

MIND YOU HEALTH & WELLBEING CIC

Company limited by guarantee

**Company Registration Number:
SC689656 (Scotland)**

Unaudited statutory accounts for the year ended 28 February 2024

Period of accounts

Start date: 1 March 2023

End date: 28 February 2024

MIND YOU HEALTH & WELLBEING CIC

Contents of the Financial Statements for the Period Ended 28 February 2024

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Balance sheet notes

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MIND YOU HEALTH & WELLBEING CIC

Directors' report period ended 28 February 2024

The directors present their report with the financial statements of the company for the period ended 28 February 2024

Principal activities of the company

The past year has been one of both challenge and resilience, marked by our unwavering commitment to supporting children and young people in schools and communities in the pursuit of promoting mental health and wellbeing. We are proud to celebrate the progress we've made and the lives we've touched. At Mind You, we believe that every child and young person has the right to learn about mental wellbeing and have the support they need to thrive. With your support, we have continued to advance our mission and create meaningful change to the children and young people who take part in our sessions. As we look back on the past year, we are proud to reaffirm our commitment to promoting mental health and wellbeing as the cornerstone of our organisation's work. Throughout 2023-24, every initiative, programme, and partnership at Mind You has been driven by our unwavering dedication to the following overarching goals: 1. Accessibility: We are committed to making mental health resources and support accessible to individuals from diverse backgrounds, particularly those who may face barriers to accessing support. 2. Education and Awareness: We strive to provide education, foster dialogue, and raise awareness about mental health to reduce stigma, increase understanding, and promote early intervention. 3. Resilience and Empowerment: Our programs aim to build resilience, empower individuals to manage their mental health, and provide tools to navigate life's challenges. 4. Collaboration and Advocacy: We work in collaboration with schools, communities, and stakeholders to advocate for policies and practices that prioritise mental health and promote positive, supportive environments. By staying true to our mission and vision, we have continued our efforts to make a meaningful impact on individuals and communities. Mind You's future direction is geared towards: 1. Scaling Our Impact: We aim to scale our impact by expanding our programs and initiatives to reach even more schools and community members in the South West Edinburgh region. This entails strengthening existing partnerships and establishing new ones to maximise our reach and effectiveness. 2. Strengthening Organisational Capacity: We are committed to enhancing our organisational capacity to meet the growing demand for mental health support. This involves strategic recruitment and training to ensure that we have the resources and expertise needed to achieve our mission effectively. 3. Continued Innovation and Adaptation: Mind You will continue to innovate and adapt, seeking new ways to deliver mental health and wellbeing support that resonate with our community's needs. This includes exploring novel approaches and leveraging technology to extend our reach and impact.

Directors

The director shown below has held office during the whole of the period from
1 March 2023 to 28 February 2024

Connor McNally

The above report has been prepared in accordance with the special provisions in part 15 of the Companies Act 2006

This report was approved by the board of directors on
22 October 2024

And signed on behalf of the board by:

Name: Connor McNally

Status: Director

MIND YOU HEALTH & WELLBEING CIC

Balance sheet

As at 28 February 2024

	<i>Notes</i>	<i>2024</i>	<i>2023</i>
		<i>£</i>	<i>£</i>
Fixed assets			
Tangible assets:	3	1,000	1,000
Total fixed assets:		<u>1,000</u>	<u>1,000</u>
Current assets			
Cash at bank and in hand:		1,657	1,657
Total current assets:		<u>1,657</u>	<u>1,657</u>
Net current assets (liabilities):		<u>1,657</u>	<u>1,657</u>
Total assets less current liabilities:		<u>2,657</u>	<u>2,657</u>
Total net assets (liabilities):		<u>2,657</u>	<u>2,657</u>
Members' funds			
Profit and loss account:		2,657	2,657
Total members' funds:		<u>2,657</u>	<u>2,657</u>

The notes form part of these financial statements

MIND YOU HEALTH & WELLBEING CIC

Balance sheet statements

For the year ending 28 February 2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The directors have chosen not to file a copy of the company's profit and loss account.

**This report was approved by the board of directors on 22 October 2024
and signed on behalf of the board by:**

Name: Connor McNally
Status: Director

The notes form part of these financial statements

MIND YOU HEALTH & WELLBEING CIC

Notes to the Financial Statements

for the Period Ended 28 February 2024

1. Accounting policies

Basis of measurement and preparation

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

MIND YOU HEALTH & WELLBEING CIC

Notes to the Financial Statements for the Period Ended 28 February 2024

2. Employees

	2024	2023
Average number of employees during the period	3	3

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Notes to the Financial Statements

for the Period Ended 28 February 2024

3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 March 2023				1,000		1,000
Additions						
Disposals						
Revaluations						
Transfers						
At 28 February 2024				1,000		1,000
Depreciation						
At 1 March 2023						
Charge for year						
On disposals						
Other adjustments						
At 28 February 2024						
Net book value						
At 28 February 2024				1,000		1,000
At 28 February 2023				1,000		1,000

COMMUNITY INTEREST ANNUAL REPORT

MIND YOU HEALTH & WELLBEING CIC

Company Number: SC689656 (Scotland)

Year Ending: 28 February 2024

Company activities and impact

Our mission is to empower individuals, schools, and communities to prioritise and promote mental health and wellbeing. We are dedicated to providing accessible, evidence-based resources and support to foster resilience, create awareness, and cultivate a culture of mental wellness.

The programme drew the participation of 8 Edinburgh schools in deprived areas of the city, totalling an impressive 64 sessions, and introducing the magic of mental wellness to 232 primary school children. Amongst them, 68% were male, 32 % were female.

The feedback from our participants dazzled us:

A whopping 99% expressed their joy and excitement about the sessions, thrilled to have been part of it.

As a result of their involvement, 90% now have a clearer grasp on the importance of mental health, nurturing a brighter and bolder understanding.

What's more, 100% have embraced the confidence to open up about their feelings and emotions, lighting up their hearts with newfound empowerment.

Not stopping there, an impressive 82% have already harnessed the skills they acquired into their lives, as they painted their worlds with newfound colours of resilience and compassion.

Consultation with stakeholders

Working in Partnership with Active Schools in South West Edinburgh: Our collaboration with Active Schools in South West Edinburgh has allowed us to expand our reach to engage with youth in the region. Through this partnership, we have successfully implemented mental health and wellbeing programmes in local schools, providing valuable resources and support to students.

Participation in the South West Edinburgh Youth Providers Forum: Mind You has actively contributed to the South West Edinburgh Youth Providers Forum, fostering a network of support and collaboration with other organisations dedicated to youth development and mental health. This collective effort has strengthened our impact and outreach in the community.

High Interest from Primary Schools for Our Services: We are thrilled to report a substantial increase in interest from primary schools seeking our services. This surge in demand highlights the growing recognition of the importance of mental health support for young children and reflects our success in creating impactful and engaging programs for this age group.

Directors' remuneration

The total amount received by director was £11,778

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
22 October 2024

And signed on behalf of the board by:

Name: Connor McNally

Status: Director

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.