

Mind
Wise



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

Impact Report
2022/2023



Mind Wise

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



2022-2023 was another exceptional year for MindWise during which we launched our new five-year strategy **Our Strategy: What we're going to achieve in 2022-2027 (mindwisenv.org)** which lays out our plans for the years ahead (2022-2027). The targets set for the first year 2022-2023 were ambitious! However, amidst the absence of a functioning government, a Northern Ireland Executive Budget, a healthcare workforce crisis, a cost-of-living crisis, and the legacy issues of Covid-19 MindWise has continued to go from strength to strength.

Most importantly we continued to support and expand our operations across Northern Ireland. Our Housing services directly supported 328 people; our Community services supported 832 people; our Psychological Therapists supported 787 people and our Information, Advice and Advocacy Services supported 5,728 people. In addition, we delivered educational programs to employers who are committed to creating mentally healthy workplaces for their staff, and notably we reached 665 employees through these programmes. We also delivered mental health resiliency programmes to over 110 cohorts in schools and community groups across Northern Ireland, allowing us to reach 3,885 children and young people. In short, we supported more people throughout the year than we had planned, and we envisage reaching even more people in the years ahead. High quality community based mental health services are desperately needed in Northern Ireland and MindWise continues to be a service provider, an employer and partner of choice for most.

In support of our work, I would like to take this opportunity to particularly thank the Agnew Group. MindWise has been Agnew Charity partner for nearly three years now and without their support we could not have developed and expanded our work with children and young people. Building our children's resiliency remains a primary goal for MindWise and wider society, yet all too often our children are forgotten.

Notably the health budget continues to be expended on adult services (92% approximately) while child and young people's mental health services struggle with the remaining 8%; there appears to be no real drive for change. However, MindWise will continue to push for increased investment in child and adolescent mental health services throughout the life span of Our Strategy and beyond. During this last year we commissioned, via the All-Party Working Group on Mental Health, an enquiry into the provision of Mental Health Education and Early Intervention across education settings in Northern Ireland. The report will be launched in 2023 and it is hoped that this will take us a step further in securing the much-needed support for our children.

I would like to take this opportunity to thank our highly valued, dedicated and respected team (staff, volunteers and clients) who work together to ensure everyone who comes into contact with MindWise is supported to live their best lives. I would also like to say a special thanks to Tom Haire, Chairperson (2016-2023) who retired as a trustee recently, leaving a well governed organisation. We extend our deepest sympathies to the family of Cecil Kavanagh, OBE., following Cecil's recent passing. Cecil was an active member and Trustees of the National Schizophrenia Fellowship, Rethink and MindWise, he remained committed to supporting people experiencing mental health issues live their best lives throughout his life. In closing you will note that we have much to be proud of and yet there remains much to be done!

Colin McMinn
Chairman

In setting our objectives and planning our activities for the first year of 'Our Strategy' (2022 - 2027) we gave careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit. As always, we aim to ensure that our activities help us to achieve the Charity's purposes and of paramountcy provide a benefit to our key beneficiaries - our clients (people directly affected by mental health issues, their families and carers).

Moving forward into Year 2 of Our Strategy (2023-2024) we will build on our achievements to date and learn from our mistakes. Our commitment to developing our client engagement, trauma-informed and rights-based practices remain. We will also develop our early intervention and prevention activities and embed our life cycle approach to mental health and wellbeing. We will grow to meet the increased demand for our services, aiming to enhance the mental health and wellbeing of the Northern Ireland population, while supporting the mental health needs of people across the UK via our activism within Mental Health UK. We are also expecting to expand our activities across the island of Ireland in the year(s) ahead.



Anne Doherty
Chief Executive

As MindWise continues to grow and develop we are cognisant that we need an agile infrastructure. Already we have made changes to our Good Governance, Leadership and Management structures, systems and practices. In the year ahead we will continue to review and improve these through planned investment in our digital transformation; our Collective Leadership and our Communicating to Connect structure. In addition, MindWise's commitment to creating synergies and affecting change through partnerships and alliances remains unchanged; we will continue to invest in these relationships going forward.

Importantly, we will not pay lip service to what our clients (people with lived experience of mental health issues, their families and carers) tell us. We will continue to listen, we will work together, we will create safe places to support each other, reflect, learn, grow and connect across society. We will support recovery and discover new ways of being, we will do this together because mental health is everyone's business.

Anne Doherty
Chief Executive

In 2022-23 we had:

7,675

people supported through the year

32

services

On average, each staff member received approximately

50-55

hours of training

64

active volunteers donated

8,026 hours

£2,995,603.65

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

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

551 members

Delivered WorkWise training sessions to

649 participants

16

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



328

tenants provided with housing in our services

Social media, website and campaigning

In addition to our vital support for the public, we've cultivated impactful relationships with various organisations. Our social media posts have become a beacon, consistently resonating with campaigners, influencers, elected officials, esteemed partners, government bodies, and fellow charities. Our efforts have focused on forging deeper connections with decision-makers, championing the core values and mission of MindWise on behalf of our service users, members, and MindWise staff.

We are continuing to utilise every available avenue to advocate, increase awareness of MindWise and the pressing needs of our service users. We've played a pivotal role in the All-Party Group for Mental Health, establishing and organising the inquiry into mental health education and early intervention in schools.

15,054

followers on social media channels



203,569

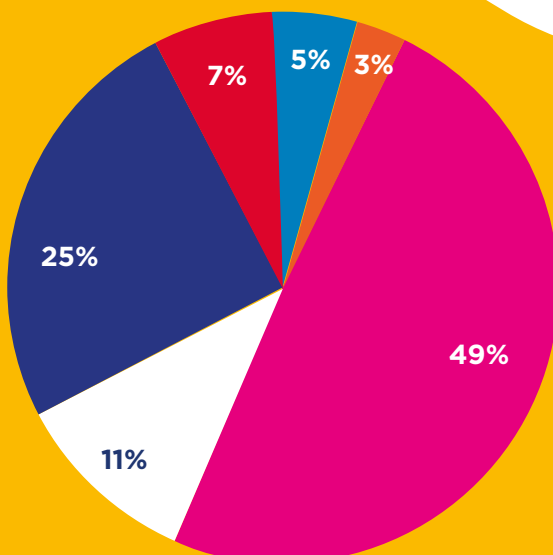
impressions on social media

42,000

visitors to our website

Visit our website:
mindwisenv.org

Income 2022-2023



Activity	Income	% of Total
Housing	£2,225,179	49%
Resource Centres	£484,915	11%
Advocacy/NI Appropriate Adult Scheme	£1,146,555	25%
Users/Carers Support/Volunteers	£304,983	7%
Training	£239,288	5%
Management and Support	£115,275	3%
Total	£4,516,195	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

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 Independence:

Our housing support services **reached 115 adults - 38** of these individuals accessed support through our homeless hostel.

It's not just about providing shelter; we've also secured multiple grants to create a more nurturing environment around our properties. Tenants actively engaged in maintaining gardens, and the positive impact on their mental well-being was evident.

Our Community and Floating Support services reached **83 clients** in their own homes within the Northern Health and Social Care Trust.

Our Community Bridge Builders provided essential support to **130 people** throughout the year.

One of the cornerstones of our approach is involving our clients in the decision-making process regarding the support they receive. It's heartening to see that **less than 1% reported little to no impact on their mental health**. We're delighted to note that this percentage primarily consists of new clients during their initial weeks of support, **demonstrating the overall effectiveness of our services**.

Community:

Throughout the year, we supported **453 clients** through our day services.

Our Wellness program delivered three key strands across the Western Health and Social Care Trust area, resulting in a total of **120 Wellness Recovery Action Plans (WRAPs)** provided to families and mothers.

Our Carer and Family services supported **139 carers and family members** in both the Northern and South-Eastern Health and Social Care Trust areas.

Self-management programs and Voices face-to-face program sessions, offered within the Belfast and South-Eastern Health and Social Care Trust areas, reached **120 clients**. For which we received highly positive final evaluations from clients, a testament to our commitment to empowering individuals to manage their mental health effectively.

Performance and Achievements

Information, Advice and Advocacy:

In the South-Eastern Health and Social Care Trust, our Hospital/Community Advocacy Support services exceeded expectations with a **delivery rate of 106%**.

Our Shannon Clinic Patient Advocacy service provided face-to-face advocacy, alongside group work, for up to **34 patients** at any given time.

Our NI Appropriate Adult Scheme **attended 3,947 calls** to PSNI stations, **representing an 8.5% increase from the previous year.**

Our Mental Health Money Advice Service had an increase in demand, with a utilisation rate of 103%. We generated income for our clients, totalling just over **£3.1 million.** with an **87% increase in overall well-being** and 93% improvement in their ability to manage money. In addition, we developed 'Financial Wellbeing,' a new course that delivered a total of **52 sessions to 649 participants.**

Our Peer Navigator created a network of referral pathways, collaborating closely with senior mental health practitioners within GP surgeries. Referrals also came from Community Mental Health Workers within MindWise, further emphasizing the success of this program.

Talking Therapies:

We supported **787 clients** and **delivered over 3,300** sessions during the year.

One noteworthy development was our partnership with Macmillan Cancer and Aware NI to create a project that supports individuals who have received a cancer diagnosis. Currently, in the pilot stage, it has already supported **one group of 10 individuals over 6 weeks,** as well as **4 individuals with up to 8 sessions of coaching.** The initial feedback from this project was exceedingly positive.

We developed a pilot project called 'WiseTalking.' This initiative focuses on providing counselling services for children and young people aged 12-18. It offered up to 8 sessions of counselling and cognitive behaviour therapy interventions.

In response to the growing demand for mental health services in the corporate world, we developed our Employee Assistance Programme. This program offers counselling and coaching interventions to private sector organisations and businesses. In the past year, we entered into a new partnership with a local organisation that has offices throughout Ireland and Great Britain.

All clients who engage in one of our therapies complete questionnaires at various stages of their journey. The average final score of our clients across all contracts shows **an improvement of 5.5 points** on the scale, **demonstrating reliable change.**



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

Some key highlights throughout the year include:

All-Party Group on Mental Health:

During the year, we provided secretariat duties to the All-Party Group on Mental Health. This group met over **10 times from June 2022** and began its inquiry into Mental Health Education and Early Intervention in Schools. The inquiry has received over **20 plus written evidence** submissions and is **currently holding oral evidence** sessions every month. The group is **regularly attended by MLAs** from across the political spectrum and sees at least **20 stakeholders** in education, mental health, and the voluntary and community sectors attending each meeting.

Our involvement with this group reflects our commitment to influencing decision-makers and advocating for mental health education and early intervention in schools.

Advanced Diploma in Mental Health and Wellbeing Coaching:

In partnership with Kingstown College, we continued to deliver the **Advanced Diploma in Mental Health and Wellbeing Coaching** program during 2022-2023. This course, **internationally accredited** by the European Coaching and Mentoring Council, is designed to equip professionals with the skills to diversify their practice and learn techniques that can powerfully benefit their clients on their journey from recovery to discovery. This course was delivered virtually and had **16 students** who successfully completed the Advanced Diploma in Mental Health and Wellbeing Coaching course in 2023.

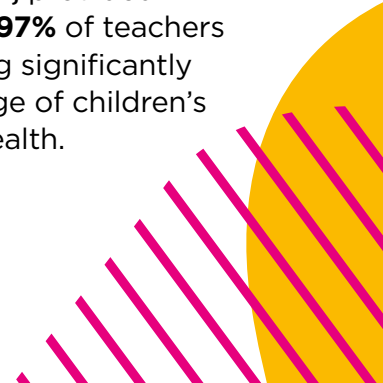
Children and Young People Services:

Our Children and Young People services delivered mental health resiliency programs to **over 110 cohorts** in schools and community groups across Northern Ireland. These programs allowed us to reach **3,885 children and young people**. This achievement was made possible through the delivery of three impactful programs: 'Bloom,' 'Your Resilience,' and 'Beyond Bricks.'

'Bloom' is designed to support young people's mental health resilience and is typically delivered in schools and colleges for 14-18-year-olds. In the past year, we trained **279 teachers** in Northern Ireland to deliver 'Bloom' within their schools, resulting in **2,149 young people** participating in the program.

'Your Resilience' shares the same purpose as 'Bloom' but is primarily delivered in sports settings. Over the past year, we trained **102 professionals**, which led to **146 young people** participating in the 'Your Resilience' program.

'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 as children recover from the effects of the pandemic. 'Beyond Bricks' supported **1,590 children**, provided training to **44 teachers**. **97%** of teachers reported that the training significantly increased their knowledge of children's emotional and mental health.





**Bloom
/ Your
Resilience**

[Click here](#)



WiseMoves

In 2022-2023, we launched our WiseMoves film series. This co-produced series of short films was created in partnership with esc films.

The films tell the inspiring stories of our clients, tenants, staff, trustees, and volunteers throughout the Covid-19 pandemic. The series was formally launched by professor Siobhan O'Neill, Mental Health Champion, at our Annual General Meeting in November 2022.

The WiseMoves film series has found its place on our YouTube channel as well as our website. We're excited about the collaboration and are hopeful that it will continue, with new films produced in 2023-24.

**WiseMoves
film series**

[Click here](#)



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

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

Digital Transformation:

Building on previous investments in our ICT infrastructure and capability, we recruited a Digital Transformation Manager who has taken the lead in developing and implementing our new Digital Transformation Strategy. This significant investment aims to support the necessary changes to reach more people in need, enhance digital literacy across the organization, invest in our digital systems and processes, pilot new delivery approaches, and develop impact measurement capabilities.

ICT Infrastructure:

Our ICT infrastructure development continued throughout the year, resulting in significant progress in enhancing the security, flexibility, efficiency, and scalability of our core systems, all hosted on cloud-based services. Security is paramount in this digital age, and we've taken proactive steps to follow best practices set out by the National Cyber Security Centre (NCSC). This ensures we mitigate the increasing cyber security threats facing every organization.

We introduced regular short cyber security training for all staff, complemented by a range of continually evolving technical measures to mitigate risks. Modern multi-factor authentication practices were rolled out for all users and devices. As a result, all staff now have access to the latest cloud-based software on reliable, managed mobile devices, including laptops and mobile phones where appropriate. Our commitment to digital transformation extends to ensuring that our digital infrastructure is robust and secure.



Our Strategy
commits us
to achieving

GOAL 4:
We will sustainably
develop and grow

**Strategy
Document**

[Click here](#)

Sustainable Growth

In support of this, we achieved much to include:

Total Rewards and Recognition:

The 2022 MADE (Making a Difference Everyday) celebration was developed with client involvement and participation. This event recognises and celebrates the difference MindWise makes in the lives of so many people every day.

To assist with the cost-of-living crisis all staff were awarded a one-off cost-of-living payment; financial awareness sessions were also rolled out to support staff with the financial pressures being faced.

Learning and Development:

Our investment in learning and development remained strong. As Covid-19 restrictions eased, we expanded our face-to-face courses and supported staff in obtaining qualifications in leadership, management, and health and social care. We provided coaching skills training for managers to enhance their support for our clients.

Health and Wellbeing:

We partnered with the Northern Ireland Chest Heart and Stroke for the 'Live well, work well' program. **Three staff members** were **trained as health and wellbeing champions**, and we conducted a comprehensive health and wellbeing survey. The results informed an action plan to support staff wellbeing.

Client Engagement Strategy:

Our Client Engagement Strategy and Framework were developed with input from clients and staff. We initiated a planning phase in 2022-2023 and formed the Client Engagement Working Group (CEWG). We actively involve clients, enriching their sense of belonging and empowerment.

Volunteering:

Over **64 volunteers** dedicated **8,026 hours** in roles such as befriending, photography, and arts and crafts. We received over **100 inquiries about volunteering** and continued online volunteer training. We continued to deliver our volunteer training online with **150 courses** being completed. Communication with volunteers was maintained through monthly newsletters, **4 Big Lunch events** to reconnect volunteers, clients, and staff, that saw over **120 people** attend. We obtained our reaccreditation of the Investing in Volunteers (IIV) Quality Standard, reinforcing our commitment to a supportive and inclusive community.

In summary, 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. We remain committed to making a positive impact on the lives of our clients and staff while fostering a sense of community and shared purpose.

Highlights 2022-2023



Family Wellness Project

In response to the pressing cost-of-living crisis, a total of 32 interventions have been carried out, aimed at addressing the profound anxiety experienced by families. Among these, 18 interventions were focused on children and their families, while 14 were dedicated to new mothers who were grappling with the overwhelming responsibilities of parenthood, household organisation, and a profound sense of identity loss.

Within this context, MindWise has been steadfastly committed to enriching the Children's WRAP program, introducing crucial topics like diet and fitness, and nurturing children's self-esteem. Our efforts have yielded remarkable results, with the Mum's Wellness program garnering exceptional feedback.

One glowing evaluation attests to the impact of our work: "Maria is an excellent, genuine person who has helped me rediscover my identity as a woman beyond being a mother. She is a fantastic lady, and I will never regret taking the time to remember who I am; Maria made this experience worthwhile and enjoyable."

Mental Health and Money Advice Services

Our Mental Health Money Advice Service has consistently seen growing demand, with a utilisation rate surpassing 100%, resulting in over £3.1 million in income generated for our clients. Notably, our clients have reported an 87% improvement in their overall well-being and a significant 93% enhancement in their money management skills.



Beyond Bricks

Beyond Bricks was collaboratively developed over the past year, involving the expertise of teachers, Special Educational Needs specialists, young individuals, educational physiologists, and training associates. This program, implemented in primary schools, utilises Lego-based play activities tailored for children aged 9-11. Its primary aim is to assist children in enhancing their social skills, resilience, and overall mental well-being, particularly in response to the challenges posed by the pandemic. To date, Beyond Bricks has

successfully reached 1,590 children in Northern Ireland. Thanks to the support of Agnews Group, a total of 44 teachers have undergone training in both the delivery and theoretical foundations of the Lego-based play therapy program, 97% of these trained teachers reported that their participation in Beyond Bricks training had expanded their knowledge concerning children's emotional and mental health, as well as their ability to aid children in developing resilience building skills.

Agnew Group

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 1,590 children across NI. With the support from Agnew, 44 teachers have been trained on the delivery and theory of the Lego-based play therapy.

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.

Fundraising and Partnerships

We would like to extend our heartfelt gratitude to our incredible corporate partners 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 that will enable us to continue our important work.

Their partnership has not only provided financial support but also 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 the support of these remarkable organisations. Thank you in particular to Agnew, and new corporate partners Victoria Square, Direct Medics for standing by our side and helping us turn compassion into action.



Agnew Group



VICTORIA SQUARE
BELFAST

MindWise corporate partners: Victoria Square

Policy

As part of our ongoing growth and expansion MindWise appointed a Policy & Public Affairs Manager in April 2023. This is part of a concerted effort to ensure that MindWise develops a strong campaigning and lobbying voice around mental health issues in Northern Ireland. The team has continued to grow with the recruitment of a Communications Officer in August 2023.

MindWise has continued, with the support of Chambré Public Affairs, to act as secretariat to the All-Party Group on Mental Health at the Northern Ireland Assembly. The APG is currently conducting an inquiry into Mental Health Education and Early Intervention. The inquiry report is being authored by Louise Cassidy, a PhD candidate Queen's University Belfast School of Social Sciences, Education and Social Work and will be launched early in 2024.



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.

Photography and Group Activities

The Carrickfergus group is a hub of creativity and positivity. Every Thursday morning, they combine the benefits of walking with the art of photography. While photography is by no means obligatory, many participants embrace it.

However, what truly makes this group special is the sense of community and the creativity that flourishes within it. During their time together, they do more than just 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 endeavours. 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, Killeel, 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



Peer Navigator

Belfast and South Eastern Health and Social Care Trust



Criminal Justice

Northern Ireland Appropriate Adult Service

Finances

STATEMENT OF FINANCIAL ACTIVITIES for the year ended 31 March 2023

These figures are extracted from the Annual Report and Financial Statements for the year ended 31st March 2023.

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £
Income from:							
Donations and legacies	3	64,756	84,528	149,284	142,166	-	142,166
Charitable activities	4	2,600,539	1,565,248	4,165,787	2,440,087	1,562,442	4,002,529
Other trading activities	5	189,749	-	189,749	155,661	-	155,661
Investments	6	11,375	-	11,375	3,010	-	3,010
Total income		2,866,419	1,649,776	4,516,195	2,740,924	1,562,442	4,303,366
Expenditure on:							
Raising funds	7	15,324	-	15,324	12,046	-	12,046
Charitable activities	8	2,922,591	1,561,200	4,483,791	2,645,517	1,647,061	4,292,578
Total expenditure		2,937,915	1,561,200	4,499,115	2,657,563	1,647,061	4,304,624
Net (losses) / gains on investments	13	(32,359)	-	(32,359)	8,452	-	8,452
Gross transfers between funds		-	-	-	(40)	40	-
Net movement in funds		(103,855)	88,576	(15,279)	91,773	(84,579)	7,194
Fund balances at 1 April 2022		1,576,287	75,914	1,652,201	1,484,514	160,493	1,645,007
Fund balances at 31 March 2023		1,472,432	164,490	1,636,922	1,576,287	75,914	1,652,201

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 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed Assets					
Tangible fixed assets	15		413,454		429,247
Investments	16		581,877		610,344
			995,331		1,039,591
Current Assets					
Debtors	17	280,355		292,532	
Cash at bank and in hand		612,148		539,707	
		892,503		832,239	
Creditors: amounts falling due within one year	18	(250,912)		(219,629)	
Net current assets			641,591		612,610
Total assets less current liabilities			£1,636,922		1,652,201
Income funds					
Restricted funds	20		£164,490		75,914
Unrestricted funds:					
Designated funds:					
Long term fund		374,713		386,190	
Other designated funds		564,474		647,207	
	21	939,187		1,033,397	
General unrestricted funds		533,245		542,890	
			1,472,432		1,576,287
			1,636,922		1,652,201

A full copy of the audited accounts for the year ended 31st March 2023 can be obtained by emailing admin@mindwisenv.org or can be downloaded from our website www.mindwisenv.org.

Thank You

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:

**Belfast Health
and Social Care Trust**

Big Lottery Fund

**Department
for Communities**

**Department
of Health**

**Department
of Justice**

**Health and
Social Care Board**

**Lloyds Banking
Group, incorporating
Halifax**

**Northern Health
and Social Care Trust**

**Northern Ireland
Housing Executive**

**Public Health
Agency**

**South Eastern Health
and Social Care Trust**

**Southern Health
and Social Care Trust**

**Western Health
and Social Care Trust**

**Isaac Agnew
(Holdings)**

BT Blues Club

**Methodist
College Belfast**

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**

How you can help 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.

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
or call us on: **02890 402323**
www.mindwisenv.org



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



MindWise Head Office
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Belfast, BT9 5NW

For further information
on MindWise:

028 9040 2323
info@mindwisenv.org
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INVESTORS IN PEOPLE
We invest in people Gold



**Investors
in People** | Health &
Good Practice | Wellbeing
Award

