



Mind Waves SCIO Annual Accounts

Scottish Charity Number SC005082

Annual Report and Financial Statements for the  
year ended 31 March 2024

## About Mind Waves

Mind Waves is a charity that supports people with lived experience of mental health problems. It is incorporated as a SCIO, registered number SC005082.

The charity has income below £250,000 and as such is eligible to prepare its accounts on a Receipts and Payments Basis.

The governing document does not require the charity to prepare fully accrued accounts and neither does it require an audit. It was incorporated as a SCIO on April 17 2020.

## Trustees Annual report for the year ended April 5 2023

### **Charity Name**

Mind Waves

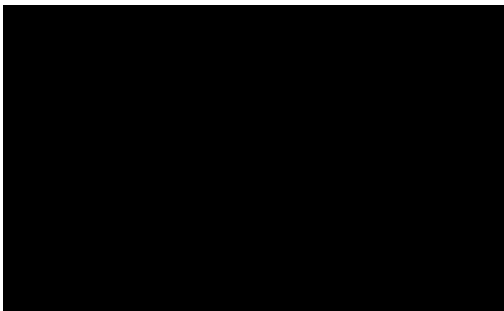
### **Charity No**

SC005082

### **Address**

% The Alliance, Venlaw Building, 349 Bath Street, Glasgow, G2 4AA

### **Current Trustees**



## **Structure, Governance and Management Constitution**

The Charity is a Scottish Charitable Incorporated Organisation (a SCIO). It was registered in its current legal form on April 17 2020. The project had previously operated as an NHS initiative from 2013- 2017 and then as an ALLIANCE Scotland project until 2019. It has a single tier structure and as such the trustees are the members of the charity.

[Our full constitution can be viewed here.](#)

## **Appointment of trustees**

Our board, which meets every three months, are the charity's trustees and will approve any new appointments. Trustees are elected at the annual general meeting which is held in June. There must be a minimum of three and a maximum of nine trustees.

We made no payments to Trustees during this period. We also paid no expenses to Trustees for travel to meetings, as all of our meetings were held online.

### **Purposes**

- 1 The organisation's purposes are:
  - 1.1 To reduce stigma and discrimination of people with mental health problems by producing positive materials and resources that value and respect difference and promote inclusiveness within society.
  - 1.2 To seek the relief of people who are disadvantaged due to the experience of poor mental health, by offering support and practical assistance around creating positive materials, resources and stories with the purpose of empowering people to find their voice.

## **Activities**

The charity supports our volunteer Community Correspondents, all of whom have lived experience of mental health problems, to build their skills and share their experiences and stories.

We run skills workshops and webinars for other organisations and for the wider community of people with lived experience of mental illness. We gather positive stories

about mental health and share them on our website, podcast and social media channels.

We also provide consultancy for other organisations, to support them in communicating about the experience of living with a mental health problem. This has included the production of films, animations and British Sign Language translations as well as the delivery of skills workshops and creative/digital courses.

## **Achievements and Performance**

We have continued to engage with 20 volunteers/participants through our service-based projects, most notably our Anti-Stigma project funded by NHS Greater Glasgow and Clyde. Through a series of in-person and online workshops and activities, we provided the opportunity for people affected by chronic physical and mental health conditions to share their experiences of social and health stigma. The resulting evaluation can be read in full [here](#).

From August 2023-February 2024 we held monthly open mic sessions at The Dream Machine, Glasgow with in-kind funding from their Betty McAllister fund, with involvement from eight participants throughout the series of events. These were positively received by those involved, including our venue and funding partners. This informal creative gathering model is one we are positive about pursuing.

We continued to generate income and build community capacity in line with our charitable aims through our training and consultancy work. This has included delivering songwriting and podcasting courses for the King's Trust's flagship programme "Get Started", as well as contributing to their East of Scotland school leavers project.

We have also provided podcasting training with Scottish charity Paths for All and digital storytelling/social media support for the Scottish Recovery Network's national Peer Support Conference, "The Future is Peer".

## **Financial review**

Our main source of funding for this year is from our ongoing training and consultancy work. We have not received any restricted grant funding within the 2023-24 financial period.

Our current bank balance is **£6,856**.

We have continued with our consultancy work, offering support with digital media to other organisations with a focus on mental health. This has generated **£11,856** of income. The costs of staffing/resourcing our work, most significantly the running costs of our community events and engagement, resulted in outgoings of **£23,236**.

## **Reserves**

We do not have a policy on reserves. Our running costs are low because we do not have an office and so far, most of our activities have been delivered online.

## **Plans for future**

Maintaining and enriching our support and provision of activities for a very engaged group of volunteers is of utmost importance, and involving them in the direction of Mind Waves is vital as a peer-led organisation.

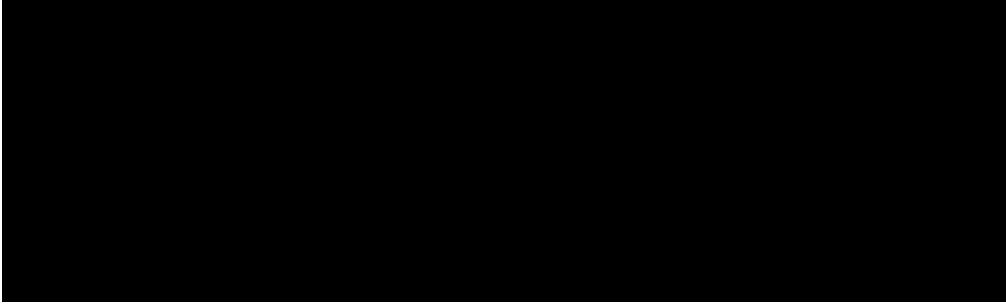
Our valued partnership with the King's Trust continues to be a core means of delivering our charitable aims whilst providing consistent baseline income. We have been invited to update and sign our Delivery Partner Agreement going into 2025, with two training contracts already secured for quarter 4 of the 2024/25 financial year.

Developing our capacity in terms of securing funding in the next financial year is vital to ensure the resilience and sustainability of the organisation. Our most recent applications for grants funding have been unsuccessful - these focussed on provision of music/creative community activities and similar short-medium term projects.

Our current financial position has led us to make the decision to reduce our engagement of freelance staffing to the equivalent of one day per week moving forward into the next financial year. This may change depending on the nature of any grant funding or consultancy work we are contracted to undertake, and we will review on an ongoing basis.

We are keen to strengthen and increase our pool of volunteer Community Correspondents to contribute stories and creative work around mental wellbeing to our online blog, podcast and social media channels. Using social media as a wellbeing tool is important during a time of social/economic instability and polarisation in the online space. With our roots in citizen journalism and digital storytelling we are well positioned to support and empower people in the online space, to improve their wellbeing and build community.

**Signed on behalf of the Board of Trustees**



Mind Waves

SC050082

**Receipts and payments accounts**

For the period  
from

Period start date

Period end date

**Section A Statement of receipts and payments**

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
<b>A1 Receipts</b>						
Donations	0				0	
Grants					0	5,000
Gross trading receipts	11,380				11,380	36,665
					0	
<b>A1 Sub total</b>	<b>11,380</b>		<b>0</b>	<b>0</b>	<b>11,380</b>	<b>41,665</b>
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					0	
Proceeds from sale of investments					0	
<b>A2 Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total receipts</b>	<b>11,380</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>11,380</b>	<b>41,665</b>
<b>A3 Payments</b>						
Expenses for fundraising activities					0	
Gross trading payments	23,236				23,236	24,255
Investment management costs					0	
Payments relating directly to charitable activities						15,000
Grants and donations					0	
Governance costs:					0	
Audit / independent examination					0	
Preparation of annual accounts					0	
Legal costs					0	
Other					0	
					0	
<b>A3 Sub total</b>	<b>23,236</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>23,236</b>	<b>39,255</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					0	
Purchase of investments					0	
<b>A4 Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total payments</b>	<b>23,236</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>23,236</b>	<b>39,255</b>
<b>Net receipts / (payments)</b>	<b>(11,856)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>(11,856)</b>	<b>2,410</b>
<b>A5 Transfers to / (from) funds</b>					<b>0</b>	
<b>Surplus / (deficit) for year</b>	<b>(11,856)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>(11,856)</b>	<b>2,410</b>

## Section B Statement of balances

						-	
	Cash and bank balances at end of year (Agree balances with receipts and payments account(s))	6,856	-	-	-	6,856	18,712
		-	-	-	-	-	-
	Details			Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £	
B2 Investments							
				Total	-	-	
	Details			Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets							
				Total	-	-	-
	Details			Fund to which liability relates	Amount due to nearest £	Last year to nearest £	
B4 Liabilities							
				Total	-	-	
	Details			Fund to which liability relates	Amount due to nearest £	Last year to nearest £	
B5 Contingent liabilities							
				Total	-	-	



## **Independent Examiner's Report to the Trustees of Mind Waves SCIO**

I report on the accounts of the charity for the year ended 31<sup>st</sup> March 2024 which are set out above.

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 Accounts Regulations does not apply.

It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

### **Basis of independent examiner's statement**

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

### **Independent examiner's statement**

In the course of my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations

- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met,

