

MIND YOUR HEAD SCIO
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2024

MIND YOUR HEAD SCIO

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	S Menary	
	R Stock	(Appointed 5 December 2023)
	J Saunders	(Appointed 5 December 2023)
	C Thomason	(Appointed 11 November 2024)
	L Coutts	(Appointed 21 October 2024)
	S Wright	(Appointed 26 September 2024)
	R Booth	(Appointed 12 September 2024)
	P Tait	(Appointed 5 September 2024)
Principal address	Market House	
	14 Market Street	
	Lerwick	
	Shetland	
	Scotland	
	ZE1 0JP	
Independent examiner	Thyme Tax & Accountancy Limited	
	36 Angusfield Avenue	
	Aberdeen	
	Aberdeenshire	
	United Kingdom	
	AB15 6AQ	

MIND YOUR HEAD SCIO

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TRUSTEES REPORT

FOR THE YEAR ENDED 31 JULY 2024

The Trustees present their annual report and financial statements for the year ended 31 July 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charity's governing document, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Mind Your Head was born as a result of funds raised at Gary Manson's funeral in 2004. Gary suffered from mental health problems for many years and was unable to find the kind of sustained therapeutic support that he could have benefited from in Shetland.

Since Gary's death and the creation of Mind Your Head, we have received donations from a variety of sources. There is no doubt that Mind Your Head has struck a chord with many people in the community and we feel strongly that Mind Your Head should be a sustainable group that can aim to reduce the stigma of mental ill health that continues to exist in Shetland and to help fill some gaps that exist in current provision

Objectives and activities

Objectives and activities

We want Shetland to be a place where mental health is supported positively in the community.

Aims

- To deliver mental health support services across Shetland.
- To research and respond to mental health and associated needs within the community
- To work in partnership with existing organisations to further the aims of the charity.
- To raise mental health and wellbeing awareness in Shetland.

Objectives

- Deliver an informed annual programme of awareness raising activities throughout Shetland which explore and improve understanding of mental health and wellbeing in the community
- Improve access to support and information relating to mental health and wellbeing
- Ensure our organisation's programmes, activities and services are monitored, evaluated and planned efficiently with effective governance and appropriate management of finance, administration and staffing

Purposes

The organisation's purposes are:

- To relieve those in need by reason of mental ill-health by
- Facilitating support for young people and adults experiencing mental ill-health
- Supporting people who care for others affected by mental ill-health
- To promote equality & diversity by
- Reducing the stigma of mental health
- Improving awareness and help of mental health and wellbeing

Principles

1. To be realistic
2. To be sustainable

Powers

The organisation has power to do anything which is calculated to further its purposes or is conducive or incidental to doing so.

No part of the income or property of the organisation may be paid or transferred (directly or indirectly) to the members - either in the course of the organisation's existence or on dissolution - except where this is done in direct furtherance of the organisation's charitable purposes.

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TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2024

Significant Activities

In order to achieve the charity's objectives Mind Your Head will seek to pursue the following activities:

- To secure further funding for the children and young people service-Well Youth.
- To deliver Grubby Hut sessions within male dominated workplaces.
- To participate in Shetland wide campaigns where resources allow.
- To hold fundraising and awareness raising events throughout the year. These events will promote mental health and wellbeing encouraging people to speak more openly about mental ill health.

The Trustees have paid due regard to guidance issued by the Scottish Charity Regulator (OSCR) in deciding what activities the Charity should undertake.

Achievements and performance

Wellness Programme and Wellness Together Programme

The service continues to be in demand. This year we have managed to reduce the significant waiting list and are now able to offer support reasonably soon after we have received the referral. Due to successful funding applications we are now operating at very similar staffing hours to what we initially started the programme with and successfully recruited a male staff member which is really beneficial to be able to offer to clients who may prefer support from a male.

In this last year, we have supported 95 clients with a gender split of 52% Female – 46% Male - 2% Non-Binary

Wellbeing 1000

This service is now in its fourth year as we managed to secure another year of funding from the Charles Gordon foundation taking us up to the end of February 2025. Due to the demand of the drop-in group held at Islesburgh in November 2023 we started running an additional group in the afternoons for parents and care givers with children 12 months and under. Average attendance over a year per month: AM group (0 – 2.5 yrs.) 52 per month / 13 per week – PM Group (under 1s) 18 per month / 4.5 per week

Self-Directed Support

This service averages around 14 hours a week to a number of regular clients. There is the scope for more hours however we have struggled to recruit to this service due to the nature of a zero hours contracts although we are managing to offer consistent support to our current clients.

Well youth

In March 2024, we secured a further years funding from the Shetland Islands Council and the Shetland Charitable Trust. We continue to see a steady flow of referrals and our staff are now trained in Let's Introduce Anxiety Management (LIAM). This is a cognitive behavioral therapy (CBT) programme for anxiety in children and young people. We can support individuals who do not meet the criteria for specialist support from Children and Adolescent Mental Health Team (CAMHS) but are struggling with their anxiety.

In this year 48 clients have received support. Highest demographic remains 16-18 with 19-25 next highest. Gender split: 55% female – 35.5% Male – 6.5% Trans-Male – 3% Non-Binary. We have a very high number of neurodivergent young people accessing the service and we are recording and monitoring this regularly.

Distress Brief Intervention Service (DBI)

This is joint funded by the Scottish Government and NHS Shetland via the Integrated Joint Board. The DBI programme is a Scottish Government initiative that had to be rolled out to all authorities across Scotland by March 2024. This is an early intervention programme for individuals who are experiencing social distress.

MIND YOUR HEAD SCIO

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2024

Charitable Activities

- We continue our work with the Farm Safety Foundation again this year who ran a campaign called 'Mind Your Head' aimed at farmers to encourage them to look after themselves and take some time out of their busy schedule and focus on self-care.
- We attended all the agricultural shows and the Pride event.
- We continue to loan out SAD lamps to the public, which continue to be as popular as in recent years.
- We handed out 59 adult Feel Good Bags this year and 49 for young people.
- We visited 12 organisations to deliver our workplace talks- (Grubby Hits) and reached 190 employees in doing so.

Fundraising Activities

Mind Your Head raised £31,071 this year, which was raised by fundraising over the year and charitable donations the majority of which were raised locally in Shetland. The Trustees would like to acknowledge the family and friends of the late Iain Goodlad who sadly passed away in March 2024, who collectively raised a significant amount in his memory and have further fundraising events planned for the remainder of 2024. Our heartfelt thanks go to all of them.

Financial review

Investment Policy and Objectives

Given that all funds are likely to be required in the short term, the Trustees consider the most appropriate investment policy is to hold the Trusts funds with the bank.

The Charity's reserves policy is to maintain a sufficient level of reserves to enable operating activities to be maintained, taking account of potential risks and contingencies that may arise from time to time. The Committee have reviewed possible financial risks which may arise during the next three financial years to assist with its business and financial planning process and have identified the projected level of reserves which is required to manage these risks.

The balance held as unrestricted funds at 31 July 2024 was £167,481 of which £90,333 are regarded as free reserves, after allowing for funds tied up in tangible fixed assets and the £76,000 contingency fund. Actual 3 month cash payments totalled £76,355. The current level of reserves is therefore lower than is needed and trustees will look at ways to increase them.

Risk Review

The Trustees have conducted their own review of the major risks to which the charity is exposed and policies and systems have been established to mitigate those risks.

Structure, governance and management

The charity is controlled by its governing document- SCIO constitution and constitutes an incorporated charity.

Mind Your Head formally adopted its Constitution on 23 January 2007 at its inaugural meeting and elected its first Management Committee.

Mind Your Head obtained charitable status on 21 June 2007 when it was registered with the Office of the Scottish Charities Regulator (OSCR).

In 2017 Mind Your Head became a Scottish Charitable Incorporated Organisation (SCIO).

MIND YOUR HEAD SCIO

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2024

The Trustees who served during the year and up to the date of signature of the financial statements were:

C Walterson	(Resigned 15 January 2024)
S Stove	(Appointed 4 September 2023 and resigned 24 June 2024)
M Boast	(Resigned 29 September 2023)
M Hughson	(Resigned 14 August 2023)
S Menary	
A Guthrie	(Resigned 3 July 2024)
J McShane	(Appointed 11 August 2023 and resigned 11 August 2023)
R Stock	(Appointed 5 December 2023)
J Saunders	(Appointed 5 December 2023)
H McClelland	(Appointed 5 December 2023 and resigned 11 September 2024)
J Nicolson	(Appointed 14 November 2023 and resigned 2 July 2024)
S Manson	(Appointed 23 March 2024)
C Thomason	(Appointed 11 November 2024)
L Coutts	(Appointed 21 October 2024)
S Wright	(Appointed 26 September 2024)
R Booth	(Appointed 12 September 2024)
P Tait	(Appointed 5 September 2024)
S Fraser	(Appointed 5 September 2024 and resigned 6 January 2025)

Management Committee

S Stove - Chair - appointed 04.09.23 - resigned 15.07.24
S Menary - Chair - appointed 15.07.24
C Walterson - Treasurer - resigned 15.01.24
S Manson - Treasurer - appointed 15.07.24 - resigned 08.02.25
P Tait - Treasurer - appointed 08.02.25
S Menary - Secretary - appointed 04.09.23 - resigned 15.07.24
R Stock - Secretary - appointed 15.07.24

Organisational structure

The trustees holds regular meetings and generally controls and supervises the activities of the charity. In particular, the Management Committee is responsible for monitoring the financial position of the charity.

The Trustees report was approved by the Board of Trustees.



S Menary
Trustee

8 February 2025

MIND YOUR HEAD SCIO

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF MIND YOUR HEAD SCIO

I report on the financial statements of the Charity for the year ended 31 July 2024, which are set out on pages 6 to 16.

Respective responsibilities of Trustees and examiner

The Charity's Trustees are responsible for the preparation of the financial statements in accordance with the terms of the Charities and Trustee Investments (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity's Trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the financial statements as required under section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

In connection with my examination, no other matter except that referred to in the previous paragraph has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
 - (i) to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
 - (ii) to prepare financial statements which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations;have not been met or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

W Sim

Wilma A Sim FCCA (non-practicing)
Thyme Tax & Accountancy Limited
36 Angusfield Avenue
Aberdeen
Aberdeenshire
AB15 6AQ
United Kingdom

Dated: 8 February 2025

MIND YOUR HEAD SCIO

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 JULY 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
Income from:							
Donations and legacies	3	35,886	283,211	319,097	11,333	263,721	275,054
Charitable activities	4	16,334	-	16,334	53,401	56,558	109,959
Total income		52,220	283,211	335,431	64,734	320,279	385,013
Expenditure on:							
Charitable activities	5	6,179	299,619	305,798	43,865	273,032	316,897
Total expenditure		6,179	299,619	305,798	43,865	273,032	316,897
Net income/(expenditure)		46,041	(16,408)	29,633	20,869	47,247	68,116
Transfers between funds		(12,916)	12,916	-	(10,196)	10,196	-
Net movement in funds		33,125	(3,492)	29,633	10,673	57,443	68,116
Reconciliation of funds:							
Fund balances at 1 August 2023		134,356	164,601	298,957	123,683	107,158	230,841
Fund balances at 31 July 2024		167,481	161,109	328,590	134,356	164,601	298,957

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

MIND YOUR HEAD SCIO

STATEMENT OF FINANCIAL POSITION

AS AT 31 JULY 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Property, plant and equipment	10		1,143		1,525
Current assets					
Trade and other receivables	11	11,822		5,310	
Cash at bank and in hand		317,987		298,769	
		<u>329,809</u>		<u>304,079</u>	
Current liabilities	12	(2,362)		(6,647)	
Net current assets			327,447		297,432
Total assets less current liabilities			<u>328,590</u>		<u>298,957</u>
The funds of the Charity					
Restricted income funds	13	161,109		164,601	
Unrestricted funds	14	167,481		134,356	
		<u>328,590</u>		<u>298,957</u>	

The financial statements were approved by the Trustees on 8 February 2025



P Tait
Trustee

MIND YOUR HEAD SCIO

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2024

1 Accounting policies

Charity information

Mind Your Head is a SCIO (Scottish Charitable Incorporated Organisation) SC0475357.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's governing document, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Property, plant and equipment

Property, plant and equipment are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
Computers	25% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of non-current assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

MIND YOUR HEAD SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2024

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

MIND YOUR HEAD SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2024

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	27,071	4,000	31,071	11,333	35,697	47,030
Grants	8,815	279,211	288,026	-	228,024	228,024
	<u>35,886</u>	<u>283,211</u>	<u>319,097</u>	<u>11,333</u>	<u>263,721</u>	<u>275,054</u>
Grants						
National Lottery community Fund	-	54,958	54,958	-	47,168	47,168
Shetland Charitable Trust	9,908	21,842	31,750	-	38,450	38,450
SIC Youth Services	-	64,282	64,282	-	107,294	107,294
Charles Gordon Foundation	-	48,220	48,220	-	25,612	25,612
Farm Saftey Foundation	-	6,000	6,000	-	3,000	3,000
DBI	-	53,108	53,108	-	-	-
Tesco	-	-	-	-	1,500	1,500
Voluntary Action Shetland	-	5,000	5,000	-	5,000	5,000
Bank of Scotland	-	24,708	24,708	-	-	-
Other	(1,093)	1,093	-	-	-	-
	<u>8,815</u>	<u>279,211</u>	<u>288,026</u>	<u>-</u>	<u>228,024</u>	<u>228,024</u>

4 Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Client support	16,287	-	16,287	53,367	-	53,367
Other income	47	-	47	34	56,558	56,592
	<u>16,334</u>	<u>-</u>	<u>16,334</u>	<u>53,401</u>	<u>56,558</u>	<u>109,959</u>

MIND YOUR HEAD SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2024

5 Expenditure on charitable activities

	2024	2023
	£	£
Direct costs		
Staff costs	239,879	263,941
Depreciation and impairment	381	508
Rent	389	1,113
Office costs	25,961	17,922
Advertising	75	1,003
Sundry	-	647
Travel	3,675	6,092
Training	566	1,322
Support services	32,612	12,577
Feel good bags	182	1,078
Gratia payment	-	1,500
	<u>303,720</u>	<u>307,703</u>
Share of support and governance costs (see note 6)		
Governance	2,078	9,194
	<u>305,798</u>	<u>316,897</u>
Analysis by fund		
Unrestricted funds	6,179	43,865
Restricted funds	299,619	273,032
	<u>305,798</u>	<u>316,897</u>

6 Support costs allocated to activities

	2024	2023
	£	£
Governance costs	<u>2,078</u>	<u>9,194</u>
Governance costs comprise:		
	2024	2023
	£	£
Legal and professional	1,506	8,627
Independent examiners fee	552	552
AGM Costs	20	15
	<u>2,078</u>	<u>9,194</u>

MIND YOUR HEAD SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2024

7 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
	15	15

Employment costs

	2024 £	2023 £
Wages and salaries	217,144	241,515
Social security costs	11,758	10,377
Other pension costs	10,977	12,049
	239,879	263,941

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Property, plant and equipment

	Fixtures and fittings £	Computers £	Total £
Cost			
At 1 August 2023	1,595	5,657	7,252
At 31 July 2024	1,595	5,657	7,252
Depreciation and impairment			
At 1 August 2023	1,156	4,571	5,727
Depreciation charged in the year	110	272	382
At 31 July 2024	1,266	4,843	6,109
Carrying amount			
At 31 July 2024	329	814	1,143
At 31 July 2023	439	1,086	1,525

MIND YOUR HEAD SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2024

11 Trade and other receivables

	2024	2023
	£	£
Amounts falling due within one year:		
Trade receivables	11,822	5,310
	<u>11,822</u>	<u>5,310</u>

12 Current liabilities

	2024	2023
	£	£
Other taxation and social security	(383)	-
Trade payables	261	1,338
Other payables	2,004	1,829
Accruals and deferred income	480	3,480
	<u>2,362</u>	<u>6,647</u>

MIND YOUR HEAD SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2024

13 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	Movement in funds				Movement in funds			
	Balance at 1 August 2022	Incoming resources	Resources expended	Transfers	Balance at 1 August 2023	Incoming resources	Resources expended	Transfers
	£	£	£	£	£	£	£	£
Wellness Fund	20,388	121,286	(105,774)	-	35,900	88,602	(74,771)	35
SCT Core Fund	-	7,750	(17,946)	10,196	-	9,908	(22,789)	12,881
Wellbeing 1000 Fund	22,771	25,612	(32,324)	-	16,059	48,220	(40,807)	-
SIC YC Fund	686	-	(686)	-	-	-	-	-
Children & Young Person Fund	54,895	110,459	(96,803)	-	68,551	83,373	(96,360)	-
Keeping Well Fund	2,120	-	(2,120)	-	-	-	-	-
Shetland Community Connections Fund	6,298	-	(6,298)	-	-	-	-	-
DBI Fund	-	53,392	(9,301)	-	44,091	53,108	(57,983)	-
CYP Fund	-	1,780	(1,780)	-	-	-	-	-
	402	320,279	(273,032)	10,196	164,601	283,211	(292,710)	12,916
								161,109

MIND YOUR HEAD SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2024

14 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 August 2023	Incoming resources	Resources expended	Transfers	At 31 July 2024
	£	£	£	£	£
Contingency Fund	-	76,000	-	-	76,000
General funds	134,356	(23,780)	(6,179)	(12,916)	91,481
	<u>134,356</u>	<u>52,220</u>	<u>(6,179)</u>	<u>(12,916)</u>	<u>167,481</u>

Previous year:	At 1 August 2022	Incoming resources	Resources expended	Transfers	At 31 July 2023
	£	£	£	£	£
General funds	123,683	64,734	(43,865)	(10,196)	134,356
	<u>123,683</u>	<u>64,734</u>	<u>(43,865)</u>	<u>(10,196)</u>	<u>134,356</u>

15 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 July 2024:			
Property, plant and equipment	1,143	-	1,143
Current assets/(liabilities)	166,338	161,109	327,447
	<u>167,481</u>	<u>161,109</u>	<u>328,590</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 July 2023:			
Property, plant and equipment	1,525	-	1,525
Current assets/(liabilities)	132,831	164,601	297,432
	<u>134,356</u>	<u>164,601</u>	<u>298,957</u>

16 Related party transactions

A trustee gave a donation of £10: 2023 (nil:2022).

