



Supporting  
and empowering  
people affected  
by mental health  
issues to live  
their best lives

**Impact Report**  
2023/2024







## About us

MindWise is a leading membership-based mental health charity in Northern Ireland. We have been working with and for people of all ages directly affected by mental health issues as well as families, carers, employers and teachers for over 50 years.

## Our Vision

Our vision is a world where mental health and wellbeing is everyone's business.

## Our Mission

Supporting and empowering people affected by mental health issues to live their best lives.

## Our Values

### Passion

We are passionate about mental health and wellbeing



Passion

### Respect

We are respectful and value everyone in society



Respect

### Empathy

We are empathetic, we listen and support you when you need it



Empathy

### Togetherness

We believe that working together is the best way to achieve our goals



Togetherness

### Openness & Transparency

We are open and transparent, we act with candour, honesty and integrity which are at the heart of everything we do



Openness & Transparency



# Foreword



**Oscar Donnelly**  
Chairman

The year 2023-2024 was notable for MindWise, during which we made significant progress with our five-year strategy, **Our Strategy: What we're going to achieve in 2022-2027 (mindwisenv.org)**. The targets set for this second year were ambitious. However, despite the complexities of the healthcare sector in Northern Ireland, MindWise continued to develop and grow sustainably. We set a five-year growth target of 37% and are pleased to report that in Year 2 of our strategy, we achieved a growth of 4.6%. This result, combined with our successes in Year 1 and our plans for 2024-2025, indicates that we are on track to meet our target, thereby supporting more individuals experiencing mental health difficulties each year.

In 2023-2024, we expanded our operations across Northern Ireland, directly supporting 6,671 individuals experiencing mental health issues and their families and carers. Our Housing services supported 223 people, our Community services supported 821 people, our Psychological Therapists supported 880 people, and our Information, Advice and Advocacy services supported 4,747 people. Additionally, we delivered educational programmes to employers committed to creating mentally healthy workplaces for their staff, reaching 622 employees through these programmes. Our mental health resilience programmes reached over 130 cohorts in schools and community groups across Northern Ireland, impacting 4,015 children and young people.

The demand for high-quality, community-based mental health services in Northern Ireland is critical, as outlined in the Mental Health Foundation's Fundamental Facts NI (2023). In response, MindWise promotes the concept that mental health is everyone's business. We remain a key service delivery partner for the Department of Health, the Department of Justice, and the Department for Communities while collaborating with the educational

system. We are at the forefront of innovation, both as an employer and a partner of choice. Our recent initiatives include developing early intervention and prevention services in homelessness, tenancy support, money and debt management, and family wellness. In 2024, we agreed a new partnership with Macmillan to commence 2024-2025, supporting individuals living with cancer and their families throughout their recovery.

We extend our gratitude to Mental Health UK; our strategic alliance with them enables MindWise to influence the mental health sector across the UK and deliver a diverse range of services in England, Scotland, Wales, and Northern Ireland that would otherwise not be funded. We also thank our corporate partners, including the Agnew Group, for their continued support and collaboration.

In presenting this Impact Report, we express our appreciation to our dedicated and respected staff, volunteers, and clients who work together to ensure everyone who interacts with MindWise is supported to live their best lives. We also extend special thanks to Trustees Teresa Majury and Janet McClinton, who retired during the year, leaving a well governed organisation.

**Oscar Donnelly**  
Chairman

MindWise's strategic intent (2022 – 2027) is no doubt ambitious; however, through living our values every day, our Team (clients, volunteers, staff, members) remains on track to achieve our four stated goals by 2027.

In the first two years alone, we have grown from strength to strength amidst a very complex and often chaotic external environment. For example, we have supported over 15,000 people through our housing, community, information, advice, advocacy, and talking therapy services. We have delivered mental health educational programs to over 8,000 children, young people, teachers, and employers while also shining a light on Mental Health Education and Early Intervention in our schools. We have enhanced our skills and capacity by embedding client engagement, trauma-informed, human rights, and digital inclusion systems, processes, and structures. We have secured Investing in Volunteer re-accreditation and maintained our Investing in People (Gold) Accreditation. We have sustainably developed and grown by evidencing best value (cost, quality, impact).

Much of our success is attributable to true partnership working with our clients, commissioners, and partner agencies. For example, the Mental Health Collective works alongside the Department of Health aiming to drive forward the 10-Year Mental Health Strategy, while Mental Health UK (MHUK) focuses on developing and implementing new and innovative solutions to meet the UK-wide needs. We have so much to be proud of, yet there remains so much to be done!



**Anne Doherty**

Chief Executive

Moving forward, MindWise will build on our successes to date. We will continue to develop our Client Engagement, Trauma, Human Rights, and Digital systems, culture, and practices. We will launch a truly new and innovative mental health and cancer service in partnership with Macmillan. We will expand our service provision to meet the increased demand for mental health services across Northern Ireland, the Republic of Ireland, and across the United Kingdom. We will advocate for increased investment into mental health service provision, not least via our “Wise Up!” campaign.

MindWise believes ‘Mental Health is Everyone’s Business,’ and as such, we thank you for all your support to date and welcome your support in the years ahead, without which we could not achieve all that we do.

**Anne Doherty**

Chief Executive

## In 2023–24 we had:

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**6,671**

people supported through the year

**33**

services

**116**

staff members, each receiving an average of

**55** hours training

**880**

people supported by our Psychological Therapists

**80**

active volunteers donated

**8,150** hours

**£4.3 million**

income secured for clients of our Mental Health and Money Advice Service

**4015**

young people reached through our mental health resilience programmes

**821**

people supported through our community programmes

Delivered WorkWise training sessions to

**622** participants

MindWise is the only membership led mental health charity in Northern Ireland, to date we have increased our membership to

**540** members

**11**

students graduated from our Coaching for Mental Health and Wellbeing diploma, delivered in partnership with Kingstown College



**233**

tenants provided with housing in our services

# Social media, website and campaigning

In addition to our support services, we have enhanced our digital presence, fostering impactful relationships with stakeholders, the public, and community groups. Our growing social media presence resonates with campaigners, influencers, officials, partners, and charities. We focus on connecting with decision-makers, championing MindWise’s mission, and advocating for better mental health support in Northern Ireland. We highlight barriers to mental health services and play a leading role in the All-Party Group for Mental Health, organizing inquiries into mental health education and early intervention in schools.

This year, we launched the ‘Wise Up’ petition, calling for increased funding for children’s mental health services, highlighting the abysmal 8% funding for young people and children mental health services.

16,146

followers on social media channels



429,755

impressions on social media

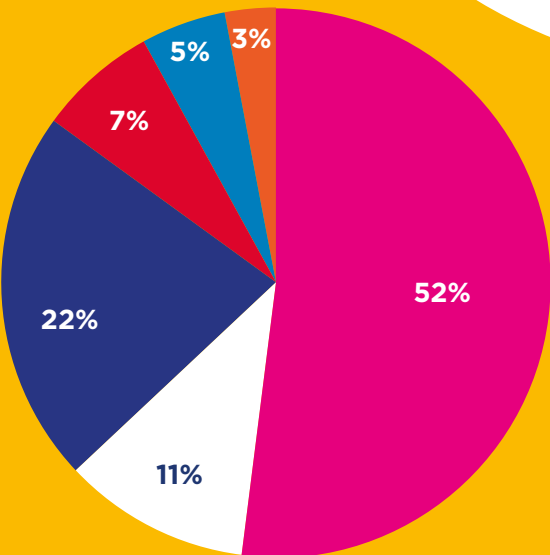
Wise up!  
Petition  
[FIND OUT MORE](#)

64,643

visitors to our website

Visit our website:  
[mindwisenv.org](http://mindwisenv.org)

## Income 2023-2024



Activity	Income	% of Total
Housing	£2,453,287	52%
Resource Centres	£491,639	11%
Advocacy/Ni Appropriate Adult Scheme	£1,037,397	22%
Users/Carers Support/Volunteers	£328,845	7%
Training	£252,311	5%
Management and Support	£121,475	3%
Total	£4,684,854	100%





Our Strategy  
commits us  
to achieving

## **GOAL 1:**

We will deliver services that support and empower people of all ages - as well as their families and carers - with their mental health needs.

**Strategy  
Document**

[Click here](#)



# Performance and Achievements

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In support of this goal we achieved much throughout the year via our operational portfolios so much so that we can't cover it all here but here are some specific achievements in each area portfolio:-

## Housing and Independent Living:

Delivered housing support services to **223 adults**, including 47 through our homeless hostel, Inverary House. We take a holistic approach, actively engaging tenants in maintaining their well-being. Including initiatives like community gardens which positively impact mental health.

Supported **76 clients in their homes** across the Northern Health and Social Care Trust through our Community and Floating Support services. Our two Community Bridge Builders (CBB) provided **638** instances of support to an average of 12 active service users monthly.

In the past year we established new programmes, GAPs and Tenancy support, to address specific needs and prevent homelessness, in partnership with The Community Foundation for Northern Ireland and funders Oak Foundation. Collaboration with Habitat for Humanity and Counselling All Nations has helped to enhance support offerings and sustainability efforts.

## Community:

Belfast Resource Centre supported **95 clients** with **8,080** instances of support; Downpatrick assisted **87** clients with **4,581** instances.

Southern Day Opportunities Service provided **338** monthly sessions and **2,925** calls to **96** clients in Lurgan, Portadown, Banbridge, and Newry.

Collaborations included "Mind Craft," yoga, and healthy eating initiatives, with partnerships offering engagement and volunteer opportunities.

Community Bridge Builders (CBB) provided **638** sessions to **12** users. Ballyclare and Ballymoney services helped clients access various community resources, transitioning to community settings by July 2023.

Family Wellness supported children and families, while Mum's Wellness aided expectant mothers and those with babies. A social media campaign and consultation led to a **new Menu of Support**. Feedback from **50** parents informed future services, with **33 clients reporting improved well-being and 94% rating the service as excellent**.

# Performance and Achievements

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## Information, Advice and Advocacy:

The Regional Information, Advice, and Advocacy Service provides specialist mental health money advice to people across Northern Ireland. This service also offers specialist mental health advocacy services based in Shannon Clinic, Downe Hospital, Lagan Valley Hospital, and North Down and Ards. Our Money Advice team achieved a **utilization rate of 114%, assisting 221 individuals** and raising a total income of **£4.3 million**. Client feedback indicated an **85% improvement in mental health** and a **97% increase** in managing their finances. One key achievement of the service was helping to prevent 7 rental evictions and supporting 4 households with mortgage arrears, preventing repossession.

Our Northern Ireland Appropriate Adult Scheme (NIAAS) provided skilled support in police custody suites, **responding to 3,761 calls and assisting 3,643 clients across 10 PSNI stations**. The scheme achieved a **96%** overall score in the National Appropriate Adult Network's self-assessment, with high marks in training, management, and effective practice. **Evaluations from 70 frontline officers rated MindWise's communication at 88.4%.**

## Talking Therapies:

Delivered Tier 2 interventions to **880** individuals affected by depression, anxiety, bereavement, or work-related stress. Provided in-person, online, or telephone sessions at the client's point of need.

MindWise offer an integrated approach with counselling, Cognitive Behavioural Therapy (CBT), and coaching. We hold contracts with health trusts and partner with Macmillan Cancer to support individuals living with cancer. Client surveys show **94% rated the service as excellent**, and 83% feel more able to handle their emotional wellbeing.

WiseTalking is a programme for 11-18 year olds, funded by Mental Health UK and Awards for All. Clinical Outcomes in Routine Evaluation (CORE) scores showed an average **improvement of 10.1**, with pre-scores of 16 and post-scores of 5.9.

### Employee Assistance Programme:

Developed to meet the growing demand for mental health services in the corporate world. Offers counselling and coaching to private sector organisations. A new partnership with a local organisation, now in its 3rd year, has received positive feedback from staff.



Our Strategy  
commits us  
to achieving

## **GOAL 2:**

We will educate and influence decision makers and raise awareness of mental health conditions and mental health wellbeing.

**Strategy  
Document**

[Click here](#)



# Influencing Minds

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In meeting goal two, some of the key highlights throughout the year include:

## All-Party Group on Mental Health:

In the 2023-2024 period, the Policy, Public Affairs, and Communications Department at MindWise achieved significant milestones, including the drafting and completion of the 2024-2027 Policy, Public Affairs, Communications, and Membership strategy. This strategy comprises numerous potential projects that align with the organisation's overarching strategy. The team successfully advocated for the passing of a motion in both Derry City and Strabane District and Belfast City Councils, calling for District Electoral Area level surveys on mental health attitudes and service gaps.

This year we launched our "Wise Up!" campaign, a petition created to call for increased government funding for children and young people's mental health services in Northern Ireland. This initiative has received support from other mental health charities, such as Aware, and was endorsed by the Deputy Leader of the Ulster Unionist Party at Members' Statements in the Northern Ireland Assembly.

The previous year has seen the reach of MindWise continue to expand across digital media. There was a **194% increase** in reach on Facebook, with page visits **surging by 63%**. Additionally, we gained **400 new** followers.

In the last year, MindWise has chaired 11 meetings of the All Party Group on Mental Health, attended 2 meetings of the Policy Alliance, facilitated 4 politician visits to services, conducted meetings with 3 council mental health champions in Causeway Coast and Glens, Ards and North Down, and Mid and East Antrim Council areas, and had 3 meetings with MLAs.

## Advanced Diploma in Mental Health and Wellbeing Coaching:

In collaboration with Kingston College, MindWise delivered an Advanced Diploma in Coaching for Mental Health and Wellbeing. In 2023-2024, 11 individuals completed this diploma, enhancing their mental health support skills.

The WorkWise service provided Mental Health First Aid courses to 20 individuals, enabling them to better support those in mental health crises.

A session on schizophrenia was developed and delivered to 60 employees at Allstate NI, raising awareness and understanding of the condition. Over **600** employees and members of the public participated in wellbeing workshops throughout the year, indicating significant reach and impact. Evaluation revealed that **68%** of participants were "not so confident" or "somewhat confident" in their knowledge before the training, which **increased to 73%** after the training.

MindWise continued to demonstrate its social value offering for employers, a requirement in public sector procurement. We promoted our WorkWise programmes and social value expertise at events in Belfast City Hall, BT Tower Belfast, and Allstate offices.





## Children & Families

[Click here](#)

## Children and Young People Services:

Our children and young people services continued to expand their reach in the year 2023-2024, **reaching 4,015 young people**. Through collaboration with schools and community groups during Children's Mental Health Week, **505** young people aged 14-18 engaged in workshops addressing social pressures and mental health resilience skills.

Over the course of the year, Children and Young People services supported **1,089** young people through the Beyond Bricks Programme. Beyond Bricks is a Lego-based play program for 9-11 year olds, delivered in primary schools. It focuses on developing social skills and building resilience.



Our Bloom Programme reached **2,518** young people. Bloom is designed to support young people's mental health resilience and is typically delivered in schools and colleges for 14-18 year olds. 215 young people were reached through Your Resilience, which shares the same purpose as Bloom but is primarily delivered in sports settings. **193** young people were reached through the Money and Me Programme. Additionally, **317** teachers received training across all four of these programmes, extending the reach to children and young people.

## WiseMoves film series

[Click here](#)

## WiseMoves

We have continued to develop and expand our WiseMoves film series, which we launched in 2022 in partnership with and co-produced by esc films. This series tells the inspiring stories of our clients, tenants, staff, trustees, and volunteers across the organisation, highlighting their journeys and achievements. The WiseMoves series has resonated deeply with our audience, fostering a greater understanding and appreciation of the challenges and triumphs faced by those we support. Available on our YouTube channel and website, these films have reached a wide audience, inspiring and engaging viewers with powerful, real-life stories. We are excited and hopeful to build on this impactful collaboration into 2025.





Our Strategy  
commits us  
to achieving

### **GOAL 3:**

We will digitally transform  
so that we can reach  
more people in need.

**Strategy  
Document**

[Click here](#)



# Digital Transformation for Outreach

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Together we embraced this goal and subsequently achieved the following:-

## Digital Transformation and ICT

We aimed to reach more people through digital transformation to enhance digital literacy, develop systems, pilot new approaches, and improve impact measurement. Building on previous ICT investments, the digital transformation officer leads the continuation of our strategy.

We conducted an organisation-wide data maturity assessment and workshops to shape the Data Strategy roadmap, supporting strategic goals and regulatory requirements. Following best practices from the National Cyber Security Centre (NCSC), we mitigate cyber security threats. Established technology solutions using modern

cloud-based platforms with external expertise to build in-house capability. Invested in device, information system, and ICT service upgrades to ensure robust security across MindWise.

We continued to make improvements in client facing services, especially in the WiseTalking initiative. Developed new referral pathways for children and young people's talking therapies, enabling direct referrals and secure online management for counsellors. Received Dormant Accounts Fund resources to support Data Management, Service Design, and a centralised information management platform, aligning with the digital strategy.





Our Strategy  
commits us  
to achieving

**GOAL 4:**  
We will sustainably  
develop and grow

**Strategy  
Document**

[Click here](#)

# Sustainable Growth

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In support of this, we achieved much to include:

## **Total Rewards and Recognition:**

This year we continued developing our rewards and recognition programme with the People Working Group coming together in collaboration to evolve our rewards and recognition programme. Developed in collaboration with clients to recognise and celebrate the difference MindWise makes in the lives of so many people every day. The working group choose to replace our MADE (Making a Difference Everyday) to RAVE (Recognising Appreciating Valuing Everyone). RAVE cards are available throughout our services and any individual can be nominated at any time online.

## **Learning and Development:**

MindWise has continued investing in learning and development in 2023-2024 to align people strategies with organisational goals and foster employee engagement and retention. Achievements in 2023-2024 include transitioning to a new payroll provider, implementing the Networx E-recruit system to enhance the candidate experience, and achieving an increase of 19 points in the IPP interim survey, with 84% of staff agreeing that MindWise is a 'great place to work'.

Additionally, MindWise recognized 40 staff members through the organisation's Recognising, Appreciating, and Valuing Everyone (RAVE) recognition scheme, and over 70% availed of Gold Health and Wellbeing checks. Each staff member also completed an average of 55 hours of training as part of a comprehensive training plan, with all frontline staff trained in Motivational Interviewing.







## Health and Wellbeing:

MindWise continues to invest in the health and wellbeing of its employees through staff health and wellbeing days. A range of activities, including spin classes, scrapyard golf, pottery classes, and bowling, provided staff with opportunities to unwind and have fun together.

In 2023-2024, the Health and Wellbeing programme met seven out of 11 set goals. Staff feedback on the monthly HealthWise newsletters was overwhelmingly positive, with an average rating of 4.43 out of 5. The healthy lunch initiative saw a 48% uptake among staff. Health packs, which included water bottles, Blue Light Card instructions, Eatwell guides, health leaflets, protein bars, and herbal teas, received an overwhelmingly positive response. The step challenge encouraged lunchtime walks, walking meetings, and managers leading by example. The winner logged an impressive 587,050 steps in July 2023, averaging 18,937 steps per day. Additionally, 35 staff members attended mental health first aid training, all of whom provided positive feedback.

Our health and wellbeing days received an overwhelmingly positive response, with 100% of participants expressing a desire for these events to be offered annually in the future.

## Client Engagement Strategy:

MindWise has continued to genuinely listen to the individuals we support. Integral to everything MindWise does is the Client Engagement Working Group (CEWG), which meets monthly and is transitioning into a client engagement forum to enhance client involvement in organisational decisions. In March 2023, a group of clients attended a high-profile event at Stormont's Parliament Buildings to encourage greater involvement in mental health policy and change. Since October 2023, the Client Engagement Working Group has held five meetings involving 13 individual clients, including two expressing interest in board membership and five in training opportunities.

Many of MindWise's clients participated in our creative film collaboration with Belfast-based filmmaking charity esc films. This project aimed to capture "a day in the life of MindWise," focusing on the impact of MindWise services on clients and the strong bonds they develop with staff.



## Volunteering:

In the past year, MindWise has experienced a 25% increase in the number of volunteers engaged with the organization. We supported 80 volunteers who collectively donated over 8,150 hours, demonstrating the integral role volunteers play in service delivery and community support.

Volunteer survey data highlighted significant positive impacts on personal development, motivation, and wellbeing, with notable increases reported in areas such as confidence, sense of contribution, and motivation. Additionally, MindWise piloted a new volunteer project supported by funding from the LFT Charitable Trust, focusing on assisting clients in their transition to Universal Credit and addressing challenges associated with limited IT skills and digital literacy.

We achieved our Investing in Volunteers (IIV) Quality Standard reaccreditation last year and have continued our commitment to a supportive and inclusive community. Our dedication to sustainable growth is reflected in our holistic approach, recognition of staff, commitment to learning, focus on health and wellbeing, client engagement, and strong volunteer support.

**The table below shows a summary of some of the key impacts over the last 12 months and comparisons over the last 5 years.**

	2023-2024	2022-2023	2021-2022	2020-2021	2019-2020
Number of active volunteers	80	64	40	45	62
Number of hours donated	8,154	8,026	7,330	4,050	7,163
No of inquiries	81	114	130	180	206
Number of training courses completed	150	150	148	220	-
VIVA Ratio (for every £1 invested)*	£2.33	£2.29	£2.37	£1.31	£2.51

\*VIVA = Volunteer to Investment Audit (VIVA) for every £1 invested there was a value return in £



# Highlights 2023-2024



## Family Wellness Project

33 clients supported through family wellness programme. Clients reported improved coping skills, mental wellbeing, and enhanced parent-child relationships. Positive feedback highlighted the effectiveness of interventions, and the value of support received, with 94% rating the quality of service as excellent. The service secured funding from the National Lottery People and Communities fund for £500,000 to commence in 2024-2025 for a three-year period, enabling enhanced services and sustainability.

Client feedback shows the value of the family wellness program,

**“this program has helped me out so much. It has made me validate myself in ways that I never thought. I would be great at giving advice to others and understanding everyone but so tough on myself. This program has shown me I Do MATTER.”**

## Mental Health and Money Advice Services

Our regional Information, Advice, and Advocacy service provides specialist mental health money advice, serving people across Northern Ireland and experiencing growing demand. This year alone, the team has helped 221 individuals and raised a total income of £4.3 million. Client feedback shows the impact of the support, with 85% reporting improvement in mental

health and 97% reporting an increased ability to manage their finances. One key achievement to highlight is the team has helped to prevent 7 private rental evictions by assisting with rent arrears issues over the last 12 months and supported 4 households with mortgage arrears, helping these households to avoid repossession.



## Beyond Bricks

We continued to develop our Beyond Bricks Programme this past year collaboratively with teachers, special educational needs specialists, young individuals, educational psychologists, and training associates. Implemented in primary schools, the programme utilises Lego-based play activities tailored for children aged 9-11 years old, aiming to enhance their social skills, resilience, and overall mental well-being. This year, **1,089 children** participated in the Beyond Bricks programme. Special mention and thanks to the Agnew Group, who continue to support MindWise and our Beyond Bricks programme.



Armstrong Primary School described Beyond Bricks as a **“brilliant programme for discussing children’s mental health and issues they face in life. The LEGO is just the stimulus to help bring out so many areas of learning. We LOVED Beyond Bricks!”**

## Agnew Group Renews Commitment to MindWise

**Our ability to advance our efforts for children and young people could not have developed and expanded without the support of Agnew.**

Beyond Bricks has been able to support 1,089 children across Northern Ireland this year. To date, Agnew has raised **£160,000** for MindWise and has pledged continued support for a further two years to the Beyond Bricks Programme, which will benefit schools across Northern Ireland.



While MindWise remains dedicated to bolstering children’s resilience, all too frequently our children are overlooked. The allocation of the health budget predominantly favours adult services (approximately 92%), leaving a mere 8% for child and young people’s mental health services, with little impetus for reform. Nevertheless, MindWise will persist in advocating for greater investment in child and adolescent mental health services, both within the scope of our strategy and in the future.

**Agnew** Group

# Fundraising and Partnerships

We extend our heartfelt gratitude to our incredible corporate partners, volunteers, and individuals who have generously supported our charity's mission.

Through their unwavering dedication and commitment to making a positive impact, they have helped us raise vital funds to continue our important work. Their partnership has provided financial support and exemplified the power of collaboration in creating meaningful change. Together, we are making a real difference in the lives of those we serve, and we couldn't do it without these remarkable organisations.

**Thank you to Agnew for standing by our side and helping us turn compassion into action.**

**Agnew** Group



We thank all the organisations, individuals and community groups that have raised an incredible total of **£13,195.10** this year for MindWise.

**£13,195.10**  
raised this year!

Special mention to **Friends of Stevie Robb** for raising **£4,425** in The Causeway Coast and Glens.



## Policy

Policy, Public Affairs and Communications will continue to drive active engagement with stakeholders and policymakers through a series of campaigns aligned to the 2022 - 2027 MindWise strategic goals. In the past year MindWise chaired 11 meetings of the All-Party Group on Mental Health, attended 2 meetings of the Policy Alliance, facilitated 4 Politician visits to services, conducted meetings with 3 Council Mental Health Champions in Causeway Coast and Glens, Ards and North Down and Mid and East Antrim Council areas, and had 3 meetings with MLA.



# Photography and Group Activities

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The Carrickfergus group is a hub of creativity and positivity. Every week they combine the benefits of walking with the art of photography. While photography is not obligatory, many participants embrace it.



What truly makes this group special is the sense of community and the creativity that flourishes within it. They do more than capture images; they share laughter, check in on each other's wellbeing, and spark genuine interest in the day's photographic adventures. This shared passion has led to exciting explorations of photography techniques, from mastering the 'rule of thirds' to experimenting with shutter speeds, capturing the magic of crocuses in spring, and exploring the interplay of light and shadows.

**Their creative journey extends beyond the lens, with plans for harbour walks, collage projects, imaginative framing, and indoor photography. This group exemplifies how art and creativity can foster positivity and enrich our lives.**



# Our Services

Find out  
more about  
our services

[Click here](#)



## Resource Centres

Ballyclare, Belfast, Downpatrick and Magherafelt

## Carer and Family Support

Ballyclare, Downpatrick



## Housing Services

Antrim, Carrickfergus, Banbridge, Belfast, Kilkeel, Inverary House

## Self Management

Belfast and South Eastern Health and Social Care Trust



## Community and Floating Support

Newtownabbey, Antrim/Ballymena, Cookstown, Magherafelt

## Day Opportunities

Southern Health and Social Care Trust





### **Community Bridge Building**

Northern Health and Social Care Trust

### **Advocacy and Money Advice**

Newtownards, Lisburn, Shannon Clinic, Downpatrick



### **Children and Young People**

Bloom, Your Resilience and Beyond Bricks

### **Mental Health & Money Advice**

Nationwide



 **Mental Health  
& Money Advice**



### **Criminal Justice**

Northern Ireland Appropriate Adult Service

# Finances

## STATEMENT OF FINANCIAL ACTIVITIES for the year ended 31 March 2024

These figures are extracted from the Annual Report and Financial Statements for the year ended 31st March 2024.

	Notes	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £
<b>Income from:</b>							
Donations and legacies	3	84,359	81,075	165,434	64,756	84,528	149,284
Charitable activities	4	2,800,539	1,507,059	4,307,598	2,600,539	1,565,248	4,165,787
Other trading activities	5	193,947	-	193,947	189,749	-	189,749
Investments	6	17,975	-	17,975	11,375	-	11,375
<b>Total income</b>		<b>3,096,820</b>	<b>1,588,134</b>	<b>4,684,95</b>	<b>2,866,419</b>	<b>1,649,776</b>	<b>4,516,195</b>
<b>Expenditure on:</b>							
Raising funds	7	14,878	-	14,878	15,324	-	15,324
Charitable activities	8	3,236,4961	1,543,487	4,779,983	2,922,591	1,561,200	4,483,791
<b>Total expenditure</b>		<b>3,251,374</b>	<b>1,543,487</b>	<b>4,794,861</b>	<b>2,937,915</b>	<b>1,561,200</b>	<b>4,499,115</b>
<b>Net (losses) / gains on investments</b>	13	64,008	-	64,008	(32,359)	-	(32,359)
<b>Net movement in funds</b>		<b>(90,546)</b>	<b>44,647</b>	<b>(45,899)</b>	<b>(103,855)</b>	<b>88,576)</b>	<b>(15,279)</b>
Fund balances at 1 April 2023		1,472,432	164,490	1,636,922	1,576,287	75,914	1,652,2017
<b>Fund balances at 31 March 2024</b>		<b>1,381,886</b>	<b>209,137</b>	<b>1,591,023</b>	<b>1,472,432</b>	<b>164,490</b>	<b>1,636,922</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derives from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.



## BALANCE SHEET as at 31 March 2024

	Notes	2024 £	2024 £	2023 £	2023 £
<b>Fixed Assets</b>					
Tangible fixed assets	15		400,217		413,454
Investments	16		652,080		581,877
			<b>1,052,297</b>		<b>995,331</b>
<b>Current Assets</b>					
Debtors	17	490,436		280,355	
Cash at bank and in hand		448,408		612,148	
		<b>938,844</b>		<b>892,503</b>	
Creditors: amounts falling due within one year	18	(400,118)		(250,912)	
Net current assets			538,726		641,591
<b>Total assets less current liabilities</b>			<b>1,591,023</b>		<b>1,636,922</b>
<b>Income funds</b>					
<b>Restricted funds</b>	20		209,137		164,490
Unrestricted funds:					
Designated funds:					
Long term fund		363,236		374,713	
Other designated funds		359,249		564,474	
	21	722,485		939,187	
General unrestricted funds		659,401		533,245	
			1,381,886		1,472,432
			<b>1,591,023</b>		<b>1,636,922</b>

A full copy of the audited accounts for the year ended 31st March 2024 can be obtained by emailing [admin@mindwisenv.org](mailto:admin@mindwisenv.org) or can be downloaded from our website [www.mindwisenv.org](http://www.mindwisenv.org).

# Thank You

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MindWise would like to thank its members, supporters, partners, volunteers and staff for their commitment to the Charity and the important work that we do.

The following are some of the organisations that have supported MindWise financially during the year:

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Belfast Health and Social Care Trust	Health and Social Care Board	Southern Health and Social Care Trust
The National Lottery Community Fund	Northern Health and Social Care Trust	Issac Agnew (Holdings)
Department for Communities	Northern Ireland Housing Executive	Oak Foundation
Department of Health	Supporting People	The Community Foundation for Northern Ireland
Department of Justice	Public Health Agency	Habitat for Humanity
	South Eastern Health and Social Care Trust	

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We would also like to thank the many individuals who donated to us during this financial year.

To donate, get involved as a member, volunteer or fundraiser, visit **[www.mindwisenv.org](http://www.mindwisenv.org)**

# How you can help us

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MindWise is a leading membership-based mental health charity in Northern Ireland. We have been working with and for people of all ages directly affected by mental health issues as well as families, carers, employers and teachers for over 50 years.

You can help in a number of ways - for example by becoming a member, volunteer, become a client, employee, Trustee, partner, funder, or champion for MindWise and for mental health. If you want to know more, just give us a call and we can discuss how we can work together.

Email: [info@mindwisenv.org](mailto:info@mindwisenv.org)  
or call us on: **02890 402323**  
[www.mindwisenv.org](http://www.mindwisenv.org)





**Supporting and  
empowering people  
affected by mental  
health issues to live  
their best lives.**



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For further information  
on MindWise:

028 9040 2323  
[info@mindwisenv.org](mailto:info@mindwisenv.org)  
[www.mindwisenv.org](http://www.mindwisenv.org)



**INVESTORS IN PEOPLE**  
We invest in people Gold

