

MIND THE- -BAR FOUNDATION

Mind The Bar Foundation Annual Report 2024



Mind The Bar Foundation - Board of Directors 2024

Christina Cottell - Media Chair

Nicholas Box - President

Carmen Parry - Secretary / Treasurer

Johnny Bridge - Vice President

Sara Campbell - Events Chair

2023-2024 in review

Can we just say it now...where is all the time going? It's incredible how quickly 'a week' becomes a month or two, and suddenly we're here. We just presented at another event with 17 Black at Vancouver's Brewery & The Beast festival and it's such a big surprise that we did others with them a full year ago. As a kid, an hour of play at the neighbours' felt like the longest amount of time, and during college, waiting a week for the next episode of some show to release was too long - now...what even is time?!



We CAN say that another year for the foundation has been a blessing. It's a good feeling to see that we continue to have a presence at events, get new members signing up, see the funds going to help people, and also see there's still money coming in.

There's an inspiring feeling of relief to even acknowledge that Mind The Bar exists. We hope you also believe in what we're doing. When we talk with someone outside our industry about what MTB is, something we might say is, "We're a support network for mental health in the food and beverage industry," and they nod and mention they recognize the need and that they are in support of our cause. THEN, when we tell someone in the industry, "We can help!" and they get this look in their eyes, like 'Oh finally, this is what I've been waiting for.' I hope you felt that, I hope you've witnessed that, I hope that drives you as it does us.



A handful of events

We had some of our directors at Vancouver's Brewery and the Beast festival last year in July, and again at their Victoria event in September 2023, then back again in Vancouver this last month (it was very rainy). Those events are run by 17 Black, and they have been an amazing team to work with as they produce such great quality events and run them so efficiently. We're very grateful to have been connected with them and be able to participate. The combined three events over the last year brought out well over 4000 people. That's a huge number of folks who saw our brand new booth set-up, and we'd guess several hundred came to join in prize raffles, play corn-hole, or throw at the dunk tank.



In September 2023 we held a booth at the 3-day event Cooks Camp, hosted by BC Chef's Table Society. Our booth was busy all day with chefs inquiring about how to support their teams.

We also held a booth at the annual Spot Prawn Festival on Fisherman's Wharf at Granville Island, Vancouver. Just having a presence and capturing the crowd as they roam around checking out great food and drink was a pleasure to be a part of. We're so grateful for our volunteers who could stand and chat with passers by, answer questions, and direct them to sign up as members or donate for our cause.



As we set goals and reach toward them, we'll still need more volunteers to help us achieve everything. Social media, MTB Talks, event presence, potential board positions. For those interested in volunteering please contact us at info@mindthebar.com

Continued Support

You've hopefully heard by now that Telus Health bought what used to be called LifeWorks. The platform hasn't changed except for the name and web address, and we're happy to continue offering this EAP to our members. If anything, Telus Health is an even bigger umbrella so that could mean more professional help at your fingertips, and an even wider range of counsellors ready to take a call.

Our introduction to partnership with ClassPass, while a slow journey with even slower uptake, is proving successful. We believe that mental health is linked to physical health, and the challenge to first book a session then commit to going can do wonders for mindfulness. ClassPass has been relatively easy to work with and their programming is unparalleled.



If you haven't yet signed up for either of the above services, please check out Mind The Bar Foundation's membership renewal and get yourself connected right away. These benefits are entirely for you! And if there's some other program you'd like to see us team up with, please let us know.

Money Talks



We are continuing to receive a good number of donations, and although donations in 2023 were a much lower number than the year before, we've managed to keep our spending in line. You'll see this all detailed in the financial report on our website - put together by the accounting team at Ribeyre Chang Haylock.

What this means is that we're still drawing funds as a non-profit that people care to support. Genuinely, this is such a kind gesture - that people can align with our vision and mission and wish to support us financially. Every dollar goes to making this foundation better. Thank you for your support, for spreading the word, and for being a part! Some of the notable contributions came from the events we participated in, and there was a sizable contribution from a Vancouver restaurant group who ran monthly features and donated a dollar from certain item sales over a month to Mind The Bar. It's incredible to see the funds continue to come in.

While that is happening, where is it all going? Well, with our low overhead costs to operate, MTB chose to invest some funds in a GIC that last year gained us over \$1800 in interest. I'd like to think that's investing in our future, and until we need the funds to cover budgets, we'll keep on investing so that we have a lifespan to keep doing what we do.

If you would like to donate to Mind The Bar Foundation, you can do so at www.mindthebar.com/donate

Mind The Bar Foundation

2023 Balance Sheet

As at 31 December, 2023

ASSETS		
	2023	2022
CURRENT		
Cash	\$103,836	\$109,415
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts Payable	\$1,708	\$2,113
SURPLUS	\$102,128	\$109,415
	\$103,836	\$109,415

Refer to Mind The Bar Foundation Financial Statement 2022 for additional information

On behalf of the Board:



Nich Box
President

**MIND
THE-
-BAR
FOUNDATION**

Thank you all for your continued support & involvement!

Sincerely,
Mind The Bar Foundation's
2024 Board of Directors

info@mindthebar.com

www.mindthebar.com