Fundraiser expenses	3,564	4,130
Public speakers and trainers Service charges	9,686	5,375 63
Staff training and welfare	1,574	2,902
Depreciation	86	108
Recruitment fees	-	3,240
Outreach support		2,300
	97,377	87,369
Support costs		
Management		
Entertaining	387	-

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2021

TOK THE TEAK ENDED 31 DECEMBER 2021		
	2021	2020
	£	£
Management		
Finance		
Bank charges	35	35
Bank loan interest	1,220	100
	1,255	135
Total resources expended	156,625	158,307
Net income/(expenditure)	73,495	(34,395)
	<u> </u>	<u> </u>