

YOUNGMINDS

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YoungMinds Trust Annual Reports and Accounts Year ended 31 March 2018

Young Minds Trust
Annual Report and Accounts for the Year Ended 31 March 2018
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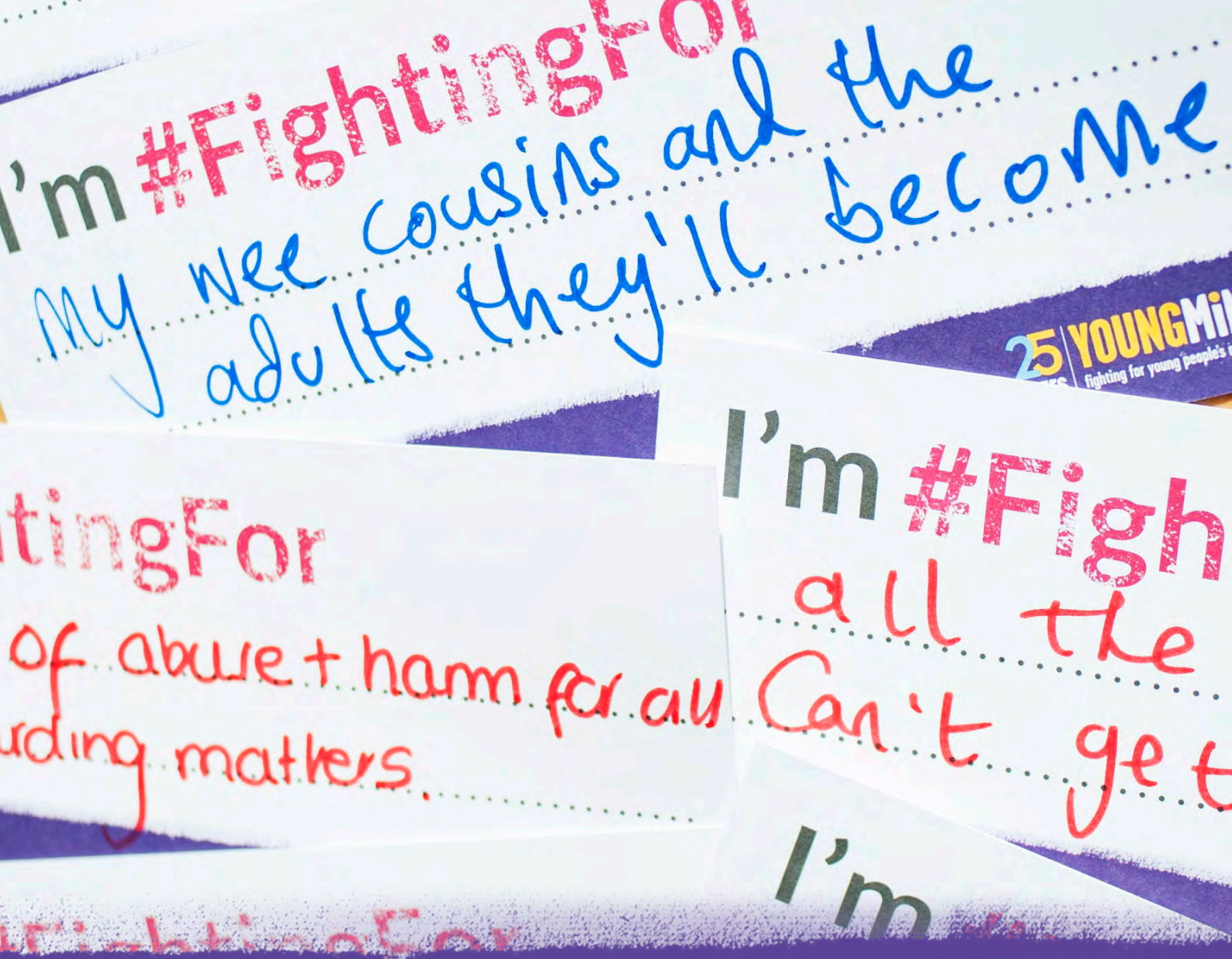
YOUNGMINDS

fighting for young people's mental health



Impact Report

2017-2018



It is a pleasure and privilege to have become YoungMinds' Chair of Trustees, in what is both an exciting and a challenging time for our charity.

As we enter our 25th anniversary year, there are many reasons to be optimistic about YoungMinds' future journey. This is chiefly thanks to the strong position in which the recently departed Chair and Chief Executive, Carole Easton OBE and Sarah Brennan OBE, have left us. I'd like to take this opportunity to formally recognise the incredible job they did in enabling YoungMinds to become the sector leader we are today.

We have nearly doubled our income in the last couple of years alone. Our reach, influence and impact has grown exponentially as we continue to be the UK's leading charity fighting for children and young people's mental health.

Our work continues to showcase the very best of YoungMinds. Through our flagship **Amplified**

programme, we are redefining how young people, parents and professionals are involved in the design and delivery of mental health services, across the NHS and beyond. Our powerful campaigns, like **Always** and **Wise Up**, are starting to transform the way the Government tackles the mental health crisis. Our **Parents Helpline** continues to deliver an invaluable service to the increasing number of parents with nowhere else to turn. And through new initiatives like **YoungMinds 360° Schools**, we are training and supporting more teaching professionals than ever before.

On top of all this, we have undertaken an ambitious internal transformation programme to modernise the way we work, giving us the capacity to further grow our impact.

In spite of these positive developments, this is still a challenging time for our charity. The spotlight remains squarely on children and young people's mental health for very good reason – the scale of the problem is huge.

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When we surveyed young people for our 25th anniversary #FightingFor report, just 9% said that it had been easy to get help for their mental health once they'd taken the brave step to ask for it – a stark reminder of how much work there still is to do.

On behalf of YoungMinds, I want to acknowledge everyone who has supported us in any way this year – we quite simply could not do without you. Thank you for everything that you have done and continue to do.

I am proud and humbled to be leading this unique and brilliant charity, and greatly look forward to working with friends and partners, old and new, as we continue our fight for a future where all young minds are supported and empowered, whatever the challenges.



Dr Elizabeth Vallance
Chair, YoungMinds



Our vision and mission

YoungMinds is the UK's leading charity fighting for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

The crisis in children and young people's mental health is real and it is urgent. More children and young people than ever before are reaching out for help with their mental health. But for those who take that brave step, help is much too hard to find.

Together, we are changing this. We're fighting for young people's mental health. Join our fight.

Our Strategic Objectives

We ensure the most vulnerable children and young people get help
by fostering innovation to meet their needs.

We promote good mental health
to more children and young people than ever before.

We empower young people and parents to be a force for change
by championing their voices to influence mental health policy and practice.

We help professionals provide excellent support
by inspiring excellence to achieve transformed, integrated services.

What's the problem?



One in four children show some evidence of mental ill health.



Half of all mental health problems appear **before the age of 14**, with one in four enduring mental health conditions present **by the age of 24**.



Three in four children with a diagnosable mental health condition do not get access to the support they need.



Children's mental health receives around **8%** of the total amount the NHS spends on mental health.



The average maximum waiting time for Children and Adolescent Mental Health Services is **6 months** for a first appointment and nearly **10 months** till the start of treatment.



25 years #FightingFor young



Growing up today...

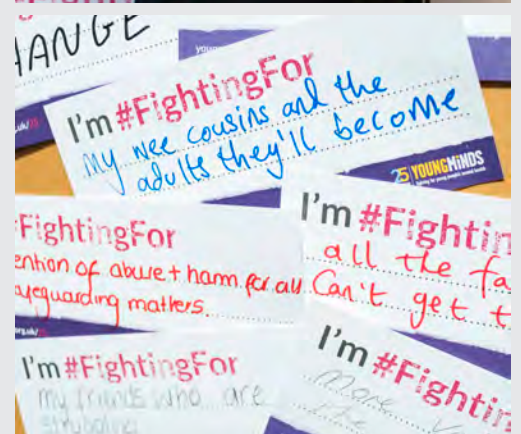
YoungMinds formed in 1993, when a group of mental health professionals with a passion for improving mental health support for children and young people decided to come together to fight for change. And in the 25 years since, we've seen many changes.

One change has been how different it is to grow up in Britain today. Childhood has changed enormously, with children and young people facing a range of new and different pressures to that of previous generations.

In the spotlight

Another big, and very positive, change is that young people's mental health is at last in the public and political spotlight. Having been overlooked for years, the crisis in children and young people's mental health is now widely recognised, and more young people feel able to talk about their mental health than ever before. And at YoungMinds we are proud of the big part we have played in making this happen.

youngminds.org.uk



people's mental health



Help is still too hard to find

But despite the progress and attention the issue is finally receiving, one thing still hasn't changed – when young people do reach out for help, it is still much too hard to find. In fact, fewer than one in ten (9%) told us that they'd found it easy to get support.

In our 25th year, what we do has never been more urgent or necessary – leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

We're #FightingFor change

That's why we've launched our #FightingFor campaign, giving a platform for our supporters to speak out about what they're fighting for and empowering and inspiring our amazing fundraisers to raise £2.5million to further our mission.

We're #FightingFor young people's mental health. Join our fight at youngminds.org.uk/25

Our **Activists** are at the heart

Last year, we trained **81** new Activists as part of our flagship volunteer programme.

Our Activist programme empowers young people aged 14-25, with experiences related to mental health, to **join our fight**.

Being an Activist means learning new skills, growing in confidence and being at the forefront of YoungMinds' campaigns.

Here are some of the ways our Activists have been **#FightingFor** young people's mental health...



of everything we do

Told their stories on the BBC news, in The Guardian and The Sun, and written **23** articles

Got **involved in crucial consultations**, including on beds in mental health hospitals, cyber-bullying and the Government's Mental Health Green Paper

Presented in parliament and at political party conferences

Led prestigious national mental health conferences and delivered **15** training sessions to professionals

20 Activists progressed to paid Youth Advisor roles on key YoungMinds programmes, further increasing their voice and influence throughout our charity



We're fighting for the most

Mental ill health makes young people vulnerable. But, other vulnerabilities or adverse experiences such as abuse, family breakdown, racism and bereavement can also cause mental health problems. These young people have an increased chance of experiencing poor mental health outcomes yet, too often, cannot access the right care.

“There are times when I don't leave my bed for days at a time. YoungMinds has, throughout my depression, been something that gets me out of bed - it's a reason to continue.”

Aaliyah, YoungMinds
Activist



vulnerable young people

We're fighting for the most vulnerable young people so that when they need inpatient care, it works for them. If they need medication – they feel in control of why and what the effects are. And for those with complex needs, all children's services recognise and understand the impact on mental health.

We supported 322 professionals to help build resilience in asylum seeking and refugee children

Through our YoungMinds Welcome programme, funded through the Linbury Trust, we delivered two conferences, 6 training sessions, a foster carer support group and participation with young people. The project is empowering professionals to have a positive impact on the mental health of some of the most vulnerable children in the country.

Our Always campaign is strengthening the rights of young people in inpatient care and their families

We have led the sector support for new legislation, Steve Reed MP's Mental Health Units (Use of Force) Bill, which would reduce the use of force and restraint in mental health hospitals and increase transparency in reporting incidents and investigating deaths. We have also worked closely with the Department of Health to ensure that children and young people are a priority in the Mental Health Act Review.

We led the way on fighting for trauma-informed services and care to be a national priority

We published Addressing Adversity, funded by Health Education England, which brings together the latest evidence on the impact of adverse childhood experiences on the mental health of young people. In addition, we have been collaborating with other charities to raise understanding of adversity and trauma-informed care, including one on substance use with AddAction.

We're fighting for the most

We supported **409** frontline staff to work more effectively with **children and young people affected by trauma**

Our Addressing Adversity course, funded through Health Education England, was delivered through three conferences and nine training sessions in London, Birmingham and Liverpool as well as three introductory Communities of Practice. 100% of participants said they would recommend the course to colleagues and 93% said the training increased their knowledge.

Our HeadMeds website helped **1,170,713** people with straight-talking advice and information about mental health medication

HeadMeds is a unique and invaluable resource for young people seeking reliable, accessible information on their meds and, on average, reaches 100,000 people per month.

Next year we will...

- Ensure the rights of children, young people and families are strengthened through the Mental Health Act reforms and the Mental Health Units (Use of Force) Bill.
- Challenge decision-makers to be more ambitious in the transformation of children and young people's mental health services, making the case for greater investment
- Work with young people to co-create new resources to help young people know what to expect when they receive inpatient care
- Improve the experience of parents and carers whose children access inpatient care by co-producing a parent and carer toolkit with NHS England

vulnerable young people



I'm #FightingFor
equality IN MENTAL HEALTH
SERVICES!


youngminds.org.uk/25

25 YOUNGMINDS
years fighting for young people's mental health

MAISON DE CHOU
MAISON DE CHOU
MAISON DE CHOU
MAISON DE CHOU

We're fighting to promote good

We believe that to really improve children and young people's mental health, we have to prevent the escalation of early problems becoming serious illness. Services are already struggling to meet growing demand.



"I was so desperate I didn't know what to do. I didn't know how to cope. I didn't know which way to turn - without that person on the phone, calming me down, I don't know what I would have done.

As a result of that it changed for everybody else as well."

Parents Helpline caller

youngminds.org.uk

mental health

So we are helping children and young people understand their mental health, helping schools to develop young people's wellbeing, coping skills and resilience, and supporting parents in understanding how to best help their children and themselves.

Our Parents Helpline made a huge impact this year with **12,733** parents receiving high quality support and advice from our helpline staff and volunteers.

In our external evaluation of the helpline, email and call back services, 77% of parents felt more informed after contacting the helpline, rising to 88% of those who received a call back. 96% of callers who received a call back described the service as beneficial.

We got 60,000 people to show young people they're not alone with their mental health

Over 2,000 schools and organisations took part in #HelloYellow, our flagship awareness campaign, on World Mental Health Day. With the support of YouTuber and YoungMinds Ambassador Daniel Howell, they helped us to raise £41,000 and share the #HelloYellow hashtag 60,000 times.

Our Wise Up campaign secured major breakthroughs in ensuring wellbeing becomes a priority in all schools

In response to our campaigning, the Government's Green Paper on children's mental health included some significant wins, including training for designated mental health leads in schools and a commitment to include mental health in the school curriculum. The campaign messaging was mentioned over 2,000 times in the media. The Prime Minister even visited YoungMinds to meet our activists about the campaign.

We're fighting to promote good

Our new website has been accessed 4.6 million times by over a million people in the UK

Working with young people, parents and professionals, we have ensured that our website provides more people than ever with the advice and information they need, when they need it.

Our live, interactive parent advice sessions have been viewed over 100,000 times

Parents Lounge, broadcast on Facebook Live, has helped thousands of parents to access expert advice and insight into some of their biggest parenting challenges. We have responded to over 500 questions from parents on topics like exam stress, school-refusal, self-harm, cyber-bullying and many more.

We helped thousands of parents #Take20 with their children

Our new campaign encourages parents to spend twenty minutes each week doing any simple activity with their child, to allow them to check in on their mental health. The #Take20 resources, including conversation starters and 'how to' videos, have been viewed 34,000 times.

Next year we will...

- Pilot a Parent to Parent Callback, offering peer support and a space to share experiences
- Increase the reach and the quality of the information we provide to young people and parents
- Develop partnerships with Beano Studios and Facebook to reach more young people online than ever before with the help they need
- Partner with Mental Health Innovations to provide a 24/7 text support service for young people and parents in crisis

mental health



“I had nowhere to turn and the advice and guidance was an amazing start to a long process. Without the helpline I wouldn't have gone on and got the support my daughter needed. She now has a care worker who visits her once a week to support her.”

Parents Helpline caller

We're fighting for a stronger voice

The best insights and most effective change agents are young people and parents who themselves have experience of mental health problems and the barriers they face.

“When I was 19 I got diagnosed with anxiety and depression and it became a circle. I found YoungMinds and it made me feel I wasn't alone in the struggle. I could use my experiences to help others and fight for change.”

Alex, YoungMinds Activist



for young people

YoungMinds has led the fight nationally for young people's and parents' participation to become central in government policy and service design. We are proud to have built on these foundations with new projects and increased reach last year.

Our Amplified programme is giving a stronger voice to young people and parents in the mental health system

In partnership with NHS England we've worked with commissioners, providers and system leaders across the country to increase the participation of young people and their families in the children and young people's mental health system. We also built the confidence and skills of professionals with 96% of training participants reporting increased knowledge about participation.

47 young people and parents were involved in leading and delivering the first year of the Amplified programme

3169 individuals joined our Amplified Digital Participation network and 2750 individuals responded to our Insights Survey sharing their views and experience of participation.

Our Activist Programme empowered 81 young people to participate in mental health campaigning and influencing

We involved young people in the leadership and delivery of our programmes of work with 20 Activists progressing to become paid Youth Advisors. We amplified young people's voices across the country through Activist involvement in the inpatient CAMHS bed re-allocations, the Cyberbullying Inquiry and the NHS England Commissioner Development Programme.

We're fighting for a stronger voice

Over 1,000 young people helped us persuade the Government and social media companies to do more on internet safety

Alongside The Children's Society and Alex Chalk MP, we conducted a Cyberbullying Inquiry in Parliament. Taking evidence sessions from social media companies, YoungMinds Activists and other expert witnesses, and engaging directly with the Secretary of State for Culture, Media and Sport, we successfully influenced key changes in Government policy.

We equipped 1,235 school children with the skills and understanding to find their feet when moving up to secondary school

Our Find Your Feet programme, funded by the ASDA Foundation and co-produced with school children, reached 4,297 children, teachers and parents with training and resources on the transition from Year 6 to Year 7.

Next year we will...

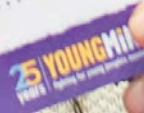
- Put participation at the centre of service design and improvement through projects in communities across the country, through NHS England services and through training and upskilling 1,000 more professionals
- Improve transitions between child and adult mental health services in North West London through a participation centred project
- Put young people in the centre of our campaigns through our Activist programme and co-design tools and resources to empower more young people to speak out about their mental health
- Pilot innovative new ways to give young people a stronger voice online

for young people



I'm #FightingFor
everyone's voice to be heard

youngminds.org.uk/25



We're fighting for better services

We know that far too many children and young people aren't getting the support they need, when they need it. Thanks to years of campaigning, new Government funds and policy initiatives have been forthcoming. But we know that service providers in all sectors are stretched and more young people are seeking help than ever before.

“The trainer was brilliant at linking practice and theory. She gave us some fantastic resources which will help me change the way I work with young people. She made me feel good about myself as a Practitioner.”

Training participant

for young people

Through our respected training, consultancy, advice and information, we are helping professionals better understand what children and young people need. Based on our real world understanding of young people's mental health, we are increasing skills, understanding and service quality where it is needed most.

Our 360° Schools' Community supported thousands of teachers to put wellbeing at the heart of their whole schools' improvement

YoungMinds 360° Schools is our one-stop shop for mental health, wellbeing and resilience for schools across the country. We trained 4,991 school staff this year and our 360° Schools' Community provided 4,500 of them with free teaching resources, tips and advice.

We've helped 275 school staff to take a whole school approach to pupil wellbeing

Using the Academic Resilience Approach, we have transformed the way schools improve pupil wellbeing. In Nottingham alone, we worked across 15 schools and trained 275 members of school staff. 100% of them have reported an increased understanding of mental health.

We supported thousands of primary school staff to access high-quality mental health resources

Funded by the Royal Foundation and launched by The Duchess of Cambridge, Mentally Healthy Schools ensures all staff working in primary schools have access to the best mental health and wellbeing teaching resources, all on one quality-assured website. This is a partnership project with The Anna Freud Centre and Place2Be.

We're fighting for better services

Our new participation consultancy model has put **1,200 young people's voices** at the centre of service design and improvement

We published 'Transforming Together', our evidence-based, practical approach to driving sustainable transformation. Using this model, we have worked with commissioners and providers from London to Doncaster to involve their front line staff, young people and parents in generating change.

We provided training to **empower 8,187 professionals** on the front-line of the crisis

97% of professionals reported they would recommend our training in children and young people's mental health, wellbeing and resilience to colleagues.

Next year we will...

- Continue our YoungMinds Welcome project by training professionals in Tees Valley, as well as in Kent and Croydon
- Work alongside the Youth Sport Trust on a Sport England funded project to improve the mental health of BAME (black, Asian and minority ethnic) boys in Haringey through sport and social action
- Run our Accredited FARA (facilitating the academic resilience approach) course, empowering schools to build and improve the emotional resilience of their students
- Grow our 360° Schools' Community to support more education professionals than ever to improve the wellbeing of their students

for young people



Message from our youth panel



YoungMinds has been on a phenomenal journey over the last year, and it's exciting to see how much the Youth Panel has contributed to that journey. We've gone from strength to strength, from helping to develop policy and driving the brand strategy to appointing the new CEO.

The Youth Panel was set up just over two years ago, and in that time we've made a huge impact. By putting the young people we speak up for at the heart of YoungMinds' decision making, we give them a stronger voice in their future and ensure their experiences can change things for the better.

YoungMinds has a proud history of working with other organisations, charities and the Government on tackling the great injustices of our time – the lack of funding and resources in CAHMS and the stigma that is still attached to ill mental health. Whilst these issues still exist, YoungMinds continues to fight to improve the outcomes of children and young people.

I would like to pay a special thanks, on behalf of the Youth Panel, to Carole Easton and Sarah Brennan for their tenacity, leadership and hard work. We said goodbye to Carole as our Chair of Trustees and Sarah Brennan, as CEO, who worked tirelessly to bring YoungMinds to the place it is today - everyone will miss her enormously. I would also like to pay tribute to all YoungMinds staff who often go above and beyond to ensure we can continue to fight for change.

It is vital that the public continues to support us in our work, as without that, YoungMinds is really nothing. I'm optimistic for the future of YoungMinds and I look forward to continuing to tackle the challenges that remain.

I'm extremely proud, and privileged, to say that I am a YoungMinds Youth Panellist and I hope that everyone reading this report can see how vital the work we do really is.

Josh
YoungMinds Youth Panellist

Transforming YoungMinds

The profile of children and young people's mental health has grown enormously in recent years. And with it, so has YoungMinds – rapidly, in fact. In the last two years, we have almost doubled our income.

As we grow, we need to ensure that we grow strategically and responsibly. This means making sure our growth delivers the biggest possible impact for young people's mental health. It also means making sure that we are setting ourselves up to be sustainable, and to make the most of future opportunities to do even more.

Throughout 2017 and 2018, YoungMinds has been going through an ambitious transformation programme to help us achieve just that.

Our transformation is helping us to:

Be more assertive about who we are and what we do

We have re-articulated our vision and mission, developed new values and launched a new

strapline: Fighting for young people's mental health.

Develop our digital capabilities

We know we can have an even bigger impact if we do more to embrace emerging technology. Through our transformation we are exploring where digital can best improve the way we work and investing in the people and partnerships that can make it happen.

Improve the way we share information and measure success

We have organised our work around six clear programmes and now have the people, the systems and the processes to make sure our charity is always pulling in the same direction with a single-minded focus on impact. No transformation is easy and embedding this change will continue to be a strategic focus in 2018/19 – but going through it is putting us in a far stronger position to achieve our vision of **a future where all young minds are supported and empowered, whatever the challenges.**



Thank you for #FightingFor

Thanks so much for all you do to raise funds for our work and fight for a future where all young minds are supported and empowered, whatever the challenges.



London Marathon 2018

This year's London Marathon was our biggest yet, with **49 runners** raising an incredible **£103,000** and counting. We cannot thank them all enough for the effort they put into training, fundraising and taking on the 26.2 miles during London's mini-heatwave!



Alex Staniforth broke the world record for climbing the highest peak in every county of the UK on bike, foot and kayak in 72 days, raising over **£25,000**. Alex was YoungMinds' first ever finalist in the category of Endurance Fundraiser of the Year at the JustGiving Awards 2017.



#HelloYellow

In its second year, our flagship fundraising campaign #HelloYellow helped to raise **£40,927** to show young people they're not alone when it comes to their mental health.



YoungMinds Comedy Night

Some of the biggest names in comedy came together to support YoungMinds in a one-off Comedy Night at Shepherd's Bush Empire. This amazing night raised **£50,873**.

Coral Jones and a team of 12 riders cycled across 7 countries in 7 days in memory of her cousin Jamie Shand, raising nearly **£22,000**. Jamie's family and friends have now raised a total of **£34,621** for YoungMinds.



young people's mental health

Long-term supporter **Frank Roberts** has completed the London Classics, Swim Serpentine 2 Mile, RideLondon 100 and London Marathon all to raise awareness and **£3,125** for YoungMinds.



The Trailblazers Club's **Josh, Hadyn** and **Thomas** travelled over 3,000 miles from the UK to take on the Wadi Rum Ultra Marathon in the Jordan desert. They covered 260km in five days, raising over **£16,000** for YoungMinds.



The entire community at **Abbey Gate College** chose YoungMinds as their Charity of the Year, hosting talent shows, running the Chester Half Marathon and cycling from the school in Chester all the way to our head office in London, raising over **£16,000!**



At 11 years old, **Erin Spray** is the youngest person ever to cycle the epic LEJOG route with dad Chris, raising over **£4,500**. Erin received the Cycling UK Young Achiever of the Year Award 2017 and the Young Citizen Award.

Staff at **Regard Group** raised an amazing **£10,000** throughout the year with a variety of events including picnics and an inflatable 5km event.

Sue Roberts held the Young Minds Matter event, a charity dinner and concert raising **£9,570**. The evening entertainment included performances from young musicians in Warwick and a range of speakers such as Michael Mansfield and Dave Chawner.



During their fundraising week, **Fresh Student Living** staff and students raised over **£4,000** with over 48 student halls taking part in activities including bake sales and raffle collections.

Last year's **Waitrose** Christmas cards raised an amazing **£59,000** for YoungMinds.



A team of five 17 year olds cycled 500km in 4 days from Roscoff to La Rochelle in France, raising over **£21,000**.

The **NACFB** 25th Anniversary Gala Dinner raised an impressive **£20,000** through raffles and auctions.

Where we're going...



I take over as Chief Executive at a time when YoungMinds and my predecessor, Sarah Brennan OBE, can be justly proud of the role they have played in fighting for young people's mental health. The landscape of young people's mental health has transformed in recent years and YoungMinds has played a pivotal part in this.

However, young people still desperately need better access to support and improved services. Despite the ever-growing media focus, we regularly hear from young people who have waited months to get help, parents at their wits end trying to support their children, and professionals at the frontline of support, held back by a system struggling to cope.

The fight for young people's mental health is more critical now than ever.

Next year, YoungMinds will continue to create positive, lasting change for young people and their families. Our **#FightingFor** campaign will push for a new era for youth mental health support, demanding a new

funding settlement to meet growing need. We will pilot a **new training programme** to help parents to support their children's mental health, and increase the voice we give to young people through our **Activist and Amplified programmes**. As part of the **Heads Together** campaign, we will continue to support the rollout of a brand new **24/7 text support service** for young people and parents in crisis, to operate alongside our 'life-saving' Parents Helpline. Our exciting new partnership with **Beano Studios** will ensure we can reach out to younger children through online channels, and a partnership with **Facebook** will deliver a vital new campaign to help young people understand and manage their emotions.

Alongside our work on the ground, we will better use the insights, interactions and experiences of young people and their families, to understand and respond to their needs. Through exploring new digital solutions, collaborations and partnerships we can develop further support and opportunities to meet these needs.

Our work is only possible thanks to the individuals who go to such lengths to fundraise for us and those who have joined our fight in whatever way they could.

A huge **thank you** to everyone who has supported us on our journey so far.

A handwritten signature in black ink, appearing to read 'Emma Thomas'.

Emma Thomas
Chief Executive, YoungMinds

Our funds

Our income in 2017-18	£'000	%
Projects and services	799	20
Donations	2,423	60
Training contracts	717	18
Other	93	2
Total income	4,032	100

For every £1 we spent on fundraising in 2017-18, we raised £6

How we spent the money we received in 2017-18	£'000	%
Parents Helpline	769	19
Youth participation	91	2
Fundraising	537	13
Training and consultancy	1,685	42
Policy and information	894	23
Publications	23	1
Total expenditure	3,999	100

Our reserves	£'000	%
Unrestricted reserves	1,346	86
Restricted reserves	213	14
Total	1,559	100

We would also like to thank all those who currently and have previously given their time and support to YoungMinds enabling us to continue our work, including our founders Peter Wilson and Judith Trowell and Earl Listowel for his ongoing engagement with our charitable objectives.

We are incredibly grateful to all of our supporters for their generosity. Sadly we are unable to list everyone, but we would like to thank the following supporters who made significant grants or donations in 2017-18.

The 3 T's Charitable Trust
 Asda Foundation
 BAE Systems
 Bancroft's School
 The Batchworth Trust
 BBC Children in Need
 Sophie & Oscar Beasley
 Big Lottery Fund
 The Brook Trust
 Bupa Foundation UK
 Capital Generation Partners
 Challenge Adventure Charities
 John Coates Charitable Trust
 Co-op Foundation
 Cumnor House School
 Dust & Dance
 Maggie Eisner and Sal Bham
 Essex Trust
 Evan Cornish Foundation
 Esmée Fairbairn Foundation
 Sean Fletcher
 Gowling WLG
 Grafton Bespoke
 Gresham's School
 H&H Group
 Paul Hamlyn Foundation
 Hands Trust
 Haskel Family Foundation
 Hewlett Packard Enterprise, Bristol
 Amy Hopwood
 Simon Vint Horner
 HQR London
 HSBC Wales & Western England Business
 Banking Teams
 JD Foundation
 JFS School
 Wendy Jordan
 Lake House Charitable Foundation
 Beatrice Laing Foundation
 Kirsten Lamb
 The Linbury Trust
 Local Authority Building Control
 Lucy Lumsden
 Cathy Mason
 Rachel Mason
 Masonic Charitable Foundation
 MetLife
 Sarah Moore
 Kenny Moriarty, Friends and Family
 Ed Newall & G Social
 The Orp Foundation
 Pears Foundation
 Mr T Peterson
 The Pickhaver Family
 Queen Elizabeth's Grammar School
 The Rayne Foundation
 The Royal Foundation
 Savills
 Sea Meadow Trust
 Sam and Bella Sebba Charitable Trust
 Clive & Rachel Scott
 Elliott Simmons Charitable Trust
 Steel Charitable Trust
 Megan Stevens
 Texel Foundation
 Tindall Riley & Co
 UK Tech Awards
 Peter & Belinda Vernon
 Garfield Weston Foundation
 B&Q Wincanton, Swindon
 Texel Foundation
 Tindall Riley & Co
 UK Tech Awards
 Waitrose

Young Minds Trust

Report of the Trustees

For the Year Ended 31 March 2018

The Report of the Trustees should be read in conjunction with the Impact report on pages 1 to 30, which includes the Trust's Strategic Review. Further information can be found on the Young Minds website (youngminds.org.uk).

Reference and administrative information set out on pages 56 and 57 forms part of this Report. The financial statements comply with current statutory requirements, the Articles of Association and the Statement of Recommended Practice by Charities: SORP applicable to charities preparing their accounts in accordance with FRS102.

Objects of Young Minds Trust

The objects are set out in the schedule to the Articles of Association dated 24 July 2008 (revised 26 September 2018):

- the advancement of education of the public, in particular bodies and agencies, about the emotional and psychological disturbances and mental distress experienced by children, young people and families, and about the alleviation and prevention thereof; and
- the relief of children, young people and families who are experiencing or are affected by, or who are at risk of experiencing or being affected by, emotional or psychological disturbances or mental distress.

Structure, governance & management

Legal structure

Young Minds Trust was incorporated as a company limited by guarantee on 18 January 1993 and registered as a charity in England and Wales on 2 February 1993. The trust registered as a charity in Scotland on 2 July 2008. The Young Minds Trust operates under the name "YoungMinds".

The governing document is the Articles of Association which were updated in line with the Companies Act 2006 in September 2018. The Board of Trustees comprises the Directors of the company who are also the members of Young Minds Trust.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The only Members during the year were the Trustees. The total number of Member guarantees at 31 March 2018 was nine (2017: ten).

Organisational structure and governance

The Trustees who have served during the year and those appointed before the date of this report are listed on page 56. No member of the Board or Committees receives any remuneration for their services. The Board met seven times during the year (2016-17: five)

Subcommittees report to the Board and comprise the Audit and Risk Committee which meets at least three times each year, the People and Governance Committee which meets at least three times each year and the Transformation Committee which meets at least three times a year and is a time-limited Committee established to oversee the effective implementation of YoungMinds' Transformation Programme. The members of these committees are listed on page 56.

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For the Year Ended 31 March 2018

Following the introduction of the new Charity Governance Code in July 2017, the Board of Trustees has commenced an internal review to assess the extent to which existing policies and practices demonstrate our application of the recommended practice or explain where and why our practice differs. We expect to be able to publish a full statement detailing our use of the code in our next Annual Report.

Management

The Board of Trustees is legally responsible for the strategic direction of the charity including approving the annual plan and budget. The Board monitors risk and progress against these plans and budgets and it makes decisions about the appointment of trustees and senior staff. Lead trustees are appointed to oversee key areas of work.

Day to day operation of the organisation is delegated to the Chief Executive, Emma Thomas, and her Senior Leadership Team.

Remuneration policy

YoungMinds aims to ensure that all staff are paid appropriately according to the nature of the work and the experience, knowledge and skills needed to carry out their job. The charity is committed to principles ensuring that pay and conditions of employment do not discriminate unlawfully and are free from bias.

Although not required by legislation to publish a Gender Pay Gap Report, the charity has undertaken the calculations required to be published by organisations with over 250 staff. As at April 2018, the charity's overall median gender pay gap was 5.3% compared with a national average of 18.4%. The charity continuously monitors pay levels and practices to ensure that there is no gender bias.

Recruitment and appointment of Trustees

The Board of Trustees reviews the skill set of its members regularly and whenever a vacancy arises. Vacancies are advertised externally and also among Trustees' personal contacts. Once appointed new Trustees are inducted by the Chief Executive. Trustees are given information on the legal duties and expectations of a Trustee and invited, on an ongoing basis, to attend Trustee training events funded by YoungMinds.

Trustees retire at the third annual general meeting following their initial appointment but are eligible for re-election by an ordinary resolution by the Members. Trustees must then retire at every third annual general meeting following reappointment and are eligible for re-election for a period not exceeding a maximum of 9 years. In exceptional circumstances a retiring director who has completed nine consecutive years in office may be re-elected for a further year by a resolution passed by at least 75% of the members present.

Connections to a wider network

YoungMinds is proud to be one of eight charities partnering the Royal Foundation Heads Together campaign. The campaign has attracted substantial media coverage and played a vital role in transforming the national conversation on mental health, raising awareness and tackling stigma.

Collaboration is integral to YoungMinds' operating model. We are an active member of 38 prominent networks, enabling us to collaborate with hundreds of organisations a year. We plan to develop deeper relationships with existing partners, to maximise the scale and impact of our

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transformation. We have also recently set up the Children and Young People's Wellbeing Alliance, collaborating with 10 other leading children's charities (including Barnardo's, Prince's Trust, Children's Society). Through mechanisms such as this we hope to collaborate more effectively to realise change – particularly around policy and practice.

Public benefit statement

Young Minds Trust exists to serve the public and ensure that children, young people, their parents and families as well as professionals working in the field of mental health with young people benefit from our work and services. Our key priorities are to:

- Ensure the most vulnerable children and young people get help by fostering innovation to meet their needs.
- Promote good mental health to more children and young people than ever before.
- Empower young people and parents to be a force for change by championing their voices to influence mental health policy and practice.
- Help professionals provide excellent support by inspiring excellence to achieve transformed, integrated services.

We exist so that young people have the strongest possible voice in improving their mental health. We strive to make sure everything, from Government policy to practice in schools and services, is driven by young people's experiences and aspirations. We support parents to help their children through difficult times through our free to access Parents' Helpline; we equip professionals to provide the best possible support to the young people that they work with; and we empower young people to change their world. Our values are ambition, collaboration and integrity: we set ambitious goals to make a lasting difference to the lives of children and young people; we will always listen to and create solutions with children and young people; we respect each other, thrive on diversity, and will always act in the best interests of children and young people.

YoungMinds produces a wide range of printed and electronic information available for purchase or free download from our website. The information is aimed at helping children, young people and parents understand specific mental health issues, how to help and how to access services. Our website provides information in plain English about treatment options available and the evidence of their outcomes and side effects. Also available is a wide range of research and policy for all members of the public.

In addition, YoungMinds has a Training and Consultancy service. This offers training to anyone working with children and young people, about mental health and creating healthy schools, colleges, communities or workplaces.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning YoungMinds future activities. In particular the Trustees consider how planned activities will contribute to YoungMinds charitable purpose.

Plans for future periods

The mental health of children and young people is in crisis. Approximately 850,000 children suffer from a diagnosable mental health problem such as depression or anxiety. This severe and widespread problem is described by the Department for Education as a "slow-growing epidemic"(2016). This growth is mirrored by an unprecedented demand for our services over the

Young Minds Trust

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For the Year Ended 31 March 2018

past year. This is largely a result of greater coverage of mental health in the media, the continuing impact of budget cuts on wider youth services and increased pressure on resources. In response to these factors we want to create a step change in order to scale up our work and better meet the needs of more children and young people. Having embarked on a transformation process in 2017/18 we will continue this organisational development in 2018/19 through a review of our systems, investment in infrastructure and capacity, including new roles for sustainable growth alongside our ongoing operational focus.

Our key areas of operational growth will focus on

- i. Youth engagement: We will expand our Youth Participation Programme reaching over 1,500 young people aged 14-25
- ii. Web development: We estimate that through our website development, we will see an increase in visits by 28% and overall, we predict 1.9 million individuals will benefit from our rebranded website.
- iii. Training: We plan to reach 5,000 participants from diverse backgrounds over the next year, and deliver 10% growth year on year for the next three years.
- iv. Parents Helpline: We plan to grow our capacity by 33%, to respond to more calls and also to diversify our support through innovative new digital services.
- v. Policy and campaigns: We require a significant increase in capacity to carry out policy research, and engagement with Government and public sector officials with a campaigning focus to support policy improvements for child and young people

We will continue to focus on our internal Systems transformation including:

- i. Improved performance monitoring: We plan to develop and implement a robust, cross-organisational project management system to monitor all project and organisational progress.
- ii. Consistent, quality data capture: In line with new, improved KPIs we plan to improve data collection processes and the quality of data collected from projects.
- iii. Effective use of our people resources: We expect a significant increase in Human Resources work, and as we grow we aim to focus not only on recruitment, but retention of staff and continued professional development.
- iv. Streamlined governance: Improved organisational governance will free up our Chief Executive to focus on driving forward the step-change in delivery and further increase our visibility and reputation.

Financial review

Results for the year

We are pleased to report that 2017/18 was another positive year financially, with total income breaking through the £4 million mark for the first time and a representing 39% increase on 2016/17 income of £2.9 million. The charity raised over £3 million income related to unrestricted funds – an increase of more than £1 million on 2016/17.

The charity achieved an overall surplus of £33,801 (2016/17: deficit of £230,426) and a net surplus on unrestricted funds of £159,699 (2016/17: deficit of £237,579). Total fund balances retained at 31 March 2018 were just under £1.6 million, of which £213,000 was held as restricted funds, and £1,346,000 as unrestricted funds.

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For the Year Ended 31 March 2018

Income

The overall growth in income was driven largely by strong fundraising performance with income from donations and legacies in particular increasing from £1,429,160 in 2016/17 to £2,423,134 – an increase of £993,974 or 70%. Income from charitable activities also grew with the addition of some new projects 2017/18, increasing from £717,197 to £799,332 – an increase of £82,135 or 11%. Income from trading activities increased by £7,576 or 1%.

Expenditure

Total expenditure in the year was £3,998,542, representing an increase of £856,727 or 27% on 2016/17 expenditure. Of this, charitable expenditure in the year totalled £3,461,644 (2016/17: £2,731,599) including support costs of £1,077,219 (2016/17: £684,236).

The charity has invested heavily in a transformation project following an organisational review in 2016/17 resulting in the creation of a number of new staff roles and an increase in staff costs of 21% on 2016/17. The main areas of increased charitable expenditure in the year due to an increase in external delivery were Training and Consultancy, reflecting new projects started during 2017/18, as well as the Parents' Helpline.

Reserves and reserves policy

The Board of Trustees reviews reserves annually to ensure that there are sufficient funds to maintain the charity's financial stability and ongoing development. The Trustees' reserves policy is to aim to hold unrestricted reserves of 6 months' unrestricted expenditure.

At 31 March 2018 the charity had unrestricted reserves of £1,346,000 (2017: £1,186,000) which represents approximately 5.4 months' (2017: 6.0 months') prior year unrestricted expenditure.

Investments

Based on a review of cash balances and cash flow projections, the Board of Trustees considers the most appropriate policy for investing funds is to use short-term deposit accounts with reputable banks maturing at regular intervals to enable flexible access to funds whilst ensuring modest returns.

Financial outlook

The charity has seen a significant growth in fundraised income over the last three years, particularly in individual donations, and we anticipate continued growth in 2018/19, albeit at a lower rate.

The major area of increased planned spend in 2018/19 is staff costs as the new roles agreed during the transformation are now in place. We have also planned an increase in marketing spend to support awareness campaigns, policy and influencing, and a capital budget of £75k for new IT systems, a small desktop IT refresh and to improve our website design and infrastructure.

Overall, we expect our unrestricted reserves to reduce by approximately £56k in the year to 31 March 2019, which will take them down to a level equivalent to 5.2 months' unrestricted expenditure at 2017/18 levels.

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Principal risks and uncertainties

The Audit & Risk Committee has responsibility for reviewing the risk management process and regularly reviews the risk register and monitors progress on strategies to mitigating risks. The last full revision of the risk register was completed in January 2018. The committee reports on the risk management process to the Board annually.

The register identifies the likelihood and impact of each risk and this allows risks to be ranked by priority. Ownership of each risk is assigned to a member of the senior management team who is responsible for ensuring mitigation policies and procedures are operated and improved. These policies and procedures include internal controls for safeguarding the charity's assets and are designed to provide reasonable assurance against material financial misstatement or loss to the charity. Insurance cover is reviewed annually.

Risk	Impact	Mitigation
There is a risk that resource capacity in the Parents Helpline is insufficient to meet the target call answer rate as a result of increasing demand and/or insufficient resources.	<ul style="list-style-type: none"> • Support is not provided to parents to address needs of children and young people. • Loss of confidence in the service and results in Parents “giving up” and leads to an overall drop in calls • Damage to YoungMinds reputation and loss of credibility or evidence and insight in this area • Well-being of Helpline staff and volunteers deteriorates from increased workload and stress 	<ul style="list-style-type: none"> • Regular monitoring of call rates versus answer rates to provide visibility of performance metrics • Increased focus on recruiting and retaining volunteers to provide additional capacity • Management of timekeeping and attendance to maximise call answer rate • Long term strategy being developed to expand and diversify service and address increasing demands
YoungMinds does not have the appropriate skills and capabilities nor the available capacity in its workforce to support the scaling and increased delivery of services and organisational growth.	<ul style="list-style-type: none"> • Delivery of contracts delayed or non-delivery of key milestones • Funding has to be returned to funder • Reputational damage arising from non-delivery • YM is unable to sustain growth aspirations and has to materially revise plans 	<ul style="list-style-type: none"> • Review of YM employee benefit proposition • Learning and development opportunities • Annual staff survey to ensure feedback and engagement with staff • Effective median pay policy • People and Governance sub-committee established to support ongoing people development and implementation of effective system of policies and procedures.
The availability of diverse income streams and continuous funding is insufficient to maintain sustainable delivery of critical work and projects which minimises impact and effectiveness for beneficiaries.	<ul style="list-style-type: none"> • Loss of reach and impact • YM is unable to scale • Beneficiaries of our existing work become increasingly vulnerable 	<ul style="list-style-type: none"> • Fundraising strategy and action plan in place for 18-19 - develop new fundraising plans to align with new organisational strategy. • Effective relationships with broad network of funders including Trusts, Foundations,

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Risk	Impact	Mitigation
		Corporates and commissioners. <ul style="list-style-type: none"> • Monthly meetings with Finance to clarify new business and invoicing and monitor costs against budget • BDU, PMO and E&I functions scoping areas for scalability and BDU actively exploring large scale opportunities to replace funding streams.
YM is vulnerable to safeguarding breaches which creates reputational risk and negative impact on beneficiaries	<ul style="list-style-type: none"> • Children, young people and families do not get the help and support they need • Service users or staff are harmed through their contact with YoungMinds 	<ul style="list-style-type: none"> • Safeguarding procedures in place and updated annually • Clear escalation process in place for any safeguarding concerns • Compulsory training in place for all staff tailored to level of role, with compliance monitored • All safeguarding issues responded to by trained and experienced DSO, LSOs or specialist staff • Annual policy review and safeguarding audit with quarterly peer reviews
There is a risk that YM is not a privacy led organisation and the culture, systems and processes to manage data are not adopted across the organisation and do not prevent personal or sensitive data being mishandled.	<ul style="list-style-type: none"> • Staff are not trained effectively and do not adopt processes and compliance is reduced • Non-compliance with GDPR requirements result in ICO financial penalty • Negative impact on reputation which undermines internal and external confidence in the organisation • Financial penalties reduce available resource and reserves to deliver services to beneficiaries 	<ul style="list-style-type: none"> • GDPR compliance training • New policies and procedures • Improved user access rights to CRM system • IT data security improvements • Compliance and monitoring sampling

Volunteers

We rely on the generous support of all our volunteers and want to thank them for their incredible contribution.

Many of our volunteers are young people. Our Youth Activists speak at conferences, appear in the media and join our campaigns to help raise awareness of mental health in young people. Our Amplified project has developed a network of young people giving their input on how mental health services are delivered to young people. Our Youth Panel is key to bringing young people's

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voices into conversations with our Senior Leadership Team and departments across the organisation and informs our policies and direction.

Every year hundreds of people generously give their time to raise funds for YoungMinds and help make people aware of what we do.

In schools young people run fun events to generate donations – cake sales, non-uniform days, games days and even karaoke. And it isn't just students who get involved, teachers and parents also join in the fun.

This year our supporters ran marathons, trekked up mountains, cycled across Britain or simply arranged collections and events in their workplace. Other volunteers turned out in all weather conditions to support our fundraisers.

Some people give up their time to volunteer in our office or help provide advice on our Parents' Helpline. And our Board of Trustees are all unpaid volunteers.

Fundraising

We raise funds across the spectrum of community fundraising, individual donors and partnerships with trusts, foundations and companies.

The individuals that we mail are our supporters with whom we already have a relationship, and who have given their consent to be contacted by us. We never buy in any data lists for fundraising and we do not sell or share supporter details with any other individuals or organisations.

We have processes in place to ensure that we do not overwhelm our supporters with information, and our supporter communications are primarily designed to inform our donors about the progress of our work on behalf of children and young people.

We do not employ professional fundraising agencies with regard to any aspects of our fundraising activities. All of our activities are planned and delivered in house by our small fundraising team, who build relationships with our supporters.

Our fundraising activities are led by a Director of Fundraising who is a full member of the Institute of Fundraising, and who in turn ensures that all of our fundraising activities are compliant with the Institute of Fundraising Code of Practice. We also pay close attention to the changing regulatory environment to ensure that we are compliant with best practice and that our fundraising is transparent, honest and non-intrusive. We have not received any complaints about our fundraising practice.

Statement of Trustees' responsibilities

The Trustees (who are also directors of Young Minds Trust for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming

Young Minds Trust

Report of the Trustees

For the Year Ended 31 March 2018

resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions

Auditors

A resolution to re-appoint haysmacintyre as the charity's auditors will be proposed at the annual general meeting.

The Trustees' report (including the impact report) was approved by the Board of Trustees on 26 September 2018 and signed on its behalf by

Dr Elizabeth Vallance
Chair

Independent Auditors' Report to the Members and Trustees of Young Minds Trust

Opinion

We have audited the financial statements of Young Minds Trust for the year ended 31 March 2018 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and the related notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2018 and of the charitable company's net movement in funds, including the income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of trustees for the financial statements

As explained more fully in the trustees' responsibilities statement set out on pages 38-39, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Independent Auditors' Report to the Members and Trustees of Young Minds Trust

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Trustees' Annual Report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Annual Report (which includes the directors' report prepared for the purposes of company law) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the Trustees' Annual Report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Annual Report (which incorporates the directors' report).

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charity Accounts (Scotland) Regulations (as amended) require us to report to you if, in our opinion:

- adequate accounting records have not been kept by the charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- the charitable company financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

Independent Auditors' Report to the Members and Trustees of Young Minds Trust

- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006, section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Kathryn Burton (Senior Statutory Auditor)
For and on behalf of haysmacintyre, Statutory Auditors
Chartered Accountants
10 Queen Street Place
London EC4R 1AG

Date:

haysmacintyre is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

Young Minds Trust
Statement of Financial Activity (including the income and expenditure account)
For the Year Ended March 2018

	Notes	Unrestricted funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Income from:					
Donations and legacies		2,339,350	83,784	2,423,134	1,429,160
Charitable activities (grant funding)		-	799,332	799,332	717,197
Trading activities		741,748	-	741,748	734,172
Investments (bank interest)		9,152	-	9,152	2,063
Other		58,977	-	58,977	28,797
Total income	2	<u>3,149,227</u>	<u>883,116</u>	<u>4,032,343</u>	<u>2,911,389</u>
Expenditure on:					
Raising funds		536,898	-	536,898	410,216
Charitable activities					
Training and consultancy		1,344,563	340,298	1,684,861	1,106,179
Publications		22,925	-	22,925	10,991
Parents' Helpline		259,639	509,035	768,674	596,920
Youth participation		91,176	-	91,176	114,499
Policy, information and campaigns		734,327	159,681	894,008	903,010
Total expenditure on charitable activities	3	<u>2,452,630</u>	<u>1,009,014</u>	<u>3,461,644</u>	<u>2,731,599</u>
Total expenditure		<u>2,989,528</u>	<u>1,009,014</u>	<u>3,998,542</u>	<u>3,141,815</u>
Net income		<u>159,699</u>	<u>(125,898)</u>	<u>33,801</u>	<u>(230,426)</u>
Transfers		-	-	-	-
Net movement in funds		<u>159,699</u>	<u>(125,898)</u>	<u>33,801</u>	<u>(230,426)</u>
Funds brought forward		1,186,387	338,622	1,525,009	1,755,435
Total funds carried forward	11	<u>1,346,086</u>	<u>212,724</u>	<u>1,558,810</u>	<u>1,525,009</u>

The Statement of Financial Activities includes all gains and losses recognised in the year. All incoming resources and resources expended derive from continuing activities. The accompanying notes are an integral part of this Statement of Financial Activities.

Prior year split between unrestricted and restricted appears in Note 18.

Young Minds Trust

Balance Sheet

As at 31 March 2018

Company number: 2780643

	Notes	£	2018 £	£	2017 £
Fixed Assets					
Tangible Assets	5		110,989		181,766
Current Assets					
Stock	6	9,366		3,050	
Debtors and prepayments	7	599,052		539,581	
Cash at bank and in hand		1,823,000		1,509,289	
			<u>2,431,418</u>	<u>2,051,920</u>	
Current Liabilities					
Creditors:					
Amounts falling due within one year	8	(953,597)		(651,802)	
Net Current Assets			<u>1,477,821</u>	<u>1,400,118</u>	
Total assets less current liabilities			1,588,810	1,581,884	
Creditors falling due after one year	9		(30,000)	(56,875)	
Net Assets			<u>1,558,810</u>	<u>1,525,009</u>	
Reserves					
Restricted funds			212,724	338,622	
General funds			1,346,086	1,186,387	
Total funds	11, 12		<u>1,558,810</u>	<u>1,525,009</u>	

The financial statements were approved and authorised for issue by the Board of Trustees and were signed on its behalf on 26 September 2018

Dr Elizabeth Vallance
Chair

Jenny Clayton
Trustee

Young Minds Trust

Cash Flow Statement

For the Year Ended 31 March 2018

	Notes	2018 £	2017 £
Cash flows from operating activities			
Net cash provided by/ (used in) operating activities	A	307,173	108,524
Cash flows from investing activities			
Dividends and interest		9,152	2,063
Purchase of property, plant and equipment		(7,991)	(151,490)
Loss on disposal of fixed assets		5,377	-
Net cash provided (used in) investing activities		<u>6,538</u>	<u>(149,427)</u>
Change in cash and cash equivalents in the reporting period		313,711	(40,903)
Cash and cash equivalents at the beginning of the reporting period		1,509,289	1,550,192
Cash and cash equivalents at the end of the reporting period	B	<u>1,823,000</u>	<u>1,509,289</u>

NOTES TO THE CASH FLOW STATEMENT

A - Reconciliation of net movement in funds to net cash flow from operating activities

	2018 £	2017 £
Net income/(expenditure) for the reporting period	33,801	(230,426)
Depreciation charges	73,391	41,652
(Increase)/decrease in stock	(6,316)	1,712
(Increase)/decrease in debtors	(59,471)	111,328
Increase in creditors	274,920	186,321
Dividends and interest	(9,152)	(2,063)
Net cash provided by operating activities	<u>307,173</u>	<u>108,524</u>

B - Analysis of cash and cash equivalents

	2018 £	2017 £
Cash at bank and in hand	1,823,000	1,509,289
	<u>1,823,000</u>	<u>1,509,289</u>

Young Minds Trust

Notes to the Financial Statements

For the Year Ended 31 March 2018

1. Accounting Policies

Basis of Preparation

The financial statements have been prepared in accordance with 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) – (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

YoungMinds meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going Concern

Given the level of free reserves available at the year end, the Trustees consider that the charity has adequate resources to continue in operational existence for the foreseeable future. Accordingly the financial statements have been prepared on a going concern basis.

Statement of cash flows

The charitable company's cash flow statement reflects the presentation requirements of FRS 102, which is different to that prepared under FRS 1.

Public benefit

The Trustees confirm that they have referred to the information contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives, and in planning activities and setting policies and priorities for the year ahead.

Income

All income is included in the statement of financial activities when the charity is legally entitled to the income, the amount can be measured with reasonable accuracy and its receipt is probable.

Where relevant, grant income is accounted for as the charity earns the right to consideration by its performance. Where the grant is received in advance of performance its recognition is deferred and included in creditors. Where entitlement occurs before the grant is received, it is accrued in debtors.

Gifts in Kind are recognised at reasonable estimates of their gross value to the charity or the amount actually realised. Income derived from trading activities including training and consultancy services is recognised when the service is provided. Amounts received in advance relating to such income are shown as deferred income. Income from the sale of publications is recognised when the goods are dispatched.

Income derived from trading relates to primary purpose trading which is acceptable under charity law and exempt from taxation.

Income from legacies is recognised when there is reasonable certainty of the amount and timing of receipt.

Expenditure

Where possible, expenditure is directly allocated against charitable activities or the costs of raising funds.

Support costs include governance costs and are allocated to charitable activity and the costs of raising funds on the proportion of direct (non-staff) costs.

The costs of raising funds relate to the costs incurred by the charity in raising funds for its charitable work including salaries, direct expenditure and a proportion of support costs.

Leases

Payments under operating leases are charged to the Statement of Financial Activities on a straight line basis over the life of the lease.

Young Minds Trust

Notes to the Financial Statements

For the Year Ended 31 March 2018

1. Accounting Policies (continued)

Tangible Fixed Assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Fixtures and fittings	10% Straight Line
Computer software and equipment	25-33% Straight Line

Assets costing more than £1,000 are capitalised

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Restricted funds

Restricted funds are to be used for specified purposes as laid down by the donor. Expenditure which meets these criteria is identified to the fund, together with a fair allocation of management and support costs.

Designated funds

Designated funds are unrestricted funds set aside at the discretion of the Trustees for particular purposes.

General unrestricted funds

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Pensions

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable under the scheme by the charity to the fund. The charity has no liability under the scheme other than for the payment of those contributions. Additionally the charity makes contributions to certain employees' personal pension schemes. These are included in the Statement of Financial Activities on an accruals basis.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Employee benefits

Short term benefits including holiday pay are recognised as an expense in the period in which the service is received.

Termination benefits are accounted for on an accrual basis and in line with FRS 102.

Estimates and Judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. Although these estimates are based on management's best knowledge of the amount, events or actions, actual results may ultimately differ from those estimates. The trustees consider depreciation to be subject to estimation and judgement and are discussed above.

Financial instruments

Basic financial instruments are initially recognised at transaction value and subsequently measured at amortised cost with the exception of investments which are held at fair value. Financial assets held at amortised cost comprise cash at bank and in hand, together with trade and other debtors. A specific provision is made for debts for which recoverability is in doubt. Cash at bank and in hand is defined as all cash held in instant access bank accounts and used as working capital. Financial liabilities held at amortised cost comprise all creditors except social security and other taxes.

At the balance sheet date the charity held financial assets at amortised cost of £2,282,530 (2017: £1,893,813) and financial liabilities at amortised cost of £817,880 (2017: £586,457).

Young Minds Trust

Notes to the Financial Statements

For the Year Ended 31 March 2018

2. Income

	Unrestricted funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Donations and legacies				
Donations	2,051,941	39,284	2,091,225	1,223,180
Legacies	68,121	-	68,121	82,635
Donations from trusts	219,288	44,500	263,788	123,345
Total donations and legacies	2,339,350	83,784	2,423,134	1,429,160
Income from charitable activities				
Government grants and statutory funding:				
Big Lottery Fund	-	248,795	248,795	246,856
Department of Education	-	40,000	40,000	160,000
Other grants to directly support charitable activities:				
Bupa UK Foundation	-	9,927	9,927	39,708
Co-op Foundation	-	4,369	4,369	-
Masonic Charitable Foundation	-	20,682	20,682	28,952
Oak Foundation	-	-	-	74,256
Sam And Bella Sebba Charitable Trust	-	30,000	30,000	-
The ASDA Foundation	-	197,600	197,600	17,425
The Elliott Simmons Charitable Trust	-	15,000	15,000	-
The Haskel Family Foundation	-	21,250	21,250	-
The Linbury Trust	-	63,509	63,509	-
The Liz And Terry Bramall Foundation	-	4,500	4,500	-
The Royal Foundation	-	35,450	35,450	-
The Wixamtree Trust	-	2,000	2,000	-
Other	-	106,250	106,250	150,000
Total income from charitable activities	-	799,332	799,332	717,197
Income from trading activities				
Training and consultancy	716,689	-	716,689	719,680
Publications	25,059	-	25,059	14,492
Total income from trading activities	741,748	-	741,748	734,172
Investment				
Bank interest income	9,152	-	9,152	2,063
Other income				
Rent income	52,500	-	52,500	24,033
Other income	6,477	-	6,477	4,764
Total other income	58,977	-	58,977	28,797
Total income	3,149,227	883,116	4,032,343	2,911,389
Included in the above is income from fundraising activities (including, donations, legacies and income from charitable activities) of	2,339,350	883,116	3,222,466	2,146,357

Young Minds Trust

Notes to the Financial Statements

For the Year Ended 31 March 2018

3. Expenditure

Analysis of total resources expended

	Salaries, NI and pensions £	Other direct costs £	Support costs £	2018 Total £	2017 Total £
Cost of raising funds	359,603	64,192	113,103	536,898	410,216
Charitable activities					
Training and consultancy	783,904	326,202	574,755	1,684,861	1,106,179
Publications	-	8,300	14,625	22,925	10,991
Parents' Helpline	343,851	153,812	271,011	768,674	596,920
Youth participation	87,862	1,200	2,114	91,176	114,499
Policy, information and campaigns	557,433	121,861	214,714	894,008	903,010
Total expenditure on charitable activities	1,773,050	611,375	1,077,219	3,461,644	2,731,599
Total expenditure	2,132,653	675,567	1,190,322	3,998,542	3,141,815

All activities are undertaken directly.

Support costs are allocated on the proportion of direct (non-staff) costs.

Support costs

	Finance and admin £	Human resources £	CEO and governance £	2018 Total £	2017 Total £
Cost of raising funds	70,036	36,775	6,292	113,103	61,505
Charitable activities					
Training and consultancy	355,901	186,879	31,975	574,755	209,839
Publications	9,056	4,755	814	14,625	6,048
Parents' Helpline	167,816	88,118	15,077	271,011	142,349
Youth participation	1,309	687	118	2,114	31,338
Policy, information and campaigns	132,956	69,813	11,945	214,714	233,157
	667,038	350,252	59,929	1,077,219	622,731
Total support costs	737,073	387,028	66,221	1,190,322	684,236

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

	2018 £	2017 £
Operating lease rentals:		
Property	295,100	294,700
Equipment	10,476	4,832
Auditors remuneration:		
Statutory audit fee - current period	10,425	12,374
Statutory audit fee - prior period over-accrual	(1,875)	-
Depreciation	73,391	41,652
Loss on disposal of fixed assets	5,377	-

Young Minds Trust

Notes to the Financial Statements

For the Year Ended 31 March 2018

4. Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

	2018 £	2017 £
Salaries and wages	2,004,029	1,804,945
Social security costs	199,451	173,218
Temporary staff and contractors	243,780	33,156
Pension costs	41,916	38,027
	<u>2,489,176</u>	<u>2,049,346</u>

Total staff costs includes redundancy and termination payments totalling £10,346 (2017: £Nil) of which £Nil (2017: £Nil) was outstanding at the year-end.

The key leadership personnel of the charity comprises the trustees and the Senior Leadership Team. The total amount of any employee benefits paid to key leadership personnel for their services to the charity, including salary, employer's National Insurance and employer's pension contributions, was £291,612 (2017: £261,458). The cost of key management personnel employed as contractors on an interim basis during the year was £222,133 (2017: £10,868).

The trustees did not receive any remuneration during the period. Travel and subsistence expenses incurred by one (2017: one) trustee on Board business amounted to £865 (2017: £223) during the year.

Key management personnel do not receive any benefits not available to all employees. All employees have access to a pension scheme with an employer contribution of up to 3%.

The number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards was as follows:

	2018 Number	2017 Number
£90,000 to £99,999	1	1
£60,000 to £69,999	<u>2</u>	<u>-</u>

The average monthly head count was 68 staff (2017: 71 staff) and the average monthly number of full-time equivalent employees (including casual and part-time staff) during the year and analysed on a functional basis was as follows:

	2018 Number	2017 Number
Fundraising	12	9
Charitable services	27	31
Support services	19	9
	<u>58</u>	<u>49</u>

Young Minds Trust

Notes to the Financial Statements

For the Year Ended 31 March 2018

5. Tangible Fixed Assets

	Computer software & equipment £	Fixtures & fittings £	Total £
Cost			
As at 1 April 2017	236,523	102,294	338,817
Additions	7,991	-	7,991
Disposals	(16,543)	(9,866)	(26,409)
As at 31 March 2018	<u>227,971</u>	<u>92,428</u>	<u>320,399</u>
Depreciation			
As at 1 April 2017	88,101	68,950	157,051
Charge for the year	59,724	13,667	73,391
Eliminated on disposals	(15,000)	(6,032)	(21,032)
As at 31 March 2018	<u>132,825</u>	<u>76,585</u>	<u>209,410</u>
Net book value			
As at 31 March 2018	<u>95,146</u>	<u>15,843</u>	<u>110,989</u>
As at 31 March 2017	<u>148,422</u>	<u>33,344</u>	<u>181,766</u>

The charity has no capital commitments (2017: £nil).

6. Stocks

	2018 £	2017 £
Publications for sale	9,366	3,050
Total stocks	<u>9,366</u>	<u>3,050</u>

7. Debtors

	2018 £	2017 £
Due within one year:		
Trade debtors	422,826	305,806
Accrued income	50,546	76,688
Prepayments and other debtors	125,680	100,554
Total debtors due within one year	<u>599,052</u>	<u>483,048</u>
Due after one year:		
Rent deposits	-	56,533
	<u>599,052</u>	<u>539,581</u>

8. Creditors: amounts falling due within one year

	2018 £	2017 £
Trade Creditors	92,817	90,351
Taxes and social security	140,128	122,220
Accruals and other creditors	101,710	105,393
Deferred income	618,942	333,838
	<u>953,597</u>	<u>651,802</u>

Young Minds Trust

Notes to the Financial Statements

For the Year Ended 31 March 2018

9. Creditors: amounts falling due after one year

	2018 £	2017 £
Deferred income	30,000	43,750
Rent deposit	-	13,125
	<u>30,000</u>	<u>56,875</u>

10. Deferred income

Where income is received that relates to a contract or a grant that extends over more than one accounting period, the element that relates to future periods is deferred. The movement in deferred income is as follows:

	2018 £	2017 £
Opening deferred income	377,588	269,176
Released in the accounting period	(347,588)	(190,916)
Deferred to future periods	618,942	299,328
Closing deferred income	<u>648,942</u>	<u>377,588</u>
Analysed as deferred income falling due:		
within one year	618,942	333,838
after one year	<u>30,000</u>	<u>43,750</u>

Young Minds Trust

Notes to the Financial Statements

For the Year Ended 31 March 2018

11. Statement of funds

	At 1 April 2017 £	Income £	Expenditure £	Transfers £	At 31 March 2018 £
Restricted funds					
<i>Parents' helpline</i>					
Big Lottery Fund	-	248,795	(248,795)	-	-
Department of Education	-	40,000	(40,000)	-	-
Sam and Bella Sebba Trust	-	30,000	(30,000)	-	-
Other donations restricted to parents helpline	306,770	45,784	(178,868)	-	173,686
<i>Other charitable activities</i>					
Bupa UK Foundation	4,756	9,927	(14,683)	-	-
Co-op Foundation	-	4,369	-	-	4,369
Garfield Weston Foundation	-	27,500	(27,500)	-	-
Masonic Charitable Foundation	1,923	20,682	(22,605)	-	-
Sea Meadow Trust	-	10,000	(10,000)	-	-
The ASDA Foundation	13,427	197,600	(199,115)	-	11,912
The Linbury Trust	-	63,509	(49,422)	-	14,087
The Royal Foundation	-	35,450	(30,474)	-	4,976
Wise Up	11,746	142,500	(150,552)	-	3,694
Other restricted grants	-	7,000	(7,000)	-	-
Total restricted funds	338,622	883,116	(1,009,014)	-	212,724
Unrestricted funds					
General fund	1,186,387	3,149,227	(2,989,528)	-	1,346,086
Total unrestricted funds	1,186,387	3,149,227	(2,989,528)	-	1,346,086
Total funds	1,525,009	4,032,343	(3,998,542)	-	1,558,810

Purposes of restricted funds

The charity's funds comprise amounts restricted to specific activities and not yet spent.

Parents' Helpline

The Parents' Helpline is a free telephone and online advice service for parents and carers concerned about the mental health of a child or young person. It is the only national helpline of its kind. During the year it was supported by:

- Big Lottery Fund grant of £248,795 towards running costs and the promotion of the service
- Department of Education grant Of £40,000 towards running costs
- A grant of £30,000 from The Sam and Bella Trust towards running costs
- Other smaller grants and donations to support running costs

BUPA UK Foundation

BUPA UK has provided funds for a 15-month programme to pilot and support a London parent peer-to-peer support group for mid-life parents raising children with mental health problems.

Co-op Foundation

The Co-op Foundation's #iwill fund programme provided funds to help young people from hard to reach groups in Southwark take part in meaningful, structured social action on mental health and related experiences of loneliness.

Garfield Weston

The Garfield Weston Foundation provided funds to support the charity's operational growth and systems transformation.

Masonic Charitable Foundation

The Masonic Charitable Foundation provided funds for a 12-month programme to fund a new peer support group for parents of children suffering from mental health problems.

Young Minds Trust

Notes to the Financial Statements

For the Year Ended 31 March 2018

11. Statement of funds (continued)

Purposes of restricted funds (continued)

Sea Meadow Trust

The Sea Meadow Trust provided funds to support the charity's Beyond Adversity programme.

The ASDA Foundation

The ASDA Foundation provided funds for a 3-year programme supporting the delivery of training and youth engagement resources to improve and protect the mental health and wellbeing of children as they enter secondary education.

The Linbury Trust

The Linbury Trust provided funds for a project supporting those looking after child migrants in East Kent, Croydon and Teeside.

The Royal Foundation

The Royal Foundation provided a grant of £35,450 during the year to meet the additional demands created by YoungMinds' engagement with the Heads Together campaign including helping increasing capacity on the Parents' Helpline.

Wise Up

The charity received funds from various donors to deliver the Wise Up to Wellbeing in Schools campaign.

12. Analysis of net assets by fund

	Unrestricted funds £	Restricted funds £	Total funds £
Fixed assets	110,989	-	110,989
Current assets	2,218,694	212,724	2,431,418
Current liabilities	(953,597)	-	(953,597)
Non-current liabilities	(30,000)	-	(30,000)
Total	1,346,086	212,724	1,558,810

13. Lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases are as follows:

	Land and buildings		Equipment	
	2018 £	2017 £	2018 £	2017 £
Falling due:				
Within one year	258,600	295,100	10,476	10,476
Between two and five years	96,600	355,200	9,603	20,079
	355,200	650,300	20,079	30,555

14. Income from leases

The charity sublets a property under a non-cancellable operating lease. The minimum future receipts under this lease are as follows:

	Land and buildings	
	2018 £	2017 £
Falling due:		
Within one year	13,125	52,500
Between two and five years	-	13,125
	13,125	65,625

Young Minds Trust

Notes to the Financial Statements

For the Year Ended 31 March 2018

15. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

The charity is able to partly recover VAT on its expenditure. In the year to 31 March 2018, the charity incurred VAT of £152,667 (2017: £87,677) which it was unable to recover.

16. Related party transactions

There were no related party transactions during either of the periods under review (2017: £Nil).

No trustee received any remuneration or benefit in kind during the year (2017: £Nil).

17. Legal status of the charity

The charity is a company limited by guarantee and therefore has no share capital. The liability of each member in the event of winding up is limited to £1.

18. Statement of Financial Activities for prior year (2017) split between unrestricted and restricted funds

	Unrestricted funds £	Restricted funds £	2017 Total funds £
Income from:			
Donations and legacies	1,290,100	139,060	1,429,160
Charitable activities	-	717,197	717,197
Trading activities	734,172	-	734,172
Investment (bank interest)	2,063	-	2,063
Other	28,797	-	28,797
Total income	<u>2,055,132</u>	<u>856,257</u>	<u>2,911,389</u>
Expenditure			
Cost of generating funds	410,216	-	410,216
Charitable activities			
Training and consultancy	964,117	142,062	1,106,179
Publications	10,991	-	10,991
Parents' Helpline	127,388	469,532	596,920
Youth participation	89,499	25,000	114,499
Policy, information and campaigns	764,756	138,254	903,010
Total expenditure on charitable activities	<u>1,956,751</u>	<u>774,848</u>	<u>2,731,599</u>
Total expenditure	<u>2,366,967</u>	<u>774,848</u>	<u>3,141,815</u>
Net income	<u>(311,835)</u>	<u>81,409</u>	<u>(230,426)</u>
Transfers	74,256	(74,256)	-
Net movement in funds	<u>(237,579)</u>	<u>7,153</u>	<u>(230,426)</u>
Funds brought forward	1,423,966	331,469	1,755,435
Total funds carried forward	<u>1,186,387</u>	<u>338,622</u>	<u>1,525,009</u>

Young Minds Trust

Reference and Administrative Details

For the Year Ended 31 March 2018

Company number	02780643	
Charity number	1016968 (England and Wales) SC039700 (Scotland)	
Registered office and operational address	Suite 11 Baden Place Crosby Row London SE1 1YW	
Website	youngminds.org.uk	
Trustees	The Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:	
	Dr Elizabeth Vallance	Chair (appointed 7 December 2017)
	Dr Carole Easton OBE	Chair (resigned 7 December 2017)
	Peter Jenkins	Vice-Chair
	Andy Cottrell	Treasurer (resigned 7 December 2017)
	Beccy Baird	
	Jennifer Clayton	(appointed 31 January 2018)
	Meryl Davies	(appointed 24 January 2018)
	Helene Denness	(resigned 7 December 2017)
	Julie Dodd	
	Dr Peter Hindley	(resigned 25 May 2017)
	Caroline Hope	(appointed 31 January 2018)
	Maria Kane	(resigned 7 December 2017)
	Robert Mack	
	Simon Major	(appointed 31 January 2018)
	Imogen Thompson	(resigned 8 May 2017)
Audit and Risk Committee	Jennifer Clayton	Chair (appointed 31 January 2018)
	Andy Cottrell	Chair (until 7 December 2017)
	Dr Carole Easton OBE	(until 7 December 2017)
	Peter Jenkins	
	Dr Elizabeth Vallance	

Young Minds Trust
Reference and Administrative Details
For the Year Ended 31 March 2018

People and Governance Committee	Beccy Baird Helene Denness Caroline Hope Robert Mack Simon Major	Chair (until 7 December 2017)
Transformation Committee	Julie Dodd Meryl Davies Rob Mack	Chair
Senior Staff	Sarah Brennan OBE Emma Thomas Phil Hall Diane Gault Tom Madders Alex Fowles Jon Forde Lysanne Wilson	Chief Executive (resigned 16 May 2018) Chief Executive (appointed 17 July 2018) Chief Operating Officer (appointed 15 January 2018) Director of Fundraising Director of Communications and Campaigns Interim Director of Finance (until 31 May 2018) Interim Director of HR (until 24 July 2018) Director of Operations (until 7 July 2017)
Company secretary	Sarah Brennan OBE Phil Hall	(resigned 16 May 2018) (appointed on 16 May 2018)
Principal Bankers	CAF Bank Limited Kings Hill West Malling Kent ME19 4TA	
Solicitors	Russell-Cooke, Solicitors 2 Putney Hill London SW15 6AB	
Auditors	haysmacintyre Chartered Accountants 10 Queen Street Place London EC4R 1AG	

About us



We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

The crisis in children and young people's mental health is real and it is urgent. More children and young people than ever before are reaching out for help with their mental health. But for those who take that brave step, help is much too hard to find.

Together, we are changing this. We're fighting for young people's mental health. Join our fight.

T 020 7089 5050

Parents Helpline 0808 802 5544

YoungMinds

Suite 11 Baden Place

Crosby Row

London SE1 1YW

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youngminds.org.uk



Registered charity in England and Wales 1016968
and Scotland SCO39700
Company limited by guarantee number: 02780643