Mind in Gwent

England & Wales · Charity number 1036964

Details

Other names	NEWPORT MIND, NEWPORT MIND ASSOCIATION, Newport Mind Association
Status	Registered
Legal form	Charitable company
Company number	02916027
Registered	1994-04-27
Register	View on the Charity Commission register

Contact

Address	Mind in Gwent 100-101 Commercial Street Newport NP20 1LU
Phone	01633258741
Email	enquiries@mindingwent.org.uk
Website	www.mindingwent.org.uk

Activities

Objects: THE OBJECTS FOR WHICH THE ASSOCIATION IS ESTABLISHED ARE, WITHIN THE AREA OF WALES:(A) TO PROMOTE THE PRESERVATION OF MENTAL HEALTH AND TO ASSIST IN RELIEVING AND REHABILITATING PERSONS SUFFERING FROM MENTAL DISORDER OR CONDITIONS OF EMOTIONAL OR MENTAL DISTRESS REQUIRING ADVICE OR TREATMENT; AND(B) TO PROMOTE THE STUDY OF AND RESEARCH INTO MENTAL HEALTH DISORDER AND EMOTIONAL OR MENTAL DISTRESS AND TO OBTAIN AND MAKE RECORDS OF AND DISSEMINATE TO THE PUBLIC THE USEFUL RESULTS OF SUCH RESEARCH AND TO EDUCATE THE PUBLIC IN MATTERS RELATING TO MENTAL HEALTH.

Activities: Provide a range of services to people experiencing, or recovering from, mental health issues in Wales.

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Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Accommodation/housing
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies

Geography

- **Area of benefit:** WALES
- Newport City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£3,729,357	£3,815,591	£3,118,019	98
2024-03-31	£3,405,882	£3,559,670	£3,204,253	110
2023-03-31	£2,083,245	£1,912,401	£1,771,169	49
2022-03-31	£2,279,127	£1,821,504	£1,600,325	61
2021-03-31	£1,677,208	£1,622,675	£1,142,702	42

Trustees

Name	Role	Appointed
Neil Anthony Thorneycroft	Chair	2020-10-19
ANDREW SUTTON		2012-01-23
Lee Parfitt		2024-12-04

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Mind in Gwent

England & Wales - Charity number 1036964

Accounts

COMPANY REGISTRATION NUMBER: 02916027
CHARITY REGISTRATION NUMBER: 1036964

Mind in Gwent

Company Limited by Guarantee

Financial Statements

31 March 2025

WALTER HUNTER & CO LIMITED
Chartered accountants & statutory auditor
24 Bridge Street
Newport
South Wales
NP20 4SF

Mind in Gwent

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2025

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Mind in Gwent

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2025

The trustees, who are also the directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31 March 2025.

Reference and administrative details

Registered charity name	Mind in Gwent
Charity registration number	1036964
Company registration number	02916027
Principal office and registered office	100-101 Commercial Street Newport Gwent NP20 1LU

The trustees

N Thorneycroft - Chair	
E Boswell	(Appointed 5 June 2024)
H Chung	(Appointed 5 June 2024)
L Cooper	
H Dacey	(Appointed 4 December 2024)
B T Davies	
J Langdon	(Appointed 4 December 2024 Resigned 19 July 2025)
L Parfitt	(Appointed 4 December 2024)
A Sutton	
P Harkness	(Retired 19 May 2024)
P Marsh-Jenks	(Retired 14 October 2024)

Auditor	Mr Jonathan Rhodes BSc BFP FCA (Senior Statutory Auditor) Walter Hunter & Co Limited Chartered accountants & statutory auditor 24 Bridge Street Newport South Wales NP20 4SF
Bankers	Royal Bank of Scotland 32-33 Commercial Street Newport Gwent NP20 1SS
Solicitors	Harding Evans Queens Chambers 2 North Street Newport NP20 1TE

Structure, governance and management

Governing Document and Constitution

Mind in Gwent is a company limited by guarantee, governed by its Memorandum and Articles of Association. The Board of Trustees holds ultimate responsibility for governance, strategic direction, and oversight, ensuring the charity operates in line with its charitable objects and within the framework established by its governing document.

Trustee Recruitment and Appointment

New Trustees are nominated by the membership and elected at the Annual General Meeting. The Board seeks to ensure that its membership collectively provides the appropriate balance of skills, knowledge, and experience required to govern the charity effectively, and to reflect the diversity of the communities it serves.

Trustee Induction and Training

New Trustees are provided with an induction pack and receive guidance from the Chief Executive Officer on their roles and responsibilities. The first Trustees' meeting of each new year includes a session on governance procedures and duties. Trustees are also offered training to reinforce their understanding of legal obligations, regulatory compliance, and best practice in charity governance.

Organisational Structure and Decision-Making

The Board of Trustees, when quorate, is the primary decision-making body of the charity and is responsible for overall governance and policy direction. Day-to-day operational management is delegated to the Chief Executive Officer and senior staff, who are accountable to the Board through regular reporting and performance oversight.

The charity's senior management team is as follows:

- **David Bland** - Chief Executive Officer
- **Seran Davies** - Director of Services
- **Darren Pritchard** - Director of Finance and Organisational Support

To support effective governance, the Board has established two standing sub-committees operating between Board meetings under formally approved Terms of Reference:

- **Finance and Organisational Support Committee** - overseeing financial management, audit, internal controls, and risk management.
- **Services Committee** - monitoring the performance, quality, and development of services.

Each Committee comprises at least three Trustees, with the relevant Director (Finance and Organisational Support or Services) serving as an ex officio member. Appointments are made by the Board for up to three years, renewable subject to continued eligibility. Only Committee members have voting rights. In the absence of the Committee Chair or Deputy Chair, members present elect a qualified member to chair the meeting. The Chair of the Board does not chair a Committee when succession matters are under consideration.

The Major Risks to Which the Charity Is Exposed and Reviews and Systems to Mitigate Risks

The Board of Trustees is responsible for identifying, evaluating, and managing the major risks to which the charity is exposed. The Finance and Organisational Support Committee maintains and reviews the risk register on behalf of the Board, ensuring that appropriate internal controls and mitigation strategies are in place.

Structure, governance and management *(continued)*

Mind in Gwent, like many charitable organisations delivering statutory services, is reliant on statutory funders and predominantly on grant income from trusts and foundations. The continuation and sustainability of this funding is a primary consideration. The Chief Executive Officer and Board recognise this risk and have implemented measures to mitigate it by diversifying income and exploring additional sources, including services, fundraising, and trading activities.

Following the post-merger restructure of the leadership team, the charity established a Head of Income Generation and Business Development role and committed to support investment in the fundraising team and infrastructure. These measures aim to reduce reliance on limited funding sources, though returns are expected over an 18-24 month period.

In addition to statutory and voluntary income, Mind in Gwent is the sole shareholder of a subsidiary business, Mental Health First Aid Wales (MHFAW). Trustees receive regular financial reports, and the operational plan includes measures to secure income from sources other than statutory funders or grants.

Membership of Wider Networks

Mind in Gwent is affiliated with Mind (the National Association for Mental Health), the Gwent Mental Health Alliance, the Gwent Association of Voluntary Organisations, and the Local Voluntary Sector Compact with Newport City Council. The charity has a Memorandum of Understanding to work in partnership with Caerphilly Borough Mind and engages in wider collaborative initiatives across the voluntary and community sector.

Relationships with Other Organisations

The charity works closely with other mental health organisations, including other local Mind associations and partner charities. It also collaborates with statutory and voluntary agencies such as local authorities, health boards, general practitioners, hospitals, housing and benefit agencies, social services, and the probation service. These partnerships support the delivery of cohesive, person-centred services and further the charity's objectives across the region.

Public Benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

Objectives and activities

The objects of the charity, as set out in its governing document, are:

- To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of mental distress requiring advice or treatment in Wales.
- To promote the study of and research into mental health disorders and emotional or mental distress, to record and disseminate the useful results of such research to the public, and to educate the public in matters relating to mental health.

Objectives and activities *(continued)*

Vision, Purpose, and Fundamentals

Vision:
We will not give up until everyone experiencing a mental health problem gets both support and respect.

Purpose:
We are Mind in Gwent.

- **We connect minds -** bringing people together to make change in their communities.
- **We support minds -** delivering life-changing support.
- **We change minds -** speaking out and demanding better from policymakers and the public.

Fundamentals:

- Our work responds to the needs and preferences of people with mental health problems.
- We put people first; our work is not defined by mental health diagnoses.
- We are committed to anti-racism.
- We focus on supporting all people with mental health problems, regardless of age.

Strategic Goals

The strategic goals provide a framework for the charity's operational aims:

A: Staying Well - Support those most likely to develop mental health problems to stay well.
B: Empowering Choice - Enable people experiencing mental health problems to make informed choices about their lives and recovery.
C: Improving Services and Support - Ensure timely access to appropriate services and support.
D: Enabling Social Participation - Facilitate full societal participation for people with lived experience.
E: Removing Inequality of Opportunity - Promote equality of treatment for people experiencing multiple forms of discrimination.
F: Organisational Excellence - Maintain a thriving Mind in Gwent that provides local support and a voice for people with mental health problems.

These goals underpin the charity's operational aims, which include:

- Delivering high-quality, recovery-focused services.
- Achieving positive outcomes for people with mental health problems.
- Extending services to reach a wider range of communities, backgrounds, and ages.
- Increasing awareness of Mind in Gwent's services and accessibility.

Mind in Gwent - 2024/25 in context

Mind in Gwent formed on the 1st of October 2023 by the joining together of Newport Mind, Mind Monmouthshire and Torfaen and Blaenau Gwent Mind. Staff and assets from Mind Monmouthshire and Torfaen and Blaenau Gwent Mind transferred to Newport Mind which changed its name to Mind in Gwent and adopted new articles of association. Mental Health First Aid Wales the subsidiary of Torfaen and Blaenau Gwent Mind transferred to become the subsidiary of Mind in Gwent.

Although Mind in Gwent came into being towards the end of 2023 there was a significant amount of work remaining to fully complete the merger including the orderly winding down of Mind Monmouthshire and Torfaen and Blaenau Gwent Mind.

Objectives and activities *(continued)*

The charity operates out of four main locations across Gwent.

1) **Newport:** 100 - 101 Commercial Street, Newport, NP20 1LU
2) **Monmouthshire:** Henton House, 28 Monk Street, Abergavenny, NP7 5NP
3) **Torfaen:** 24 George Street, Pontypool, NP4 6BY
4) **Blaenau Gwent:** The Phoenix Project, 107 -110 Worcester Street, Brynmawr, NP23 4JP

The new organisation came into being facing a number of challenges which required action by the Senior Leadership Team including some immediate funding challenges, embedding a new migrant service and the management structure of the charity post-merger.

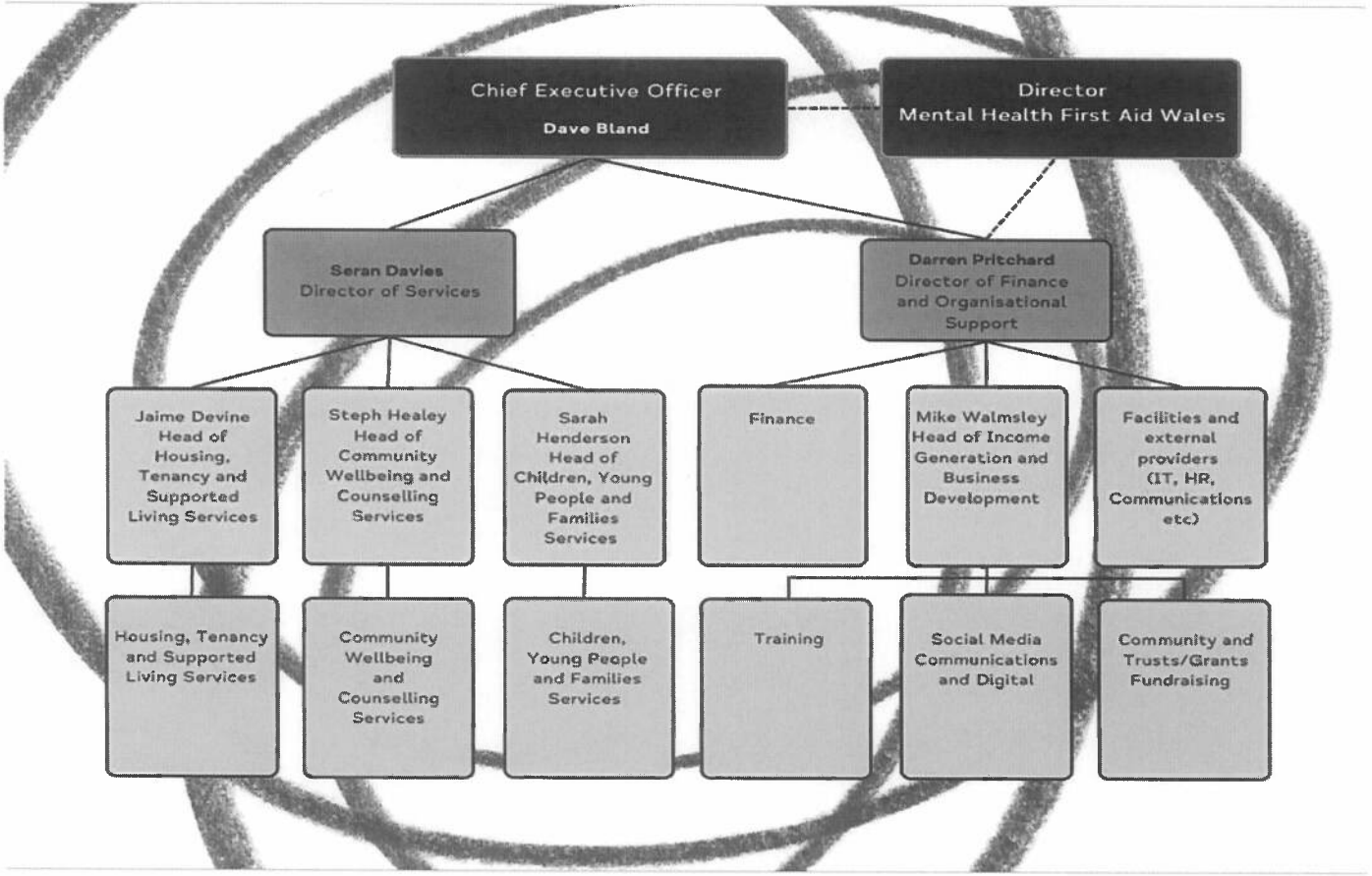
During 2024/25 we undertook a review of the current management structure to ensure the new organisation was fit for purpose. Following consultation with the board of trustees, Mind in Gwent's staff and volunteers are now organised into four main service areas. Each area is led by a Head of Service role that also has a geographic responsibility for one of the regional offices. These areas receive strategic and operational support from the Chief Executive Officer, Director of Services and the Director of Finance and Organisational Support.

1 Counselling and Wellbeing (Torfaen & Blaenau Gwent lead)
2 Housing and Tenancy Support (Monmouthshire lead)
3 Children, Young People and Families (Newport lead)
4 Income Generation and Business Development

Each service area has designated managers or lead coordinators to oversee day-to-day operations and service delivery. (see the organisational chart below for further details) .

Objectives and activities *(continued)*

Organisational Structure From April 2025



Achievements and performance

Services

1 Counselling (Goals A, B, C, D, E, and F)

1.1 Newport

Counselling services at Newport continue to play a vital role in supporting the local community, providing accessible, self-funded counselling for both adults and young people. Clients are offered the opportunity to engage in weekly counselling sessions for up to one year, allowing for consistent, long-term therapeutic support.

Recognising the ongoing impact of the cost-of-living crisis, the service has remained committed to affordability and inclusivity. We maintained our current pricing structure, offering sessions at the standard rate of £45, alongside a lower rate of £15 for those clients who were happy (and clinically suited) to seeing a trainee counsellor.

Between April 2024 and March 2025, the counselling service delivered a total of **3,066** sessions, supporting **224** adults and **23** young people.

Local Employer

Our partnered contract with a local employer has also seen significant growth compared to the previous year. In total, **247** sessions were delivered to **20** employees, reflecting the increasing recognition of the importance of employee wellbeing and mental health support in the workplace.

Counselling Staff

This year presented some operational challenges, particularly due to staff shortages earlier in the year. However, with the appointment of a new Counselling Lead in September, the service has benefited from strengthened leadership and enhanced clinical oversight. We introduced telephone assessments for all new referrals to better assess risk and complexity prior to allocation, ensuring that clients are matched with the most appropriate counsellor to meet their needs. Additionally, we made improvements to administrative systems, including streamlining our invoicing process to improve efficiency in managing payments and outstanding balances.

Throughout the year, we have welcomed 29 counsellors to the Newport service. This includes four qualified counsellors with specialist expertise in supporting clients with complex or high-level needs, as well as children and young people. The expansion and diversification of our counselling team has further strengthened our capacity to respond effectively to the varied needs of the community, while maintaining a high standard of professional and ethical practice.

1.2 Monmouthshire

Counselling is a 'paid-for' service so ensuring its long-term sustainability remains a key priority. We offer semi subsidised sessions priced between £30 to £45 per hour, delivered by two part time lead counsellors alongside team of 7 to 10 trainee counsellors.

Achievements and performance *(continued)*

Over the past year, we have reviewed and improved our internal counselling processes. This included refining our trainee induction and support procedures, conducting regular case file audits, strengthening payment checks, and improving feedback mechanisms. We have significantly reduced the time our lead counsellors spend on administrative tasks, service development, and promotion with support from our administrative team. This has enabled our counselling leads to focus more on providing mentoring support to our trainee counsellors and providing direct client support.

Partnership with CASE UK

We continue to deliver counselling services in partnership with CASE UK through the "Out of Work Service," which offers up to six free sessions for eligible clients. Across both our core counselling service and our partnership with CASE UK, we delivered **1,510** free or subsidised counselling sessions to **247** individuals over the year.

1.3 Torfaen and Blaenau Gwent

Dan Jones Fund

Our Torfaen services continue to be supported by a long-standing and deeply valued local memorial fund, established in memory of Dan Jones, who sadly lost his life to suicide ten years ago. The Dan Jones Fund was created by his family to honour his memory and to make a positive difference to others who may be struggling with their mental health.

The fund is dedicated to supporting a locally focused counselling service that provides vital help to individuals experiencing suicidal ideation. Through this funding, local residents are able to access timely, professional counselling at a point of real need, offering them a safe space to talk, receive support, and find hope during times of crisis.

2 Wellbeing Services (Goals A, B, C, D, E, and F)

2.1 Newport

We are pleased to report that, despite challenges in funding which impacted staffing levels, the Newport Adult Wellbeing services have continued to deliver a strong and varied programme of support.

Despite staffing changes, we expanded our services to include a broad range of wellbeing activities and support options. These now encompass self-help courses, one-to-one emotional and practical support, wellbeing groups, LGBT-focused sessions, creative spaces, peer support groups, and targeted initiatives addressing fuel poverty. Together, these services have supported ***183*** unique individuals across ***517*** sessions, each tailored to enhance emotional wellbeing, social connection, and resilience within the community.

In 2024/25 we received a Heritage Grant and a Culture Grant from Newport City Council. These grants supported the delivery of a diverse range of creative and community-based wellbeing projects, offering individuals the opportunity to engage in expressive arts alongside others with lived experience of mental health challenges. Through these initiatives, participants have been able to explore creativity as a form of self-expression, build confidence, and connect with others in a supportive environment.

Achievements and performance *(continued)*

The Allotment Group and other wellbeing services had been supported by a support worker role whose funding finished in this financial year. When the funding came to an end the group moved to a peer-support model. The service users who benefitted from the therapeutic and social aspects of outdoor activity were keen not to see it end and demonstrated incredible community spirit through their fundraising efforts. Collectively, the group raised £1,337.15 for Mind in Gwent, contributing directly to the sustainability of the service.

Self-help courses	Wellbeing groups	LGBT	Creative groups	Peer support	Fuel poverty
Anxiety and Panic course	Choir	Chrysalis	Art project	Bereavement group	Choppers and Peelers
Low Mood and Depression course	Pins and Needles	LGBT Art	Art and Craft	Allotment	Fuel poverty
			Craft group	Men's group	Warm space
			Expressive Arts	Over 50s	
			Music Exploration	Women's group	
			Photography		
			Rolling arts		

Our Information, Assistance and Advice (IAA) service continued to focus on supporting individuals and families facing fuel poverty. The project engaged with 352 people, providing warm packs, fuel efficiency guidance, direct connections to Mind, and Newport's mental health services alongside signposting to financial and community resources. The project allowed us to alleviate immediate hardship those most vulnerable in our community were facing, and strengthen long-term resilience by connecting people with empowering sources of support ensuring the benefits were sustainable.

2.2 Monmouthshire

The wellbeing team in Monmouthshire is comprised of 12 paid employees (6.1 FTE), 4 volunteers and 8 student volunteer counsellors, offering both structured and responsive support. The service is underpinned by 2 administrative staff and a Wellbeing Lead.

During this period, our Wellbeing Services in Monmouthshire supported over 955 individuals, many of whom accessed more than one service.

Achievements and performance *(continued)*

Given Monmouthshire's predominantly rural geography, raising awareness of our services remains an ongoing priority. We send regular communication to local community organisations and maintain engagement with our statutory and third sector partners in addition to attending local events and networking sessions to ensure our services remain visible and accessible to those who need them.

Our ***Information, Advice and Assistance*** Service forms a key part of our wider social prescribing team and is often the first point of contact for individuals seeking support or information about local services. We provide one-to-one, face to face sessions at venues across Monmouthshire, alongside responding to enquiries via telephone and email.

Over the past year, more than 600 people accessed the service, and we responded to over 1000 issues including financial worries, support with benefits and grant applications for essential items, emotional support to prevent the escalation of mental health issues, and referrals to local services such as food banks, GPs, and domestic abuse support. We also offered guidance around mental health, including coping strategies and information to help individuals better understand their mental wellbeing.

Our ***Rural Information and Advice Service*** provides 9 hours of support each week at Raglan Livestock Market, offering information and advice to members of the farming and rural community. In the last year we have met with local NHS commissioning leads to explore partnership opportunities supporting the farming community. We have strengthened our relationship with the local district nurse outreach team, a key source of support for isolated farmers. Our main Rural Support Service came to an end in July 2024 following a 3-year funding programme via the Big Lottery.

During the last year, our rural services provided support to 90 people.

With thanks to the generosity of the East Wales and Borders Vintage Enthusiasts, we are able to offer subsided counselling session to members of the farming / allied occupations via their donation.

Social Prescribing one-to-one Support compliments our Information and Advice work by allowing a stronger focus on recovery. Funded via Chepstow, Monmouth and Abergavenny Town Councils, our one-to-one support offers time limited support to individuals to explore "what matters to them" in relation to their mental health.

This service supported 89 people in the last year. The role has expanded to include regular outreach at the local foodbank, connecting with those who may benefit from support.

"This service was extremely helpful to me, from getting more information about external help, finding ways of managing my physical and mental health, getting help to join a group and exercise more. I was listened to without any judgement. I'd definitely recommend this to other people".
Client feedback.

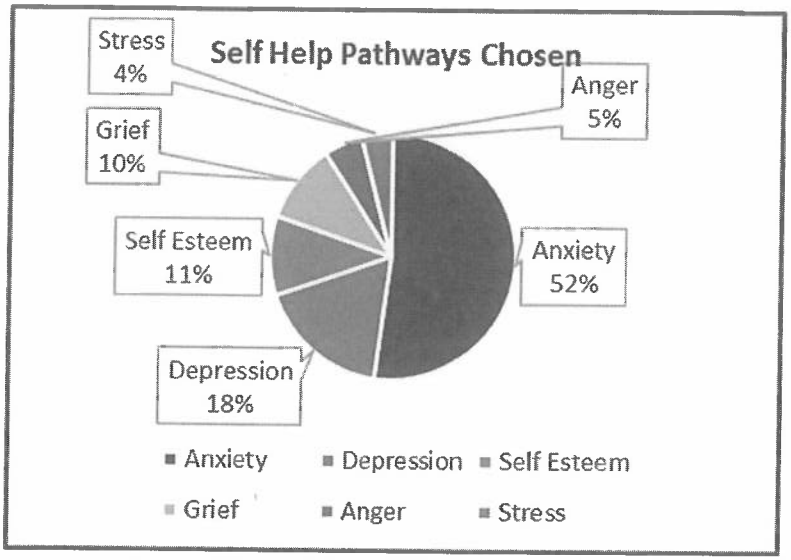
Achievements and performance *(continued)*

In addition to one-to-one support our staff member runs weekly 'Walk and Talk' sessions. We delivered over 95 Walk and Talk sessions, some in partnership with Gwent Wildlife Trust, giving people access to new opportunities and experiences.

"Meeting new people is what I enjoy most about the walk. I also enjoy the environment and being aware of the change of seasons".
Walk and Talk participant.

Supported Self Help Adults is a part time telephone-based service funded by the Garfield Weston Foundation. We supported 106 individuals delivering over 600 sessions of supported self-help. 52% of participants chose to focus on self-help for anxiety.

Pathways of self-help during this period as follows:



Individuals self-reported 71 – 79% positive improvement in their mental wellbeing using wellbeing outcome measures.*
*Short Warwick Edinburgh Mental Wellbeing Scale (SWEMWS), Generalised Anxiety Disorder-7 (GAD-7) and The Patient Health Questionnaire- 9 (PHQ-9) Random sample August 2024 – January 2025

"You have really listened and heard what I have to say and have helped me to understand myself"

Achievements and performance *(continued)*

Supported Self Help for Young People *at Monmouth Comprehensive School* was funded through organisational reserves and grants from the Gwent Regional Partnership Board. The project aimed to equip young people aged 11-18 with coping skills, resilience, emotional understanding, and self-care abilities to help them manage the ups and downs of life. The service was delivered in school during term time and was funded until January 2025.

Our final outcome reporting showed that 94% of young people said that, "*The service helped them stay happy and healthy in their mind.*"

2.3 Torfaen and Blaenau Gwent

Both Torfaen and Blaenau Gwent Wellbeing Services are delivered by the same dedicated team, operating across two sites with three days of service delivery in Brynmawr (Blaenau Gwent) and two days in Pontypool (Torfaen) each week.

A drop-in service runs from 10am–2pm, offering open access for members of the community seeking one-to-one emotional support, crisis intervention, or guidance on mental health and wellbeing.

During these sessions, service users can take part in a range of creative activities, gardening projects, supported self-help sessions, and peer-led groups designed to promote and self-reflection.

In addition to Mind in Gwent services, this year service users from the Blaenau Gwent Wellbeing Service partnered with Men's Shed Brynmawr to create a communal outdoor area for local residents to enjoy and connect with nature.

Members of Men's Shed designed and built a community bench, which was installed at the Brynmawr site, while Mind in Gwent service users contributed by designing and producing a mosaic mural and landscaping the surrounding green space. This partnership enhanced the local environment and provided participants with opportunities for creativity, teamwork, and pride in contributing to a community-led project.

Both the Torfaen and Blaenau Gwent services delivered 'Warm Space' initiatives during the winter months. This enabled us to open our doors to the wider community, offering free activities, warm packs, and accessible food provisions within a welcoming and heated environment. These sessions provided vital relief during the winter months, helping individuals to stay warm and supported through the cost-of-living challenges faced by many in our local communities.

3 Housing and Tenancy Support (Goals B, C, D, and F).

3.1 Newport and Monmouthshire

3.1.1 The Housing and Tenancy Support service encompasses the following projects under the Wales Housing Support Grant (HSG), previously known as Supporting People.

- Housing and Tenancy Support (Newport)
- Tenancy and Supported Living (Monmouthshire)
- Migrant Service (Newport)
- Welfare Rights Service (Monmouthshire)
- Preventions Service (Newport)

Year ended 31 March 2025

Achievements and performance *(continued)*

Each of the local authorities fund the areas where they have jurisdiction with their own reporting schedules, recording documentation, and staffing structures.

3.1.2 Mind in Gwent continues to fulfil contractual agreements to (HSG). This is a Welsh Government-funded programme that provides vital housing-related support to help people live independently and avoid homelessness. It brings together several previous funding streams into a single grant given to local authorities, who then commission services for a wide range of vulnerable groups-including those who are homeless or at risk of homelessness, people with mental health issues, young people, victims of domestic abuse, and others in need of support to maintain stable housing. The HSG funds non-accommodation-based support such as help with managing tenancies, budgeting, accessing services, and developing life skills, aiming to prevent housing crises and promote long-term independence

3.1.3 Feedback from Commissioners and Stakeholders has continued to be positive, improving on the response times to contact non-urgent cases within three days. Trials in Monmouthshire of holding a 'waiting list' of clients where low level, non-face-to-face support is given has proved successful and hours have been allocated by Monmouthshire County Council to cover the costs.

3.1.4 Support in general is delivered to meet the requirements of the beneficiary. Support is primarily delivered face-to-face, but use of apps such as WhatsApp, Messenger, Teams, and Zoom are also used to ensure consistency of support. Face-to-face support is delivered in community settings (libraries, service partner offices), the various Mind in Gwent offices throughout Gwent, and also in the client's own homes, or in Mind in Gwent managed Supported Living accommodation.

3.1.5 All support is tailored to the needs of the recipient and a full assessment of need, risk management plan, and clear goal setting is implemented at the start of support. This is monitored throughout the recipients' support journey where reflective practice is encouraged to measure successes and further support required.

3.1.6 Over 34,968 hours of support has been carried out over the period 2024-2025 through 1:1 support sessions.

3.1.7 In January 2025 a staffing restructure saw the removal of the Operations Manager roles within each of the three separate locations of Mind in Gwent with the roles replaced with Heads of Service. The Head of Service for Housing and Tenancy Support has responsibility for all HSG funded projects within Greater Gwent, along with management responsibility for the offices in Monmouthshire.

3.1.8 A new role was approved for a Housing Officer to be based in the Newport Supported Living houses to oversee compliance in housing legislation, ensure repairs are reported and completed, rent arrears addressed at an early stage, look for the most financially beneficial deals for utilities, and separate the housing role from support. The role is fixed-term until 31st March 2026, but will be reviewed at the end of January 2026 to assess potential for this to become an ongoing position within Mind in Gwent.

3.1.9 A member of staff has been trained in PAT testing and equipment purchased to reduce costs associated with electrical testing and compliance. The staff member has worked across all three locations providing cost savings.

3.2 Mind in Gwent owns a two-flat property, and have management agreements with Hedyn, (previously Melin), Pobl (soon to be rebranded as Codi), and Monmouthshire Housing Association to enable the accommodation of up to 56 individual adults who are deemed vulnerable and require support to move forward into independent living.

Achievements and performance *(continued)*

3.2.1 Welfare Rights is a bespoke service offering support from benefit enquiries, form filling, and benefits advice, through to completion of mandatory reconsiderations when an individual has been refused benefits. On occasion when a mandatory reconsideration has been upheld, the Welfare Rights Officer will attend court at tribunal stage and advocate for the client, completing all paperwork. To 31st March 2025, all cases dealt with at tribunal level have been won. In the current reporting period, 267 individuals received support with over £472,000 of grants and **back-dated benefits** awarded. Added to this is £2.5 million, (this figure is based on a three-year calculation as this is the average an award is given) in Universal Credit, Personal Independent Payments, Attendance Allowance and alternative legacy benefits.

3.2.2 Mind in Gwent was unsuccessful in obtaining a bid for supported housing in Torfaen to provide housing for individuals with complex needs, but we continue to submit bids with the aim of expanding housing and housing support services into Blaenau Gwent and Torfaen.

3.2.3 The Migrant Service has grown and comprises four support workers and one coordinator who between them speak ten languages, (English, Kurdish, Paresis, Romanian, Slovakian, Spanish, Greek, Turkish, Egyptian, and Ukrainian). This has been vital when aiding people with settled status to integrate into the area and be informed of their rights.

3.2.4 Over the coming 12 months, Mind in Gwent will continue to review housing services and build on the provision currently offered. A particular focus is to expand supported housing within the counties of Blaenau Gwent, and Torfaen. Tenders will be applied for as and when they arise. There is a need for support services in these areas and Mind in Gwent has the experience and drive to offer quality delivery.

3.2.5 Mind in Gwent will also actively seek out tenders for provision of supported living services to Children and young people aged 16-24(CYP). The aim is to use the expertise of both the CYP and Housing teams to create a safe living environment for young people where they can learn and develop the skills needed to live independent and fulfilled lives.

Achievements and performance *(continued)*

4 Children, Young People & Family Service

4.1 Family Wellbeing & Resilience Service (FWRS)

The project has continued to deliver one-to one support to our young people as this is the young people's preference. We offer six Wellbeing & Resilience sessions.

In our one-to-one delivery we offer flexibility to facilitate our young people to access resources from our Family Wellbeing and Resilience provision through community settings, home visits, schools, colleges, university, online, phone calls, texting, emailing, walks, and talk's sessions.

We have continued to deliver the Wellbeing and Resilience group (Rolling programmes) for 7-11 year olds and offer Bounce (wellbeing) and Emotional Based School Avoidance (EBSA) parents/ caregiver two hours peer support group once a month during the day. This group has enabled extra peers support outside the monthly group sessions as some of the parents/ caregivers have exchanged contact details and have set-up a What's App group.

	Number of families receiving support	Number of sessions	People - hours
Total	157	942	1413

- Number of children and young people attending groups – 249
- Number of parent/carers attending groups – 98
- Number of families & young people non-Engagement – 23
- Number of families & young people Opt-out – 35
- Number of families & young people transferred to other services e.g.: BOOST, piece by piece & CAMHS – 6

The project facilitates a Community of Practice (CoP) group, which has been established to provide a safe space to share individual skills, knowledge, lived experience and highlight any concerns regarding the gaps in services within Newport. This also provides an opportunity to establish partnership working, or collaboration in service delivery where we are using similar language/ approaches. To enable our families and young people to access our services easier. Positive outcomes of this includes the development of the SPACE wellbeing referral form to include the young persons voice.

Achievements and performance *(continued)*

4.2 Wellbeing Ambassadors

The Wellbeing Ambassador project trained 18 new Wellbeing Ambassadors across Gwent during this reporting period as part of our funding to roll out the project to young people in Torfaen, Blaenau Gwent and Monmouthshire as well as Newport, in line with the newly merged Mind in Gwent.

Project activities included:

- We consulted with 12 young people across Gwent in order to understand the barriers to volunteering that they experience, to factor these into our recruitment strategies.
- Delivered 5 'Community of Practice' sessions to professionals within the local communities we were working in as well as the Mind network in Wales, including 36 professionals overall.
- Delivered content creation training to a new group of volunteers interested in running the podcast.

The Wellbeing Ambassador's Governance pathway went through some changes in structure due to two of our young people now being members of the Board of Trustees at Mind in Gwent. This new element of the governance structure for young people meant that we changed our Youth Voice group to an open opportunity for Wellbeing Ambassadors where we discussed organisation wide matters. We co-produced a new structure for the project where Mentors would support the volunteers on an area basis rather than a pathway basis.

4.3 Mind Our Future Gwent

The project employed 11 young people as peer service designers during the reporting period, 9 of whom took part in a residential trip to Amelia Trust Farm where they completed activities and developed ideas for the project going forward.

During this reporting period the project has moved from testing prototype projects to running three of the projects at full capacity.
These projects are:

- Keep in Mind Gwent Instagram account
- Engagement project which facilitates young people and staff members to attend events to engage with stakeholders to increase the involvement of youth voice in mental health services
- Training project which delivers a youth created training package to professionals and young people around talking about mental health.

The Keep in Mind Instagram account has nearly 300 followers, and continues to post content created by young people with a focus on providing quality information about wellbeing & support available across Gwent. This content is reviewed and posted by our project partners at Promo Cymru.

The material for the training project has been created by the Peer Service Designers, in keeping with the project's values of co-production and championing young person voice. The team are currently planning the delivery of this package to both professionals working with young people and young people across Gwent. This will begin with a trial run to Mind staff and volunteers.

4.4 Piece by Piece

The Piece-by-Piece project was funded by the Police Crime Commissioner Community fund from April 2024-March 2025. It supported young people across Newport between the ages of 10-17 and their families.

Achievements and performance *(continued)*

The project delivered one-to-one trauma informed sessions for young people, one-to-one sessions for parent/caregivers, and joint restorative sessions for young people and their parent/caregiver. The project had one member of staff who was responsible for all aspects of project delivery.

35 young people received one to one support from April 2024-March 2025, which including–
19 males
15 females
1 non-binary young person

11 parents/caregivers have also received both one-to-one support sessions and family restorative sessions.

Of young people supported -
17% have been a perpetrator of crime
42% have been a victim of crime
40% have a history of anti-social, aggressive or defiant behaviours

4.5 Whole School Approach/BOOST

Newport City Council reduced the funding that it provided to the project due to the availability of funding from Welsh Government, notably from Covid recovery funding, Newport City Council continued to provide funding for the Emotionally Based Schools Avoidance project (EBSA).

Funding continued to be provided for mental health practitioners by some secondary schools, the pupil referral unit and Coleg Gwent but overall there was a reduction in the number of days of staff time that could be provided to support children and young people via the project.

	Number of attendances	Number of sessions	Number of different people	People - hours	Total length of work records
Total	2333	1114	310	2210:20	1052:40

4.6 Children, Young People & Families (CYPF) Service Manager

This role is responsible for line management of the coordinators on CYPF projects and contributes to the ongoing sustainability of services across Gwent as part of the Minds in Gwent merger, supporting the overall Mind strategy.

The role has over the financial year

- Provided supervision and support to the managers/coordinators of the Children, Young People & Families (CYPF) Services.
- Managed risk to the organisation by overseeing all CYPF services and ensuring that all policies/ procedures and training are up to date and reviewed as needed.
- Acted as a central point of contact for all referral queries from service users and professionals, and coordinate referrals both through Changing Minds and the SPACE Wellbeing Panel.
- Acted as a central point for managing safeguarding practice within Mind in Gwent, supporting managers/ coordinators of the CYPF team to ensure best practice standards beyond basic induction training.

Achievements and performance *(continued)*

- Lead on strategy for the CYPF team at Mind in Gwent, linking with the National Mind Strategy golden thread for CYP work.

- Provided support during the merger to colleagues across Mind in Gwent, sharing knowledge and experience of implementing services and developing relevant policies and procedures and to roll out the Wellbeing Ambassador project.
- Identified opportunities and sourced funding for CYPF services for Mind in Gwent.

4.7 Supporting Young People, with a Focus on Trauma

We have delivered the Piece by Piece project and have focused on capturing the impact and reach of this project, to inform funding applications for sustainable funding for this work. We have engaged with working groups facilitated by the Health Board and consultation events with National Mind, to develop ideas and service delivery for young people experiencing trauma.

Through a dedicated role funded by National Mind, Mind in Gwent was involved in the development of a Trauma Informed Toolkit for working with young people. The toolkit was co-produced with young people from the Wellbeing Ambassador project and the Shout Out group.

The toolkit will form the basis for mandatory training for the children, young people and family team.

Who is using our services?

Mind in Gwent's vision is to offer support and respect to everyone experiencing mental health problems. In 2023/24 we supported individuals across our communities in Gwent who accessed a range of different mental health provision according to their needs.

Service	Number of unique individuals
Children, Young People, and Families	1,089
Housing and Tenancy (including welfare rights)	1,167
Wellbeing Services	2,620
Counselling	1,107
Migrant Service	772
TOTAL NUMBER OF SERVICE USERS	**6,755**

5 Facilities

5.1 Newport

2024 saw the completion of building renovations to Mind in Gwent's offices on Commercial Street in Newport. The first floor renovations included a new training room, activity room, one-to-one meeting spaces for counselling and a sanctuary space.

5.2 Monmouthshire

The Mind in Gwent team in Monmouthshire deliver the majority of our services from our base at Henton House, Monk Street, Abergavenny, with additional counselling space at premises on Cross Street.

Achievements and performance *(continued)*

5.3 Torfaen and Blaenau Gwent

Our Pontypool office continues to operate as a shared space, housing several local organisations that rent office facilities and collaborate to provide a wide range of wellbeing and community services. Current tenants include Stori Cymru, the Aneurin Bevan Health Board Counselling Service, and Mental Health First Aid Wales. This shared environment has fostered valuable cross-agency connections, encouraging joint working and a coordinated approach to supporting local residents' mental health and wellbeing.

Our Brynmawr site in Blaenau Gwent also benefits from a collaborative setting. The premises are shared with an alternative education programme that supports young people who face challenges within mainstream education.

6 Central Team (core functions)

The Director of Finance oversees IT, Facilities Management, HR administration, and Caretaking services.

6.1 Regular risk assessments have been conducted and reviewed throughout the year, focusing on safe working practices, managing building occupancy, and ensuring compliance with relevant Health and Safety guidelines.

6.2 The Finance team has made ongoing improvements to systems and processes to support sound financial management. In addition, they have provided expertise to help, along with other teams, in identifying and implementing cost-saving measures where feasible.

6.3 Central Team staff costs are partly funded through existing grants and contracts. Any shortfalls are covered by unrestricted income, such as revenue from housing.

7 Income Generation and Business Development

7.1 Challenges post-merger. Following the merger there are a number of areas which require attention, not least the consolidation of the charity's income generation and business development function across the three legacy charity areas.

The legacy charities all had different systems, processes and resources to manage their fundraising. This has meant that tracking and reporting on voluntary income is disjointed. The board of trustees were consulted and were clear that they wanted a specialist 'Head of' role to sit alongside the new Heads of Service roles to unify income generation across all the areas in Gwent, bring a strategic focus to the work, and consolidate existing systems and processes centrally.

The SLT and board of trustees recognised that alongside the recruitment of a new Head of Income Generation and Business Development to look at the structure and strategy for income generation, they would also need to invest in technology to support that function. This would likely include a new Customer Relationship Management database to manage donor transactions and for stewarding relationships with donors, the consolidation of third party fundraising platforms, a new website and re-branded social media platforms. This work, alongside the recruitment of the new Head of Income Generation has been planned for 2025/26.

Achievements and performance *(continued)*

The recruitment of a new Head of Income Generation and Business Development and a dedicated full time Community Fundraising Coordinator was agreed to support the existing part-time Trusts and Grants Fundraising Coordinator and Social Media, Communications and Digital Coordinator. The roles were advertised at the end of Q4 and staff were recruited into those roles for Q1 2025/26.

7.2 Voluntary Income (Fundraising)

7.3 Trust and Grants: The charity relies on grant aid from the donors identified in the accounts, whose support is valued. Mind in Gwent employs a part-time Trusts and Grants Coordinator. In 2024/25 we secured **£110,824** of grant income to support our work.

7.4 Community Fundraising: Since the merger, the three geographic areas of operation have continued to receive support and funding from the communities where they are active, but predominantly this has been a reactive income stream. The Community Fundraising role was being covered part-time by the Trusts and Grants Coordinator for FY2024/25. The investment in a new dedicated Community Fundraiser role alongside the new Head of Income Generation to help drive the strategy is expected to bring increased returns in 2025/26 and onwards. In 2024/25 Community Fundraising (which includes individual giving and events) raised **£57,261.**

7.5 Legacies: In July 2024 we were very grateful to receive notification of a legacy from the estate of Mr Reginald Watson who left **£87,500** for the support of disadvantaged individuals and organisations in South Wales.

7.6 Trading income (Training)

Mind in Gwent offers a range of different training products around mental health and wellbeing. These fall broadly into two categories:

i) National Mind Accredited training
Mind in Gwent is one of only two Local Mind Associations in Wales who are qualified and accredited to deliver National Mind training products. As part of the Mind network we receive training enquiries from National Mind to deliver Mind Accredited training to businesses and individuals. This is a premium training product and we deliver these courses either online or face to face depending on the needs / wishes of the client. Delivery of these products is limited to those Local Minds that have Mind accreditation and as such we are not limited to our local geography.

ii) Mind in Gwent training
These are mental health and wellbeing training products developed at Mind in Gwent for delivery to individuals and businesses in the Gwent area. As a condition of our membership of Local Mind Association we are limited in the delivery of these products to our own area of operation to avoid clashing with services offered by other Local Minds.

In 2024/25 Mind in Gwent delivered **£59,800** worth of training externally, in addition to internal training for staff and volunteers (with an estimated value of approximately **£20,000**). The Head of Income Generation and Business Development will have line management responsibilities for training and will be asked to review the marketing and sales strategy for 2025/26.

Achievements and performance *(continued)*

7.7 Investments: Investment performance achieved against investment objectives set. Investment income disclosed in the accounts is interest received on the charity's bank accounts. The charity has no other investments.

7.8 Other income generation activities
The proposed development of the premises at Commercial Street in Newport provides the opportunity to develop a number of revenue streams. We are currently exploring potential for a social enterprise on the ground floor (potentially a café/ drop-in), paid for services, room hire and supported the accommodation on the third floor. The improvement works completed in 2023/24 allowed for lift access to the third floor and the potential to develop accommodation units on that floor. The timescales on the funding for developing the building and the actual development of the building means that we are looking at this as a longer term investment and building this into operational objectives and future plans.

We are also exploring opportunities to develop our George Street property in Pontypool. We currently own one half of the George Street site with the remainder of the building owned by a third party and currently leased to us. We are looking at opportunities to either acquire and develop the remainder of the building with a view to expanding our commercial letting business, and look at improvements to the site to expand our service delivery including provision for counselling and training spaces.

We have a long term lease at our building in Brynmawr and are looking at improvements to the space there to improve our wellbeing, counselling, and community services as well as offering commercial opportunities to other tenants and commercial space hire.

Financial Review

8 Finances and Budgets

8.1 Finances Mind in Gwent currently has total reserves of £2,920,664 At the end of 2024 - 2025.

8.2 Reserves The reserves policy has been updated to allow for significant investment in the building and is based on 3 months running costs as opposed to six months. The Trustees have indicated that over time the organisation should return to having reserves to reflect six months running costs.

8.3 Reporting Mind in Gwent Trustees continue to receive a regular finance report at their meetings. The finance report provides up to date information on income and expenditure on all projects against their budgets allowing Trustees to exercise their financial responsibilities. The report was developed within the financial year to include forecasting. In addition, a cash flow forecast is now produced monthly for Board oversight as well as to assist senior managers on decision making

8.4 Budgets A budget has been set for all services currently provided in line with the funding provided and contractual obligations.

9. Factors Relevant To The Achievement Of The Charity's Objectives

9.1 Most of the organisation's income is currently received in the form of grants or contracts which are the subject of service level agreements or other restrictions governing the related expenditure. It has therefore been necessary to ensure that each project has a clear trail which includes an element of core costs and general management.

Financial Review *(continued)*

10 Policies on reserves

10.1 Over the years the charity has sought to achieve reserves of:-

10.2 Six months continuation of service calculated using current year income, however in light of the work on the building the Board of Trustees decided to temporarily move to three months of continuation of service which is £823,069.

10.3 Redundancy payments for staff should the charity cease to continue to provide an individual service or ceases to provide any services £234,822, calculation does not include payments in lieu of notice as the financial situation means that the organisation will provide notice instead of pay.

10.4 Pump Priming' of new projects to allow emergency funds, pending new funding being arranged £10,000.

10.5 The total figure required would be £1,067,891

10.6 The Trustees have indicated that over time the organisation should return to having reserves to reflect six months running costs.

10.7 Restricted Reserves

10.7.1 The principal funding sources of the charity are by way of grant and contract income from a number of agencies and are summarised as follows:

10.7.2	Monmouthshire County Council	£502,752
10.7.3	Newport City Council Families First Project	£177,254
10.7.4	Newport City Council Housing Support Grant	£599,632
10.7.5	Newport City Council Social Services SLA	£90,837
10.7.6	Promo Cymru/National Lottery – Mind Our Futures	£60,000

10.8 A detailed analysis is shown in note 2 to the accounts.

11 The charity also received rental income in respect of its housing projects of £874,204 (2024: £690,321).

12 All sources of funding were expended to meet the charity's objectives to support and inform people with mental health problems.

13 Availability and adequacy of assets of each of the funds

13.1 The board of Trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

14 Transactions and Financial position

14.1 The group and charity financial statements are set out on pages 30 to 69.

Financial Review *(continued)*

14.2 The Consolidated Statement of Financial Activities show net incoming resources for the year of a revenue nature £3,729,357; charity £3,201,964 (2024: group: £3,405,882; charity: £2,832,119).

14.3 The consolidated total reserves at the year-end stand at £3,118,019; charity £2,920,664 (2024: group £3,204,253; charity: £3,006,898).

15 Specific changes in fixed assets

15.1 Changes in fixed assets are shown in detail in the note 12 to the accounts.

Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Auditor

Each of the persons who is a trustee at the date of approval of this report confirms that:

- so far as they are aware, there is no relevant audit information of which the charity's auditor is unaware; and
- they have taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

The auditor is deemed to have been re-appointed in accordance with section 487 of the Companies Act 2006.

The trustees' annual report and the strategic report were approved on 3 December 2025 and signed on behalf of the board of trustees by:

N Thorneycroft - Chair
Trustee

L Parfitt
Trustee

Mind in Gwent

Company Limited by Guarantee

Independent Auditor's Report to the Members of Mind in Gwent

Year ended 31 March 2025

Opinion

We have audited the financial statements of Mind in Gwent (the 'parent charitable company') and its subsidiaries (the 'group') for the year ended 31 March 2025 which comprise the consolidated and parent statement of financial activities (including income and expenditure account), the consolidated and parent statement of financial position, the consolidated statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the group and parent charitable company affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group and parent charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the groups or parent charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the group or parent charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the groups or parent charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- By enquiring with senior management and those charged with governance all area of risk identified were considered and any potential litigation or claim, if any, were noted

- Ensuring by enquiry that there were no issues of non-compliance with laws and regulations relating to tax and compliance

- By obtaining an understanding of the company's policies and procedures on compliance with laws and regulations, and with best accounting practice

- Noting issues discussed with Directors and the Senior Management Team as this relates to risks faced by the company

- Reviewing information received from the company's solicitors, if any and discussing their contents with the Directors

- Reviewing disclosures in the financial statements and testing to supporting documentation to assess compliance with applicable laws and regulations

- Auditing the risk of management overrides of controls including testing journal entries and other adjustments for appropriateness and evaluating the business rationale of significant transactions outside the normal course of business

Through these procedures, we did not become aware of actual or suspected non-compliance.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.

- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

J Rhodes

Mr Jonathan Rhodes BSc BFP FCA (Senior Statutory Auditor)

For and on behalf of
Walter Hunter & Co Limited
Chartered accountants & statutory auditor
24 Bridge Street
Newport
South Wales
NP20 4SF

3 December 2025

Mind in Gwent

Company Limited by Guarantee

Consolidated Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2025

	Note	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Income and endowments					
Donations and legacies	5	139,120	–	**139,120**	60,099
Charitable activities	6	885,798	1,936,181	**2,821,979**	2,628,749
Other trading activities	7	759,571	–	**759,571**	711,216
Investment income	8	8,687	–	**8,687**	5,818
Total income		1,793,176	1,936,181	**3,729,357**	3,405,882
Expenditure					
Expenditure on raising funds:					
Costs of other trading activities	9	703,332	–	**703,332**	700,552
Expenditure on charitable activities	10,11	1,162,036	1,950,223	**3,112,259**	2,859,118
Total expenditure		1,865,368	1,950,223	**3,815,591**	3,559,670
Tax on Profit in subsidiary		–	–	–	2,266
Net (expenditure)		(72,192)	(14,042)	**(86,234)**	(156,054)
Transfer between funds		(20,040)	20,040	–	–
Transfers from merged charities		–	–	–	1,589,138
Net movement in funds		(92,232)	5,998	**(86,234)**	1,433,084
Reconciliation of funds					
Total funds brought forward		2,790,642	413,611	**3,204,253**	1,771,169
Total funds carried forward		2,698,410	419,609	**3,118,019**	3,204,253

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

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are restricted for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities.

Mind in Gwent

Company Limited by Guarantee

Charity Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2025

	Note	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Income and endowments					
Donations and legacies	5	196,808	–	**196,808**	101,690
Charitable activities	6	885,798	1,936,181	**2,821,979**	2,628,749
Other trading activities	7	176,367	–	**176,367**	97,704
Investment income	8	6,810	–	**6,810**	3,976
Total income		1,265,783	1,936,181	**3,201,964**	2,832,119
Expenditure					
Expenditure on raising funds:					
Costs of other trading activities	9	175,939	–	**175,939**	131,562
Expenditure on charitable activities	10,11	1,162,036	1,950,223	**3,112,259**	2,859,118
Total expenditure		1,337,975	1,950,223	**3,288,198**	2,990,680
Net (expenditure)		(72,192)	(14,042)	**(86,234)**	(158,561)
Transfer between funds		(20,040)	20,040	–	–
Transfers from merged charities		–	–	–	1,394,290
Net movement in funds		(92,232)	5,998	**(86,234)**	1,235,729
Reconciliation of funds					
Total funds brought forward		2,593,287	413,611	**3,006,898**	1,771,169
Total funds carried forward		2,501,055	419,609	**2,920,664**	3,006,898

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

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are restricted for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities.

Mind in Gwent

Consolidated Company Limited by Guarantee

Statement of Financial Position

31 March 2025

	Note	2025 £	£	2024 £
Fixed assets				
Tangible fixed assets	17		2,545,844	2,498,937
Current assets				
Stocks		27,007		28,559
Debtors	19	356,796		463,556
Cash at bank and in hand		842,284		1,001,510
		1,226,087		1,493,625
Creditors: amounts falling due within one year	20	418,210		405,989
Net current assets			807,877	1,087,636
Total assets less current liabilities			3,353,721	3,586,573
Creditors: amounts falling due after more than one year	21		235,702	382,320
Net assets			3,118,019	3,204,253
Funds of the charity				
Restricted funds			419,609	413,611
Unrestricted funds			2,698,410	2,790,642
Total charity funds	24		3,118,019	3,204,253

These financial statements were approved by the board of trustees and authorised for issue on 3 December 2025, and are signed on behalf of the board by:

N Thorneycroft - Chair
Trustee

L Parfitt
Trustee

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are restricted for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities.

Mind in Gwent

Charity Company Limited by Guarantee

Statement of Financial Position

31 March 2025

	Note	2025 £	2025 £	2024 £
Fixed assets				
Tangible fixed assets	17		2,539,310	2,492,402
Investments	18		2	2
			2,539,312	2,492,404
Current assets				
Debtors	19	335,860		439,395
Cash at bank and in hand		611,356		755,474
		947,216		1,194,869
Creditors: amounts falling due within one year	20	330,162		298,055
Net current assets			617,054	896,814
Total assets less current liabilities			3,156,366	3,389,218
Creditors: amounts falling due after more than one year	21		235,702	382,320
Net assets			2,920,664	3,006,898
Funds of the charity				
Restricted funds			419,609	413,611
Unrestricted funds			2,501,055	2,593,287
Total charity funds	24		2,920,664	3,006,898

These financial statements were approved by the board of trustees and authorised for issue on 3 December 2025, and are signed on behalf of the board by:

N Thorneycroft - Chair
Trustee

L Parfitt
Trustee

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are restricted for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities.

Mind in Gwent

Company Limited by Guarantee

Consolidated Statement of Cash Flows

Year ended 31 March 2025

	2025 £	2024 £
Cash flows from operating activities		
Net (expenditure)/income	**(86,234)**	1,433,084
Adjustments for:		
Transfer of assets	**-**	(594,680)
Stock	**(1,552)**	(28,559)
Depreciation of tangible fixed assets	**85,124**	78,523
Other interest receivable and similar income	**(8,687)**	(5,818)
Interest payable and similar charges	**31,942**	38,465
Accrued income	**(24,836)**	91,671
Changes in:		
Trade and other debtors	**60,412**	(238,144)
Trade and other creditors	**21,522**	134,532
Cash generated from operations	**77,691**	909,074
Interest paid	**(31,942)**	(38,465)
Interest received	**8,687**	5,818
Net cash from operating activities	**54,436**	876,427
Cash flows from investing activities		
Purchase of tangible assets	**(132,031)**	(314,658)
Net cash used in investing activities	**(132,031)**	(314,658
Cash flows from financing activities		
Proceeds from borrowings	**(81,631)**	(74,366)
Net cash used in financing activities	**(81,631)**	(74,366)
Net (decrease)/increase in cash and cash equivalents	**(159,226)**	487,403
Cash and cash equivalents at beginning of year	**1,001,510**	514,107
Cash and cash equivalents at end of year	**842,284**	1,001,510

The notes on pages 35 to 69 form part of these financial statements.

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 100-101 Commercial Street, Newport, Gwent, NP20 1LU.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity, rounded to the nearest pound.

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are restricted for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

3. **Accounting policies** *(continued)*

Fund accounting

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

Any proposed transfer between funds would be considered on the particular circumstances.

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- Legacy income is recognised when receipt is probable and entitlement is established.
- Income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- Income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

Other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Income tax

As a registered charity, the charity is exempt from income tax to the extent that its income and gains are applicable to charitable purposes only. Value added tax is not recoverable by the charity and is therefore included in the relevant costs in the Statement of Financial Activities.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Tangible assets

All fixed assets are initially recorded at cost.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Improvements to property	-	2% p.a. straight line
Housing equipment	-	33% p.a. straight line
Head office equipment	-	20% to 33% p.a. straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

3. Accounting policies *(continued)*

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Retirement benefits

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

4. Limited by guarantee

The charity is incorporated under the Companies Act 2006 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter.

There are 9 members of the company (2024: 6).

5. Donations and legacies

Group	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025 £**
Donations	51,620	–	**51,620**
Legacy	87,500	–	**87,500**
	139,120	–	**139,120**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations	60,099	–	60,099
Legacy	–	–	–
	60,099	–	60,099

5. Donations and legacies (continued)

Charity	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025 £**
Donations	51,620	–	**51,620**
Donations received from MHFA Wales (NOTE 29)	57,688	–	**57,688**
Legacy	87,500	–	**87,500**
	196,808	–	**196,808**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations	60,099	–	60,099
Donations received from MHFA Wales (NOTE 29)	41,591	–	41,591
Legacy	–	–	–
	101,690	–	101,690

The amounts above for the year to 31 March 2024 include six months activities of the merged charities. (See note on page 30).

6. Charitable activities

Group and Charity	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Rental income (including Housing Benefit)	874,204	–	**874,204**
MONMOUTHSHIRE			
Abergavenny Town Council	–	15,000	**15,000**
Case UK Active Monitoring	–	15,997	**15,997**
Chepstow Town Council	–	15,000	**15,000**
Garfield Western Foundation	–	17,665	**17,665**
GAVO	–	13,338	**13,338**
Gwent Dementia Grant	–	–	**–**
Mind Active Monitoring	–	–	**–**
Monmouthshire County Council Housing Support Grant	–	463,881	**463,881**
Monmouthshire County Council Contract	–	38,871	**38,871**
Monmouth Town Council Rural Project Funding	–	9,000	**9,000**
Monmouth Town Council	–	15,000	**15,000**
Moondance Foundation	–	18,000	**18,000**
Rhondda Cynon Taff County Council	11,594	–	**11,594**
NEWPORT			
Children in Need - Youth Social Action fund 3	–	–	**–**
Co - op	–	–	**–**
Co op Allotment grant	–	1,343	**1,343**
Comic Relief - Piece by Piece	–	16,979	**16,979**
CYP Wellbeing Ambassadors Project	–	–	**–**
First Give Grant	–	1,000	**1,000**
Gabor Nagy St Martin	–	–	**–**
GAVO	–	3,600	**3,600**
Mind - CYP Trauma Strategy Fund	–	20,000	**20,000**
Mind - Support with merger	–	–	**–**
Mind Active Monitoring	–	–	**–**
Mind Cost of Living	–	9,619	**9,619**
Mind Expert Advisory panel	–	–	**–**
Mind Lived Experience & Equality Project 9	–	6,000	**6,000**
Mind Money and Me	–	–	**–**
Mind Wellbeing Advisors - Children and Young People	–	12,607	**12,607**
National Grid Warm Community Matters	–	–	**–**
Natural resource Wales	–	11,624	**11,624**
Newport City Council - Families First	–	177,254	**177,254**
Newport City Council - Housing Support Grant	–	599,632	**599,632**
Newport City Council - Skills training and wellbeing	–	90,837	**90,837**
Newport City Council -'Our Community'	–	27,000	**27,000**
PCC Police Community Fund - Piece by Piece	–	41,187	**41,187**
Promo- Cymru /National Lottery - Mind Our Futures	–	60,000	**60,000**
Ted Senior Foundation	–	16,316	**16,316**
Vicars relief fund	–	865	**865**
WCVA - Landfill Disposals Tax Communities Scheme	–	10,000	**10,000**
WCVA - Wellbeing Ambassadors	–	44,952	**44,952**
Welsh Government SVYWO	–	40,748	**40,748**
Whole School Approach	–	56,768	**56,768**

6. Charitable activities *(continued)*	Unrestricted Funds	Restricted Funds	**Total Funds 2025**
Group and Charity	£	£	**£**
TORFAEN and BLAENAU GWENT			
Aneurin Bevan University Health Board Active Monitoring Torfaen	–	16,000	**16,000**
Blaenau Gwent Council	–	1,000	**1,000**
Blaenau Gwent County Borough Council - Day Services	–	37,140	**37,140**
GAVO	–	–	–
Mind supported self help Wales consortium	–	–	–
TGCBC Communities for Work	–	–	–
Torfaen County Borough Council	–	11,958	**11,958**
Torfaen Voluntary Alliance	–	–	–
	885,798	1,936,181	**2,821,979**

Group and Charity	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Rental income (including Housing Benefit)	690,321	–	690,321
MONMOUTHSHIRE			
Abergavenny Town Council	–	10,000	10,000
Case UK Active Monitoring	–	–	–
Chepstow Town Council	–	–	–
Garfield Western Foundation	–	4,167	4,167
GAVO	–	16,963	16,963
Gwent Dementia Grant	–	788	788
Mind Active Monitoring	–	23,579	23,579
Monmouthshire County Council Housing Support Grant	202,336	–	202,336
Monmouthshire County Council Contract	–	26,081	26,081
Monmouth Town Council Rural Project Funding	–	46,036	46,036
Monmouth Town Council	–	–	–
Moondance Foundation	–	17,953	17,953
Rhondda Cynon Taff County Council	4,342	–	4,342
NEWPORT			
Children in Need - Youth Social Action fund	–	21,801	21,801
Co - op	–	882	882
Co op Allotment grant	–	–	–
Comic Relief - Piece by Piece	–	76,980	76,980
CYP Wellbeing Ambassadors Project	–	30,159	30,159
First Give Grant	–	–	–
Gabor Nagy St Martin	–	141	141
GAVO	–	–	–
Mind - CYP Trauma Strategy Fund	–	–	–
Mind - Support with merger	7,109	–	7,109
Mind Active Monitoring	–	47,158	47,158
Mind Cost of Living	–	–	–
Mind Expert Advisory panel	2,400	–	2,400
Mind Lived Experience & Equality Project	–	–	–
Mind Money and Me	–	20,500	20,500
Mind Wellbeing Advisors - Children and Young People	–	85,246	85,246

6. Charitable activities *(continued)*

Group and Charity	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
National Grid Warm Community Matters	–	7,500	7,500
Natural resource Wales	–	8,875	8,875
Newport City Council - Families First	–	177,206	177,206
Newport City Council - Housing Support Grant	–	546,719	546,719
Newport City Council - Skills training and wellbeing	–	120,520	120,520
Newport City Council -'Our Community'	–	–	–
PCC Police Community Fund - Piece by Piece	–	–	–
Promo- Cymru /National Lottery - Mind Our Futures	–	59,599	59,599
Ted Senior Foundation	–	5,439	5,439
Vicars relief fund	–	–	–
WCVA - Landfill Disposals Tax Communities Scheme	–	40,999	40,999
WCVA - Wellbeing Ambassadors	–	77,794	77,794
Welsh Government SVYWO	–	39,931	39,931
Whole School Approach	–	143,668	143,668
TORFAEN and BLAENAU GWENT			
Aneurin Bevan University Health Board Active Monitoring Torfaen	–	–	–
Blaenau Gwent Council	–	–	–
Blaenau Gwent County Borough Council - Day Services	–	22,556	22,556
GAVO	–	500	500
Mind supported self help Wales consortium	–	23,579	23,579
Torfaen County Borough Council	–	–	–
TGCBC Communities for Work	–	18,172	18,172
Torfaen Voluntary Alliance	–	750	750
	906,508	1,722,241	2,628,749

The amounts above for the year to 31 March 2024 include six months activities of the merged charities. (See note on page 30).

7. Other trading activities

Group	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025 £**
Private counselling	122,067	–	**122,067**
Training	397,173	–	**397,173**
Relevant Person Representative	220,926	–	**220,926**
Accredited training	6,165	–	**6,165**
Room Hire - TORFAEN	6,970	–	**6,970**
Fund generation - Torfaen Kitchen	6,270	–	**6,270**
Fund generation - Phoenix Project	–	–	–
	759,571	–	**759,571**

7. Other trading activities *(continued)*

Group	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Private counselling	59,953	–	59,953
Training	437,519	–	437,519
Relevant Person Representative	197,535		197,535
Accredited training	2,272		2,272
Room Hire	12,769	–	12,769
Fund generation - Torfaen Kitchen	956	–	956
Fund generation - Phoenix Project	212	–	212
	711,216	–	711,216

Charity	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025 £**
Private counselling	113,783	–	**113,783**
Training	49,344	–	**49,344**
Room Hire - TORFAEN	6,970	–	**6,970**
Fund generation - Torfaen Kitchen	6,270	–	**6,270**
Fund generation - Phoenix Project	–	–	–
	176,367	–	**176,367**

Charity	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Private counselling	52,221	–	52,221
Training	31,546	–	31,546
Room Hire	12,769	–	12,769
Fund generation - Torfaen Kitchen	956	–	956
Fund generation - Phoenix Project	212	–	212
	97,704	–	97,704

The amounts above for the year to 31 March 2024 include six months activities of the merged charities. (See note on page 30).

8. Investment income

Group	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Interest received	8,687	**8,687**	5,818	5,818

Charity	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Interest received	6,810	**6,810**	3,976	3,976

8. Investment income *(continued)*

The amounts above for the year to 31 March 2024 include six months activities of the merged charities. (See note on page 30).

9. Costs of other trading activities

Group	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Training & services	55,922	**55,922**	46,529	46,529
Private Counselling	124,092	**124,092**	85,033	85,033
Trading Costs of subsidiary	523,318	**523,318**	568,990	568,990
	703,332	**703,332**	700,552	700,552

Charity	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Training & services	51,847	**51,847**	46,529	46,529
Private Counselling	124,092	**124,092**	85,033	85,033
	175,939	**175,939**	131,562	131,562

The amounts above for the year to 31 March 2024 include six months activities of the merged charities. (See note on page 30).

10. Expenditure on charitable activities by fund type

Group and Charity	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Housing and central costs	752,536	–	**752,536**
MONMOUTHSHIRE			
Abergavenny Town Council	–	12,696	**12,696**
Case UK Active Monitoring	–	13,434	**13,434**
Chepstow Town Council	–	12,696	**12,696**
Garfield Western Foundation	–	25,426	**25,426**
GAVO	–	19,358	**19,358**
Monmouthshire County Council	–	482,436	**482,436**
Monmouth Town Council	–	12,696	**12,696**
Moondance Foundation	–	24,322	**24,322**
NEWPORT			
Children in Need - Youth Social Action Fund	–	8,907	**8,907**
Comic Relief Piece by Piece	–	657	**657**
CYP Wellbeing Ambassadors Project	–	898	**898**
Mind Cymru Active Monitoring	–	–	–
Mind CYP Trauma Strategy Fund	–	20,649	**20,649**
Mind Money and Me	–	–	–
Mind small grants	–	13,503	**13,503**
Mind Wellbeing Advisors	–	6,938	**6,938**
Newport City Council Families First	–	130,578	**130,578**
Newport City Council Housing Support Grant	–	504,418	**504,418**
Newport City Council 'Our Community'	–	11,948	**11,948**
Newport City Council Skills, training and wellbeing	–	76,319	**76,319**
PCC Police Community Fund Piece by Piece	–	36,573	**36,573**
Plant a seed	–	–	–
Promo Cymru / National Lottery Mind Our Futures	–	51,860	**51,860**
Ted Senior Foundation	–	2,740	**2,740**
WCVA - Wellbeing Ambassadors	–	65,184	**65,184**
WCVA Landfill Disposal Tax Communities Scheme	–	779	**779**
Welsh Government SVYWO	–	34,667	**34,667**
Whole School Approach	–	92,507	**92,507**
TORFAEN and BLAENAU GWENT			
Aneurin Bevan University Health Board Active Monitoring Torfaen	–	9,698	**9,698**
Blaenau Gwent	–	1,000	**1,000**
Blaenau Gwent Day Services	–	26,620	**26,620**
Mind supported self help consortium Wales	–	–	–
NCN Blaenau Gwent East and West	–	–	–
TCBC Communities for Work	–	17,998	**17,998**
Support costs	409,500	232,718	**642,218**
	1,162,036	1,950,223	**3,112,259**

10. Expenditure on charitable activities by fund type *(continued)*

Group and Charity	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Housing and central costs	922,084	–	922,084
MONMOUTHSHIRE			
Abergavenny Town Council	–	19,699	19,699
Case UK Active Monitoring	–	–	–
Chepstow Town Council	–	–	–
Garfield Western Foundation	–	4,167	4,167
GAVO	–	11,210	11,210
Monmouthshire County Council	23,446	59,500	82,946
Monmouth Town Council	–	–	–
Moondance Foundation	–	15,228	15,228
NEWPORT			
Children in Need - Youth Social Action Fund	–	24,275	24,275
Comic Relief Piece by	–	143,196	143,196
CYP Wellbeing Ambassadors Project	–	22,588	22,588
Mind Cymru Active Monitoring	–	41,468	41,468
Mind CYP Trauma Strategy Fund	–	–	–
Mind Money and Me	–	18,132	18,132
Mind small grants	–	6,261	6,261
Mind Wellbeing Advisors Children And Young People	–	113,617	113,617
Newport City Council Families First	–	119,848	119,848
Newport City Council Housing Support Grant	–	399,275	399,275
Newport City Council 'Our Community	–	–	–
Newport City Council Skills, training and wellbeing	–	91,141	91,141
PCC Police Community Fund Piece by Piece	–	–	–
Plant a seed	–	15,363	15,363
Promo Cymru / National Lottery Mind Our Futures	–	48,728	48,728
Ted Senior Foundation	–	7,240	7,240
WCVA - Wellbeing Ambassadors	–	30,341	30,341
WCVA Landfill Disposal Tax Communities Scheme	–	–	–
Welsh Government SVYWO	–	33,300	33,300
Whole School Approach	–	165,733	165,733
TORFAEN and BLAENAU GWENT			
Aneurin Bevan University Health Board Active Monitoring Torfaen	–	–	–
Blaenau Gwent	–	–	–
Blaenau Gwent Day Services	–	16,099	16,099
Mind supported self help consortium Wales	–	33,286	33,286
NCN Blaenau Gwent East and West	–	14,025	14,025
TCBC Communities for Work	–	14,067	14,067
Support costs	189,080	256,721	445,801
	1,134,610	1,724,508	2,859,118

The amounts above for the year to 31 March 2024 include six months activities of the merged charities. (See note on page 30).

11. Expenditure on charitable activities by activity type

Group and Charity

	Activities undertaken directly £	Support costs £	**Total funds 2025 £**	Total fund 2024 £
Housing and central costs	752,536	409,500	**1,162,036**	1,109,281
MONMOUTHSHIRE				
Abergavenny Town Council	12,696	1,000	**13,696**	21,574
Case UK Active monitoring	13,434	–	**13,434**	–
Chepstow Town Council	12,696	1,000	**13,696**	–
Garfield Western	25,426	740	**26,166**	4,167
GAVO	19,358	–	**19,358**	11,901
Monmouthshire County Council	482,436	43,465	**525,901**	93,782
Monmouth Town Council	12,696	1,000	**13,696**	–
Moondance	24,322	900	**25,222**	18,072
NEWPORT				
Children in Need - Youth Social Action	8,907	1,477	**10,384**	30,180
Comic Relief Piece by Piece	657	–	**657**	162,696
CYP Wellbeing Ambassadors Project	898	2,430	**3,328**	25,018
Mind Cymru Active Monitoring	–	–	**–**	66,860
Mind CYP Trauma Strategy Fund	20,649	–	**20,649**	–
Mind Money and Me	–	–	**–**	20,029
Mind small grants	13,503	–	**13,503**	6,261
Mind Wellbeing Advisors	6,938	3,236	**10,174**	123,327
Newport City Council Families First	130,578	46,800	**177,378**	178,264
Newport City Council Housing Support Grant	504,418	81,134	**585,552**	460,854
Newport City Council 'Our Community'	11,948	3,566	**15,514**	–
Newport City Council Skills, training and wellbeing	76,319	18,732	**95,051**	115,204
PCC Police Community Fund Piece by Piece	36,573	5,853	**42,426**	–
Plant a seed	–	–	**–**	17,527
Promo Cymru / National Lottery Mind Our Futures	51,860	8,016	**59,876**	56,744
Ted Senior Foundation	2,740	–	**2,740**	7,240
WCVA - Wellbeing Ambassadors	65,184	7,345	**72,529**	33,916
WCVA Landfill Disposal Tax Communities Scheme	779	–	**779**	–
Welsh Government SVYWO	34,667	–	**34,667**	33,300
Whole School Approach	92,507	6,024	**98,531**	185,444
TORFAEN and BLAENAU GWENT				
Aneurin Bevan University Health Board Active monitoring Torfaen	9,698	–	**9,698**	–
Blaenau Gwent	1,000	–	**1,000**	–
Blaenau Gwent Day Services	26,620	–	**26,620**	16,099
Mind supported self help consortium Wales	–	–	**–**	33,286
NCN Blaenau Gwent East and West	–	–	**–**	14,025
TCBC Communities for Work	17,998	–	**17,998**	14,067
	2,470,041	642,218	**3,112,259**	2,859,118

The amounts above for the year to 31 March 2024 include six months activities of the merged charities. (See note on page 30).

12. Analysis of support costs

Group and Charity

	Garfield Western	CYP Wellbeing Ambassadors project	Housing and central costs	Newport City Council Skills, training wellbeing	PCC Community &Fund by Piece	Police Piece	Newport City Council 'Our Community'	Mind Wellbeing Advisors	Moondance	Newport City Council Families First
	£	£	£	£	£		£	£	£	£
Staff costs	740	2,013	263,423	18,732	2,320		2,485	2,162	900	40,800
Premises	–	–	15,199	–	–		–	–	–	–
Communications and IT	–	–	4,203	–	–		–	–	–	–
General office	–	–	17,662	–	–		–	262	–	–
Governance costs	–	–	71,242	–	–		–	–	–	–
Travel	–	336	–	–	3,533		1,081	812	–	6,000
Repairs and renewals	–	81	37,771	–	–		–	–	–	–
	740	2,430	409,500	18,732	5,853		3,566	3,236	900	46,800

Group and Charity

	Whole School Approach	Promo Cymru/National Lottery Mind Our Futures	Monmouth-shire city council	Newport City Council Housing Support grant	WCVA Wellbeing Ambassadors	Children in Need - Youth Social Action	Town Councils	**Total 2025**	Total 2024
	£	£	£	£	£	£	£	**£**	£
Staff costs	4,055	4,593	40,728	48,330	7,345	1,346	3,000	**442,972**	336,562
Premises	–	–	–	–	–	–	–	**15,199**	13,451
Communications and IT	–	–	–	–	–	–	–	**4,203**	7,114
General office	–	540	395	–	–	–	–	**18,859**	13,127
Governance costs	–	–	1,126	–	–	–	–	**72,368**	7,500
Travel	1,969	2,640	1,216	32,804	–	131	–	**50,522**	68,047
Repairs and renewals	–	243	–	–	–	–	–	**38,095**	–
	6,024	8,016	43,465	81,134	7,345	1,477	3,000	**642,218**	445,801

13. Net (expenditure)

Group

Net (expenditure)/income is stated after charging/(crediting):

	2025 £	2024 £
Depreciation of tangible fixed assets	**85,124**	78,523
Fees paid to the auditor (Incl. VAT):		
• For the audit of the financial statements	**14,047**	13,384
• For non-audit services	**2,460**	4,833

Charity

Net (expenditure)/income is stated after charging/(crediting):

	2025 £	2024 £
Depreciation of tangible fixed assets	**79,386**	71,372
Fees paid to the auditor (Incl. VAT):		
• For the audit of the financial statements	**9,540**	9,177
• For non-audit services	**2,460**	4,833

14. Staff costs

Group

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025 £	2024 £
Wages and salaries	**2,588,985**	2,260,917
Social security costs	**214,731**	196,886
Employer contributions to pension plans	**116,986**	109,375
	2,920,702	2,567,178

During the year redundancy costs of £49,813 were incurred on the restructure following the merger.

The average head count of employees during the year was 98 (2024: 110). The average number of full-time equivalent employees during the year is analysed as follows:

	2025 No.	2024 No.
Number of management and administrative staff	**12**	12
Number of staff engaged on charitable activities	**70**	80
	82	92

The average numbers for the year to 31 March 2024 include six months of the merged charities.(See note on page 30).

14. Staff costs *(continued)*

Group *(continued)*

The number of employees whose remuneration for the year fell within the following bands, were:

	2025 No.	2024 No.
£60,000 to £69,999	**1**	–

Key Management Personnel

The key management personnel of the Charity are those persons having authority and responsibility for planning, directing and controlling the activities of the Charity, directly or indirectly, including any Trustee of the Charity. In addition to the Trustees, key management personnel includes 1 of the Principal Officers. Aggregate remuneration and benefits paid to key management personnel during the year amounted to £65,433 (2024: £62,627).

Charity

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025 £	2024 £
Wages and salaries	**2,263,354**	1,931,213
Social security costs	**189,975**	166,379
Employer contributions to pension plans	**99,164**	89,789
	2,552,493	2,187,381

During the year redundancy costs of £49,813 were incurred on the restructure following the merger.

The amounts above for the year to 31 March 2024 include six months activities of the merged charities. (See note on page 30).

The average head count of employees during the year was 84 (2024: 97). The average number of full-time equivalent employees during the year is analysed as follows:

	2025 No.	2024 No.
Number of management and administrative staff	**11**	11
Number of staff engaged on charitable activities	**57**	68
	68	79

The average numbers for the year to 31 March 2024 include six months of the merged charities.(See note on page 30).

The number of employees whose remuneration for the year fell within the following bands, were:

	2025 No.	2024 No.
£60,000 to £69,999	**1**	–

14. Staff costs *(continued)*

Charity *(continued)*

Key Management Personnel

The key management personnel of the Charity are those persons having authority and responsibility for planning, directing and controlling the activities of the Charity, directly or indirectly, including any Trustee of the Charity. In addition to the Trustees, key management personnel includes 1 of the Principal Officers. Aggregate remuneration and benefits paid to key management personnel during the year amounted to £65,433 (2024: £62,627).

15. Trustee remuneration and expenses

Group and Charity

During the year one trustee received £384 (2024: £386) in respect of expenses reimbursed. The trustee also volunteers for the organisation, the expenses were in respect of volunteer expenses. The weekly payments were made in accordance with the volunteering policy of the organisation.

16. Transfers between funds

Group and Charity

Net transfers detailed in note 24 relate to deficits made on certain projects during the year.

17. Tangible fixed assets

Group	Land and buildings £	Fixtures and fittings £	Equipment £	**Total £**
Cost				
At 1 April 2024	3,394,481	9,160	432,415	**3,836,056**
Additions	126,294	–	5,737	**132,031**
At 31 March 2025	3,520,775	9,160	438,152	**3,968,087**
Depreciation				
At 1 April 2024	920,888	9,159	407,072	**1,337,119**
Charge for the year	69,128	–	15,996	**85,124**
At 31 March 2025	990,016	9,159	423,068	**1,422,243**
Carrying amount				
At 31 March 2025	2,530,759	1	15,084	**2,545,844**
At 31 March 2024	2,473,593	1	25,343	2,498,937

17. Tangible fixed assets *(continued)*

Charity

	Land and buildings £	Fixtures and fittings £	Equipment £	**Total £**
Cost				
At 1 April 2024	3,394,481	9,160	392,107	**3,795,748**
Additions	126,294	–	–	**126,294**
At 31 March 2025	3,520,775	9,160	392,107	**3,922,042**
Depreciation				
At 1 April 2024	920,888	9,159	373,299	**1,303,346**
Charge for the year	69,128	–	10,258	**79,386**
At 31 March 2025	990,016	9,159	383,557	**1,382,732**
Carrying amount				
At 31 March 2025	2,530,759	1	8,550	**2,539,310**
At 31 March 2024	2,473,593	1	18,808	2,492,402

18. Investments

Charity

	Shares in group undertakings £
Cost	
At 1 April 2024 and 31 March 2025	**2**
Impairment	
At 1 April 2024 and 31 March 2025	**–**
Carrying amount	
At 31 March 2025	**2**
At 31 March 2024	2

All investments shown above are held at cost.

Subsidiaries and other investments

Investments represent the shares held in the trading subsidiary MHFA Wales Limited. The company was incorporated in England and Wales under the Companies Act 2006 on 1st April 2010. The surpluses of that company have been transferred to Mind in Gwent in accordance with the gift deed of covenant. The shares were transferred from Torfaen & Blaenau Gwent Mind on 2 October 2023.

The company owns 100% of the issued ordinary share capital of MHFA Wales Limited formerly known as Training in Mind Limited a company registered in England & Wales company number:07211462. Registered office address: Unit 1&3 1st Floor Church View, Ivor Street, Blaenavon, Pontypool NP4 9NA.

	2025 £	2024 £
Aggregate and Reserves	**197,357**	197,357
Profit for the financial year	**-**	2,507

19. Debtors

Group

	2025	2024
	£	£
Trade debtors	**268,817**	323,144
Prepayments and accrued income	**76,641**	124,800
Other debtors	**11,338**	15,612
	356,796	463,556

Charity

	2025	2024
	£	£
Trade debtors	**199,520**	270,893
Amounts owed by group undertakings	**57,688**	41,591
Prepayments and accrued income	**76,641**	124,800
Other debtors	**2,011**	2,111
	335,860	439,395

20. Creditors: amounts falling due within one year

Group

	2025	2024
	£	£
Bank loans	**147,447**	82,460
Trade creditors	**60,006**	57,494
Corporation Tax	**-**	2,266
Accruals and deferred income	**102,056**	126,340
Social security and other taxes	**62,494**	71,171
Other creditors	**46,207**	66,258
	418,210	405,989

Charity

	2025	2024
	£	£
Bank loans	**147,447**	82,460
Trade creditors	**56,088**	51,631
Accruals and deferred income	**90,532**	118,001
Social security and other taxes	**35,490**	45,963
Other creditors	**605**	-
	330,162	298,055

The bank loan is secured by a fixed charge over the assets owned by the charity.

21. Creditors: amounts falling due after more than one year

Group and Charity

	2025	2024
	£	£
Bank loans	**235,702**	382,320

The bank loan is secured by a fixed charge over the assets owned by the charity.

22. Deferred income

Group and Charity	2025 £	2024 £
Amount deferred in year	**45,355**	–

23. Pensions and other post retirement benefits

Group
Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £116,986 (2024: £109,375).

Charity
Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £99,164 (2024: £89,789).

24. Analysis of charitable funds

Unrestricted funds

Group	At 1 April 2024 £	Income £	Expenditure £	Transfers £	At 31 March 2025 £
General unrestricted	222,616	1,793,176	(1,865,368)	123,159	**273,583**
Designated (see below)	1,159,982	–	–	(92,091)	**1,067,891**
Designated - property	480,000	–	–	–	**480,000**
Monmouthshire Mind - Capital reserves on transfer	435,117	–	–	(16,037)	**419,080**
Monmouthshire Mind - Revenue reserves on transfer	492,927	–	–	(35,071)	**457,856**
	2,790,642	1,793,176	(1,865,368)	(20,040)	**2,698,410**

The designated unrestricted funds as at 31 March 2025 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £1,067,891
- Property as noted below £480,000

The Gwent Regional Partnership Board has agreed funding for seven new one bedroomed flats to be approved for Welsh Government Housing with Care funding based on a costing of an estimated cost of £1.6 million. The amount of funding that will be provided is subject to application of the Welsh Government's Standard Viability Model and it is likely Mind in Gwent will need to provide at least 30% of the total so is designating the remainder of unrestricted funding for this purpose.

24. Analysis of charitable funds *(continued)*

Unrestricted Group *(continued)*	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
General Unrestricted	–	2,344,735	(1,837,428)	(284,691)	222,616
Designated (see below)	1,225,115	–	–	(65,133)	1,159,982
Designated - property	–	–	–	480,000	480,000
Monmouthshire Mind - Capital reserves on transfer	–	435,117	–	–	435,117
Monmouthshire Mind - Revenue reserves on transfer	–	492,927	–	–	492,927
	1,225,115	3,272,779	(1,837,428)	130,176	2,790,642

The designated unrestricted funds as at 31 March 2024 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £1,159,982
- Property as noted below £480,000

The Gwent Regional Partnership Board has agreed funding for seven new one bedroomed flats to be approved for Welsh Government Housing with Care funding based on a costing of an estimated cost of £1.6 million. The amount of funding that will be provided is subject to application of the Welsh Government's Standard Viability Model and it is likely Mind in Gwent will need to provide at least 30% of the total so is designating the remainder of unrestricted funding for this purpose.

Charity **Unrestricted funds**	At 1 April 2024 £	Income £	Expenditure £	Transfers £	**At 31 March 2025 £**
General unrestricted	25,261	1,265,783	(1,337,975)	123,159	**76,228**
Designated (see below)	1,159,982	–	–	(92,091)	**1,067,891**
Designated - property	480,000	–	–	–	**480,000**
Monmouthshire Mind - Capital reserves on transfer	435,117	–	–	(16,037)	**419,080**
Monmouthshire Mind - Revenue reserves on transfer	492,927	–	–	(35,071)	**457,856**
	2,593,287	1,265,783	(1,337,975)	(20,040)	**2,501,055**

The designated unrestricted funds as at 31 March 2025 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £1,067,891
- Property as noted below £480,000

24. Analysis of charitable funds *(continued)*
Charity *(continued)*

The Gwent Regional Partnership Board has agreed funding for seven new one bedroomed flats to be approved for Welsh Government Housing with Care funding based on a costing of an estimated cost of £1.6 million. The amount of funding that will be provided is subject to application of the Welsh Government's Standard Viability Model and it is likely Mind in Gwent will need to provide at least 30% of the total so is designating the remainder of unrestricted funding for this purpose.

Charity

Unrestricted funds	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
General Unrestricted	–	1,579,722	(1,269,770)	(284,691)	**25,261**
Designated (see below)	1,225,115	–	–	(65,133)	**1,159,982**
Designated - property	–			480,000	**480,000**
Monmouthshire Mind - Capital reserves on transfer	–	435,117	–	–	**435,117**
Monmouthshire Mind - Revenue reserves on transfer	–	492,927	–	–	**492,927**
	1,225,115	2,507,766	(1,269,770)	130,176	**2,593,287**

The designated unrestricted funds as at 31 March 2024 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £1,159,982
- Property as noted below £480,000

The Gwent Regional Partnership Board has agreed funding for seven new one bedroomed flats to be approved for Welsh Government Housing with Care funding based on a costing of an estimated cost of £1.6 million. The amount of funding that will be provided is subject to application of the Welsh Government's Standard Viability Model and it is likely Mind in Gwent will need to provide at least 30% of the total so is designating the remainder of unrestricted funding for this purpose.

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are restricted for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities.

24. Analysis of charitable funds *(continued)*

Restricted funds

Group and Charity	At 1 April 2024 £	Income £	Expenditure £	Transfers £	At 31 March 2025 £
MONMOUTHSHIRE					
Abergavenny Town Council	(11,574)	15,000	(13,696)	10,270	–
Case UK Active Monitoring	–	15,997	(13,434)	–	**2,563**
Chepstow Town Council	–	15,000	(13,696)	(1,304)	–
Garfield Western Foundation	–	17,665	(26,166)	8,501	–
GAVO	5,062	13,338	(19,358)	958	–
Gwent Dementia	–	–	–	–	–
Mind Active Monitoring	7,080	–	–	(7,080)	–
Monmouthshire County Council	(2,233)	502,752	(495,664)	–	**4,855**
Monmouthshire County Council Rural project funding	5,897	9,000	(30,239)	15,342	–
Monmouth Town Council	–	15,000	(13,696)	(1,304)	–
Moondance Foundation	(119)	18,000	(25,222)	–	**(7,341)**
NEWPORT					
Children In Need - Youth Social Action Fund	10,624	–	(10,384)	(240)	–
Comic Relief Piece by Piece	(21,200)	16,979	(657)	4,878	–
Co-op allotment grant	–	1,343	(1,026)	–	**317**
First Give Grant	–	1,000	(1,000)	–	–
GAVO Newport	–	3,600	(3,600)	–	–
Mind - CYP Trauma Strategy Fund	–	20,000	(20,649)	–	**(649)**
Mind Active Monitoring	–	–	–	–	–
Mind Cost of Living	–	9,619	(2,250)	–	**7,369**
Mind CYP Wellbeing Ambassadors project	–	–	(3,328)	–	**(3,328)**
Mind Lived Experience & Equality Project 9	–	6,000	(5,625)	–	**375**
Mind Money and Me	–	–	–	–	–
Mind Peer Support Hub Project	–	–	–	–	–
Mind Small Grants	4,300	–	–	–	**4,300**
Mind Wellbeing Advisors Children and Young People	(5,108)	12,607	(10,174)	–	**(2,675)**
Natural Resource Wales Plant a seed	(14,138)	11,624	–	2,514	–
Newport City Council - Families First	–	177,254	(177,378)	124	–
Newport City Council - Our Voice Our Choice	2,157	–	–	(2,157)	–
Newport City Council Housing Support Grant	–	599,632	(585,552)	(14,080)	–
Newport City Council 'Our Community'	–	27,000	(15,514)	–	**11,486**
Newport City Council Skills, training and wellbeing	–	90,837	(95,051)	4,214	–
PCC Police Community Fund - Piece by Piece	–	41,187	(42,426)	1,239	–
Peer support hub project	–	–	–	–	–
Promo Cymru/ National Lottery- Mind Our Futures	18,537	60,000	(59,876)	–	**18,661**
Restricted fixed assets	283,000	–	–	(5,660)	**277,340**

24. Analysis of charitable funds *(continued)*

Restricted funds *(continued)*

Group and Charity *(continued)*	At 1 April 2024	Income	Expenditure	Transfers	At 31 March 2025
	£	£	£	£	£
Ted Senior Foundation	(1,801)	16,316	(2,740)	(11,775)	–
Vicars relief fund	–	865	–	–	**865**
WCVA Landfill Disposals Tax Communities Scheme	40,999	10,000	(779)	–	**50,220**
WCVA Wellbeing Ambassadors	43,878	44,952	(72,529)	–	**16,301**
Welsh Government SVYWO	–	40,748	(34,667)	(6,081)	–
Whole School Approach	61,420	56,768	(98,531)	–	**19,657**
TORFAEN and BLAENAU GWENT					
Aneurin Bevan University Health Board Active Monitoring Torfaen	–	16,000	(9,698)	–	**6,302**
Blaenau Gwent Council	–	1,000	(1,000)	–	–
BGCBC Day Services	2,471	37,140	(26,620)	–	**12,991**
Mind Supported self-help consortium Wales	(5,721)	–	–	5,721	–
NCN Blaenau Gwent East and West	(14,025)	–	–	14,025	–
TCBC Communities for work	4,105	11,958	(17,998)	1,935	–
	413,611	1,936,181	(1,950,223)	20,040	**419,609**

24. Analysis of charitable funds *(continued)*

Restricted funds *(continued)*

Group and Charity *(continued)*	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
MONMOUTHSHIRE					
Abergavenny Town Council	–	10,000	(21,574)	–	(11,574)
Chepstow Town Council	–	–	–	–	–
Case UK Active monitoring	–	–	–	–	–
Garfield Western Foundation	–	4,167	(4,167)	–	–
GAVO	–	16,963	(11,901)	–	5,062
Gwent Dementia	–	788	(788)	–	–
Mind Active Monitoring	–	23,579	(16,499)	–	7,080
Monmouthshire County Council	–	26,081	(28,314)	–	(2,233)
Monmouthshire County Council Rural project funding	–	46,036	(40,139)	–	5,897
Monmouth Town Council	–	–	–	–	–
Moondance Foundation	–	17,953	(18,072)	–	(119)
NEWPORT					
Children In Need - Youth Social Action Fund	19,003	21,801	(30,180)	–	10,624
Comic Relief Piece by Piece	64,516	76,980	(162,696)	–	(21,200)
Co- op allotment grant	–	–	–	–	–
First Give grant	–	–	–	–	–
GAVO Newport	–	–	–	–	–
Mind – CYP Trauma Strategy Fund	–	–	–	–	–
Mind Active Monitoring	–	47,158	(50,361)	3,203	–
Mind Cost of Living	–	–	–	–	–
Mind Co-op Resilience fund 'Systems Change'	–	–	–	–	–
Mind CYP Wellbeing Ambassadors project	(2,356)	30,159	(25,018)	(2,785)	–
Mind Lived Experience & Equality Project 9	–	–	–	–	–
Mind Money and Me	–	20,500	(20,029)	(471)	–
Mind Peer Support Hub Project	7,207	–	–	(7,207)	–
Mind Small Grants	–	9,773	(5,473)	–	4,300
Mind Wellbeing Advisors Children and Young People	32,973	85,246	(123,327)	–	(5,108)
Natural Resource Wales - Plant a seed	(5,486)	8,875	(17,527)	–	(14,138)
Newport City Council - Families First	–	177,206	(178,264)	1,058	–
Newport City Council - Our Voice Our Choice	2,157	–	–	–	2,157
Newport City Council Housing Support Grant	–	546,719	(460,854)	(85,865)	–
Newport City Council ' Our Community'	–	–	–	–	–
Newport City Council Skills, training and wellbeing	–	120,520	(115,204)	(5,316)	–
Promo Cymru/ National Lottery- Mind Our Futures	15,682	59,599	(56,744)	–	18,537
PCC Police Community Fund – Piece by Piece	–	–	–	–	–

24. Analysis of charitable funds *(continued)*

Restricted funds *(continued)* Group and Charity *(continued)*	At 1 April 2023	Income	Expenditure	Transfers	At 31 March 2024
	£	£	£	£	£
Restricted fixed assets	309,162	–	–	(26,162)	283,000
Ted Senior Foundation	–	5,439	(7,240)	–	(1,801)
Vicars relief fund	–	–	–	–	–
WCVA Landfill Disposals Tax Communities Scheme	–	40,999	–	–	40,999
WCVA Wellbeing Ambassadors	–	77,794	(33,916)	–	43,878
Welsh Government SVYWO	–	39,931	(33,300)	(6,631)	–
Whole School Approach	103,196	143,668	(185,444)	–	61,420
TORFAEN and BLAENAU GWENT					
Aneurin Bevan University Health Board Active Monitoring Torfaen	–	–	–	–	–
Blaenau Gwent Council	–	–	–	–	–
Blaenau Gwent Day Services	–	18,570	(16,099)	–	2,471
Mind Supported self-help consortium Wales	–	27,565	(33,286)	–	(5,721)
NCN Blaenau Gwent East and West	–	–	(14,025)	–	(14,025)
TGCBC Communities for work	–	18,172	(14,067)	–	4,105
	546,054	1,722,241	(1,724,508)	(130,176)	413,611

24. Analysis of charitable funds *(continued)*

MONMOUTHSHIRE

- **Abergavenny Town Council** – Funding allocated for delivering wellbeing courses specifically for the Abergavenny area.
- **Case UK Active Monitoring** – Funding for Active Monitoring employee support program
- **Chepstow Town Council** – Funding allocated for delivering wellbeing courses specifically for the Chepstow area.
- **Garfield Weston Foundation** – Supports the Active Monitoring self-help wellbeing program.
- **GAVO (Gwent Association of Voluntary Organisations)** – Funding for Monmouthshire's Active Monitoring program targeted at young people.
- **Gwent Dementia** – Dedicated to supporting patients with a diagnosis of dementia.
- **Mind** – Funding for the Active Monitoring self-help wellbeing program.
- **Monmouthshire County Council** – Social prescribing initiative to deliver wellbeing courses in the Monmouth area.
- **Monmouthshire County Council (Rural Project Funding)** – Supports wellbeing hours for farmers in rural areas.
- **Monmouth Town Council** – Funding allocated for delivering wellbeing courses specifically for the Monmouth area.
- **Moondance Foundation** – Provision of a Wellbeing Team Lead to ensure the continuity of wellbeing team services.

NEWPORT

- **Children In Need** - Youth Social Action Fund - An 18 month grant to empower children and young people in Newport to deliver Social Action in their community.
- **Comic Relief Piece by Piece** - Mental health support for young people aged 11-25 and their families who have recently experienced a trauma. Offering 1:1, group and community based support funded until 31st of December 2023.
- **Co-op allotment grant** – small grant to support activity on allotment wellbeing project
- **First Give Grant** – Funding received to support CYP services through the First Give Scheme
- **GAVO - Plant a seed** - Working with Natural Resources Wales this group will involve people cooking something new or visiting somewhere new and feeling inspired to do that again, with the help of Newport Mind funded until January 2024.
- **Mind – CYP Trauma Strategy Fund** – This project was funded by National Mind to co-develop a Trauma informed strategy with principles and guidance for staff working with young people. Our role was to work with other local minds to consult with young people and inform the development of the strategy.

24. Analysis of charitable funds *(continued)*

- **Mind – Lived Experience and Project 9** - This National Mind funded project focused on supporting our LGBTQ+ provision for young people and adults in Newport, to consult with the groups to enhance our understanding as an organisation as to the experiences of accessing support for individuals from the LGBTQ+ community.

- **Mind Active Monitoring** - Mind Active monitoring has now been retitled to Supported self-help and is a free, 6-week guided programme. We give you the materials to understand and manage your feelings. And we call you regularly to give you support. Funded until 31st of March 2024.

- **Mind – Cost of Living** – This project provides free, accessible information, advice and assistance for individuals struggling with their mental health, offering a safe and supportive first point of contact for anyone in need. Alongside emotional support and practical guidance, the service had a particular focus on winter fuel support, helping people navigate rising energy costs, access available grants, and develop strategies to stay warm and well throughout the colder months.

- **Mind - CYP Wellbeing Ambassadors Project** – The Wellbeing Ambassadors project was funded by the WCVA to provide volunteering opportunities for young people aged 14-25 in Mind in Gwent. This phase of the project was aimed at rolling out the volunteering framework to Monmouthshire and Blaenau Gwent and facilitating a Community of Practice based on volunteering opportunities for young people.

- **Mind Small Grants** - Small grants from Mind.

- **Mind Wellbeing Advisors Children and Young People** - The wellbeing advisers are here for young people aged 11-24 who are feeling down or worried. They can help young people find the right help. Then they'll catch-up with them further down the line to see how things are going.

- **Newport City Council - Families First** - The Family Wellbeing & Resilience service is part of the Families First scheme in Newport. Our role is to support those aged 0-18 year olds and their families to build and maintain resilience to mental health difficulties, funded until 31st of March 2025.

- **Newport City Council - Our Voice Our Choice** – a fund to help participants with personal budgeting support

- **Newport City Council Housing Support Grant** - Housing and tenancy support for people living in Newport Mind's supported accommodation and to people in the community, yearly funded.

- **Natural Resources Wales Plant a Seed** - This project combined a slow-cooker cooking group with an allotment initiative to promote food sustainability, community connection and improved mental health. Participants were supported to join Mind in Gwent's allotment group, grow their own produce, learning practical skills in growing, harvesting and understanding seasonal food. In the cooking group, they use slow cookers to prepare affordable, nutritious meals, building confidence in cooking on a budget and reducing reliance on expensive energy use. Alongside the practical elements, the project created a supportive, social environment where participants could connect with others, improve their wellbeing, and experience the therapeutic benefits of gardening and shared meals.

24. Analysis of charitable funds *(continued)*

- **Newport City Council Skills, training and wellbeing** - The funding is used to provide information, advice and assistance appointments to people contacting Newport Mind to find out what matters to them and what support they need. In addition the funding supports a wide range of activity and peer support groups, yearly funded.

- **Promo Cymru/ National Lottery** - Mind Our Futures - Mind our Future Gwent (MoFG) is a five year until August 2027 £999,888.00 National Lottery Community Funded project delivered by ProMo-Cymru and Newport Mind. Our project partners also include local Minds and youth services in Gwent. The programme aims to empower young people to create and implement a vision for a more resilient and mentally healthy future for young people in their community. Throughout the project, ProMo and Newport Mind will support young people to co-design and develop new solution-focused approaches to young people's mental health and resilience using service design methodology.

- **Mind Money and Me** – This project is a 6-week programme delivered 1:1 to individuals. It was specifically designed to offer tools and support in understanding the impact that money can have on mental health and wellbeing. Over the 6-week period we look at a variety of topics depending on what is important to the individual. These are more often focused on relationship with money, understanding how worry, uncertainty and anxiety can play a part. Funded by National Mind this was delivered to a number of groups and individuals over the course of the funding. Many conversations and interventions also took place in the local community, supporting anyone who had concerns or questions about how to manage their money.

- **Ted Senior Foundation** – funding to provide suicide prevention courses across Gwent during the year.

- **WCVA Landfill Disposals Tax Communities Scheme** -This fund seeks to improve the environment for communities near landfill sites, and granted us funding to install solar panels at our premises in Newport.

- **WCVA Wellbeing Ambassadors** - The Wellbeing Ambassador project, recruits, trains, and engages young volunteers aged 14-25 years across Gwent. The Wellbeing Ambassador project champions co-production and the participation of young people in all aspects of service design, delivery and evaluation; highlighting the power of the voice of young people and those with adverse experience and challenges, promoting the inclusion of young people's voices in governance roles within the organisation. As part of this work, we also facilitate a Community of Practice and continue the work of the Youth Voice Group to share learning and involve young people in Governance.

- **Welsh Government SVYWO** - The Strategic, Voluntary Youth Work Organisation Grant is a core services grant to support organisation in providing and developing youth work opportunities for young people aged 11 to 25. This unique grant only funds core staff costs to allow youth work to develop, flourish and embed in organisations. Over the last two years the SVYWO grant has allowed Newport Mind/Mind in Gwent to employ a Children, Young People and Families Manager to bring youth work practices to life in the organisation.

TORFAEN

- **Aneurin Bevan University Health Board Active Monitoring Torfaen** - Active Monitoring is an evidence-based mental health and wellbeing service. Active Monitoring aims to educates service users around their mental health and, wellbeing topics . It aims to give them the skills to understand and help manage their mental health with tips, techniques and strategies . The service was delivered in person in a group setting allowing service users to discuss their experiences with others in the community . The course was delivered over 6 sessions for a 2 hour session per week . The topic areas covered Anxiety and panic attacks , managing anger and Depression.

24. Analysis of charitable funds *(continued)*

- **Blaenau Gwent County Borough Council Day Services-** Open access to drop In provision in the borough of Blaenau Gwent. This funding provided by BGCBC supports the delivery of wellbeing services, offering information, advice and practical assistance through a Drop In model of service delivered from the Phoenix Project in Brynmawr.

- **TCBC Communities for Work Project (funded by Welsh Government through GAVO & BGCBC) -** This funding supports the delivery of advice and information to adults with a mental health condition in accessing or to return to training and education and work based opportunities across the county of Blaenau Gwent. The service is based at TBG Mind's Phoenix Project in Brynmawr.

- **NCN Blaenau Gwent East and West Supported Self Help Project** - This supports the delivery of an integrated 6 week intervention programme for adults with poor mental health who may be at or near a point of crisis. The service available for the community of Blaenau Gwent.

- **Torfaen County Borough Council** - Open access to drop In provision in the borough of Torfaen. This funding provided by TCBC supports the delivery of wellbeing services, offering information, advice and practical assistance through a Drop In model of service delivered from the Wellbeing Centre in Pontypool.

- **Supported Self Help Project (funded by National Mind) -** This supports the delivery of an integrated 6 week intervention programme for adults with poor mental health who may be at or near a point of crisis. The service available for the community of Torfaen and Blaenau Gwent

25. Analysis of changes in net debt

Group

	At 1 Apr 2024	Cash flows	**At 31 Mar 2025**
	£	£	£
Cash at bank and in hand	1,001,510	(159,226)	**842,284**
Debt due within one year	(82,460)	(64,987)	**(147,447)**
Debt due after one year	(382,320)	146,618	**(235,702)**
	536,730	(77,595)	**459,135**

Charity

	At 1 Apr 2024	Cash flows	**At 31 Mar 2025**
	£	£	£
Cash at bank and in hand	755,474	(144,118)	**611,356**
Debt due within one year	(82,460)	(64,987)	**(147,447)**
Debt due after one year	(382,320)	146,618	**(235,702)**
	290,694	(62,487)	**228,207**

26. Analysis of net assets between funds

Group	Tangible fixed assets	Net current assets	Total 2025
Restricted funds:	£	£	£
Monmouthshire			
Case UK Active Monitoring	-	2,563	2,563
Monmouthshire County Council	-	4,855	4,855
Moondance Foundation	-	(7,341)	(7,341)
Newport			
Co-op allotment grant	-	317	317
Mind - CYP Trauma Strategy Fund	-	(649)	(649)
Mind Cost of Living	-	7,369	7,369
Mind CYP Wellbeing Ambassadors project	-	(3,328)	(3,328)
Mind Lived Experience & Equality Project 9	-	375	375
Mind Small Grants	-	4,300	4,300
Mind Wellbeing Advisors Children and Young People	-	(2,675)	(2,675)
Newport City Council 'Our Community'	-	11,486	11,486
Peer support hub project	-	–	–
Promo Cymru/ National Lottery- Mind Our Futures	-	18,661	18,661
Restricted fixed assets	277,340	-	277,340
Vicars relief fund	-	865	865
WCVA Landfill Disposals Tax Communities Scheme	-	50,220	50,220
WCVA Wellbeing Ambassadors	-	16,301	16,301
Whole School Approach	-	19,657	19,657
TORFAEN			
Aneurin Bevan University Health Board Active Monitoring Torfaen	-	6,302	6,302
BGCBC Day Services	-	12,991	12,991
	277,340	142,269	419,609
Unrestricted:			
Unrestricted Funds	1,849,424	(27,950)	1,821,474
Unrestricted – Monmouthshire Capital funds	419,080	-	419,080
Unrestricted – Monmouthshire Revenue funds	-	457,856	457,856
	2,268,504	429,906	2,698,410
Total Funds	2,545,844	572,175	3,118,019

26. Analysis of net assets between funds *(continued)*

Group	Tangible fixed assets	Net current assets	Total 2024
	£	£	£
Restricted Funds:			
Monmouthshire			
Abergavenny town council	-	(11,574)	(11,574)
GAVO	-	5,062	5,062
Mind Active monitoring	-	7,080	7,080
Monmouthshire County Council	-	(2,233)	(2,233)
Monmouthshire County Council Rural Project	-	5,897	5,897
Moondance	-	(119)	(119)
Newport			
Children in Need – Youth Social Action fund	-	10,624	10,624
Comic Relief Piece by Piece	-	(21,200)	(21,200)
Plant a seed	-	(14,138)	(14,138)
Mind Small grants	-	4,300	4,300
Mind Wellbeing Advisors Children and young people	-	(5,108)	(5,108)
Newport City Council – Our voice our choice	-	2,157	2,157
Promo Cymru / National Lottery – Mind our futures	-	18,537	18,537
Restricted Fixed Assets – Welsh Government	283,000	-	283,000
Ted Senior Foundation	-	(1,801)	(1,801)
WCVA Landfill Disposals Tax Communities Scheme	-	40,999	40,999
WCVA Wellbeing Ambassadors	-	43,878	43,878
Whole School Approach	-	61,420	61,420
Torfaen			
NCN Blaenau Gwent and West	-	(14,025)	(14,025)
Mind Supported self-help consortium Wales	-	(5,721)	(5,721)
BGCBC Communities for Work	-	4,105	4,105
Day Services Blaenau Gwent	-	2,471	2,471
	283,000	130,611	413,611
Unrestricted			
Unrestricted Funds	1,780,820	81,778	1,862,598
Unrestricted – Monmouthshire Capital funds	435,117	-	435,117
Unrestricted – Monmouthshire Revenue funds	-	492,927	492,927
	2,215,937	574,705	2,790,642
Total Funds	2,498,937	705,316	3,204,253

26. Analysis of net assets between funds *(continued)*

Charity	Tangible fixed assets	Net current assets	Total 2025
Restricted funds:	£	£	£
Monmouthshire			
Case UK Active Monitoring	-	2,563	2,563
Monmouthshire County Council	-	4,855	4,855
Moondance Foundation	-	(7,341)	(7,341)
Newport			
Co-op allotment grant	-	317	317
Mind - CYP Trauma Strategy Fund	-	(649)	(649)
Mind Cost of Living	-	7,369	7,369
Mind CYP Wellbeing Ambassadors project	-	(3,328)	(3,328)
Mind Lived Experience & Equality Project 9	-	375	375
Mind Small Grants	-	4,300	4,300
Mind Wellbeing Advisors Children and Young People	-	(2,675)	(2,675)
Newport City Council 'Our Community'	-	11,486	11,486
Peer support hub project	-	–	–
Promo Cymru/ National Lottery- Mind Our Futures	-	18,661	18,661
Restricted fixed assets	277,340	-	277,340
Vicars relief fund	-	865	865
WCVA Landfill Disposals Tax Communities Scheme	-	50,220	50,220
WCVA Wellbeing Ambassadors	-	16,301	16,301
Whole School Approach	-	19,657	19,657
TORFAEN			
Aneurin Bevan University Health Board Active Monitoring Torfaen	-	6,302	6,302
BGCBC Day Services	-	12,991	12,991
	277,340	142,269	419,609
Unrestricted:			
Unrestricted Funds	1,842,892	(218,773)	1,624,119
Unrestricted – Monmouthshire Capital funds	419,080	-	419,080
Unrestricted – Monmouthshire Revenue funds	-	457,856	457,856
	2,261,972	239,083	2,501,055
Total Funds	2,539,312	381,352	2,920,664

26. Analysis of net assets between funds *(continued)*

Charity	Tangible fixed assets	Net current assets	Total 2024
	£	£	£
Restricted Funds:			
Monmouthshire			
Abergavenny town council	-	(11,574)	(11,574)
GAVO	-	5,062	5,062
Mind Active monitoring	-	7,080	7,080
Monmouthshire County Council	-	(2,233)	(2,233)
Monmouthshire County Council Rural Project	-	5,897	5,897
Moondance	-	(119)	(119)
Newport			
Children in Need – Youth Social Action fund	-	10,624	10,624
Comic Relief Piece by Piece	-	(21,200)	(21,200)
Plant a seed	-	(14,138)	(14,138)
Mind Small grants	-	4,300	4,300
Mind Wellbeing Advisors Children and young people	-	(5,108)	(5,108)
Newport City Council – Our voice our choice	-	2,157	2,157
Promo Cymru / National Lottery – Mind our futures	-	18,537	18,537
Restricted Fixed Assets – Welsh Government	283,000	-	283,000
Ted Senior Foundation	-	(1,801)	(1,801)
WCVA Landfill Disposals Tax Communities Scheme	-	40,999	40,999
WCVA Wellbeing Ambassadors	-	43,878	43,878
Whole School Approach	-	61,420	61,420
Torfaen			
NCN Blaenau Gwent and West	-	(14,025)	(14,025)
Mind Supported self-help consortium Wales	-	(5,721)	(5,721)
BGCBC Communities for Work	-	4,105	4,105
Day Services Blaenau Gwent	-	2,471	2,471
	283,000	130,611	413,611
Unrestricted			
Unrestricted Funds	1,774,285	(109,042)	1,665,243
Unrestricted – Monmouthshire Capital funds	435,117	-	435,117
Unrestricted – Monmouthshire Revenue funds	-	492,927	492,927
	2,209,402	383,885	2,593,287
Total Funds	2,492,402	514,496	3,006,898

27. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

Group	2025	2024
	£	£
Not later than 1 year	10,080	13,505
Later than 1 year and not later than 5 years	–	5,138
Later than 5 years	–	4,000
	10,080	22,643

Charity	2025	2024
	£	£
Not later than 1 year	1,080	4,505
Later than 1 year and not later than 5 years	–	5,138
Later than 5 years	–	4,000
	1,080	13,643

28. Limitation of auditors liability

Group and Charity

By way of a members' resolution dated 18 December 2024, the company has agreed to enter into a limited liability agreement with its auditors whereby their exposure to legal claims is limited to £50,000 per claim.

29. Related parties

Group and Charity

The company was under the control of the Trustees throughout the current and previous year.

Charity

The company owns 100% of the issued ordinary share capital of MHFA Wales Limited formerly known as Training in Mind Limited a company registered in England & Wales company number:07211462. Registered office address: Unit 1&3 1st Floor Church View, Ivor Street, Blaenavon, Pontypool NP4 9NA. The shares were transferred from Torfaen & Blaenau Gwent Mind on 2 October 2023. As at 31 March 2025 a donation of £57,688 was gifted to the charity from the wholly owned subsidiary MHFA Wales Limited in accordance with the deed of covenant.

As at 31 March 2025 the subsidiary MHFA Wales Limited owed the charity £57,688 (2024:41,591).

Mind in Gwent

England & Wales - Charity number 1036964

Accounts

COMPANY REGISTRATION NUMBER: 02916027
CHARITY REGISTRATION NUMBER: 1036964

Mind in Gwent

Company Limited by Guarantee

Financial Statements

31 March 2024

WALTER HUNTER & CO LIMITED
Chartered accountants & statutory auditor
.24 Bridge Street
Newport
South Wales
NP20 4SF

Mind in Gwent

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2024

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Mind in Gwent

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2024

The trustees, who are also the directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31 March 2024.

Reference and administrative details

Registered charity name	Mind in Gwent
Charity registration number	1036964
Company registration number	02916027
Principal office and registered office	100-101 Commercial Street Newport Gwent NP20 1LU
The trustees	N Thorneycroft - Chair Mrs L Cooper Ms B T Davies Mr A Sutton Mr P Felkin (Retired 30 September 2023) Mr C Gough (Retired 16 July 2023) P Harkness (Appointed 30 September 2023, Retired 19 May 2024) Mr J Jones (Retired 25 September 2023) H Leonard (Retired 30 September 2023) P Marsh-Jenks (Appointed 30 September 2023, Retired 14 October 2024) Ms T Beggs (Retired 10 May 2023) E Boswell (Appointed 5 June 2024) J Chung (Appointed 5 June 2024)
Auditor	Mr Jonathan Rhodes BSc BFP FCA (Senior Statutory Auditor) Walter Hunter & Co Limited Chartered accountants & statutory auditor 24 Bridge Street Newport South Wales NP20 4SF
Bankers	Royal Bank of Scotland 32-33 Commercial Street Newport Gwent NP20 1SS
Solicitors	Harding Evans Queens Chambers 2 North Street Newport NP20 1TE

Structure, governance and management

Nature of the Governing Document and constitution of the charity

The company is limited by guarantee and its governing documents are its Memorandum and Articles of Association.

The Methods Adopted For The Recruitment And Appointment Of New Trustees

New trustees are nominated by the membership and elected at the Annual General Meeting.

The policies and procedures adopted for the induction and training of Directors Trustees are provided with an induction pack and their responsibilities are outlined to them by the Chief Executive Officer. The first Trustees meeting of each New Year is used to explain the responsibilities and the procedures of their new role. There are occasional training courses provided to Trustees on their legal status and responsibilities.

The Organisational Structure Of The Charity And How Decisions Are Made

The Trustees meetings, when quorate, is the decision making body of the organisation and is responsible for the overall governance and policy direction of the organisation. The Trustees delegate operational and day to day management of the organisation to the Chief Executive Officer and staff.

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are designated for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent (formerly Newport Mind) only.

Membership Of A Wider Network

Mind in Gwent is affiliated to Mind (the National Association for Mental Health), the Gwent Mental Health Alliance, Gwent Association of Voluntary Organisations and the Local Voluntary Sector Compact with Newport City Council. Mind in Gwent works in partnership with Caerphilly Borough Mind.

Relationships With Other Groups, Charities And Individuals

The charity works closely with other organisations in the field of mental health including other Mind groups and other charities. We also have close partnerships with a variety of departments in the Statutory Sector including Housing Benefit Agencies, Social Services, Probation Service, GP's and hospitals.

The Major Risks To Which The Charity Is Exposed And Reviews And Systems To Mitigate Risks

The charity relies almost entirely on grant income, and so continuation of funding and sustainability always has to be considered. In an attempt to mitigate this risk the charity is diversifying its income streams and investigating ways to generate income from the provision of services or through a social enterprise. The Directors receive regular reports on the financial situation of the charity and the operational plan includes measures to begin the process of securing income from sources other than statutory funders or grants.

Structure, governance and management ***(continued)***

The Name Of The Chief Executive Officer And Other Senior Staff Members To Whom Day To Day Management Of The Charity Is Delegated By The Charity Directors

David Bland	Chief Executive Officer
Seran Davies	Director of Services Appointed (appointed December 2023)
Darren Pritchard	Director of Finance and Organisational Support (appointed January 2024)

Public Benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charities aims and objectives and in planning future activities.

Objectives And Activities

A summary of the objects of the charity as set out in its governing document

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of mental distress requiring advice or treatment in Wales.

To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

The charity's aims including the changes or differences it seeks to make through its activities

Our Vision

We won't give up until everyone experiencing a mental health problem gets both support and respect.

Our Purpose

We are Mind in Gwent

We connect minds

We bring people together to make change in their communities.

We support minds

We deliver life-changing support.

We change minds

We speak out and demand better from policymakers and the public.

We're here to fight for mental health.

For support. For respect. For you.

Structure, governance and management *(continued)*

Our fundamentals

- Our work will always respond to the needs and preferences of people with mental health problems.
- We put people first. So our work isn't defined by mental health diagnoses.
- We are committed to anti-racism.
- The Mind federation supports people across England and Wales. We also work closely with partners in Scotland and Northern Ireland.
- We're focused on supporting people all people with mental health problems regardless of age, children, young people, adults and older people

Strategic Goals
A: Staying Well Goal
Support the people most likely to develop mental health problems, to stay well.

B: Empowering choice
Empower people who experience a mental health problem to make informed choices about how they live and recover.

C: Improving services and support
Ensure people get the right services and support at the right time to help them recover from/live with a mental health problem.

D: Enabling social participation
Open the doors to people with lived experience participating fully in society.

E: Removing inequality of opportunity
Gain equality of treatment for people with mental health problems who experience multiple discrimination.

F: Organisational excellence
Our vision is of a thriving Newport Mind which achieves excellence to give people with mental health problems local support and a voice.

The above strategic goals set the framework for the development of more specific aims and objectives for the day to day operations of Mind in Gwent so that it can deliver:

- High quality services
- Focused on recovery
- Achieving positive outcomes for people with mental health problems
- Services and opportunities to meet the needs of more people from a wider range of backgrounds, ages and communities
- Greater awareness of the services that Mind in Gwent offers and how to access them

Mind in Gwent
Mind in Gwent was formed on the 1st of October 2023 from the joining together of Newport Mind Association, Mind Monmouthshire and Torfaen and Blaenau Gwent Mind. Newport Mind remained in existence changing its name to Mind in Gwent with new articles of association with Mind Monmouthshire and Torfaen and Blaenau Gwent transferring staff, assets, funding etc. into Mind in Gwent.

Structure, governance and management *(continued)*

Newport Mind, Mind in Gwent

1. Operating Context

1.1. Completion of building renovations at Newport Mind's Commercial Street location was delayed due to lift repairs following water damage. Staff and services began moving back to the building in late May to early June.

1.2. Building upgrades included:

1.2.1. Relocating the reception area to the ground floor and re-orientating lift access through reception instead of the planned community restaurant,

1.2.2. Upgrading the first floor with high-quality, purpose-built counselling rooms, one-to-one meeting spaces, a training room, an activity room, and a sanctuary space,

1.2.3. Preparing the ground floor for future redevelopment as a community restaurant,

1.2.4. Updating lift and electrical systems to support both the new community restaurant and a future additional floor.

1.3. A launch event was held in September, attended by the Lord Mayor, Members of the Senedd, local partners, staff, and service users.

1.4. Newport Mind staff effectively handled the transition from temporary facilities back to the renovated building.

1.5. Staff continued utilising Zoom, Microsoft Teams, and phone calls to maintain connections with clients both individually and in groups, producing accessible resources such as booklets, short films, and newsletters.

1.6. Newport City Council (NCC) sustained funding for Wellbeing and Information, Advice, and Assistance (IAA) services. Ongoing discussions aim to ensure these services align with the goals of the Housing Support Grant, especially in providing information, advice, and support to reduce housing-related issues for residents.

1.7. Newport Mind has transitioned its Counselling service to a paid model, with some low-cost places available for individuals on means-tested benefits, replacing the free service that had been offered during the pandemic.

1.8. Newport Mind secured increased funding for its Families First service through a successful tender process with NCC.

1.9. NCC also increased funding for services supported by the Housing Support Grant.

1.10. Newport Mind used remaining funds from Mind (the national charity), along with financial support from NCC and schools, to continue the Whole School Approach project.

1.11. Ongoing funding from Comic Relief and the Paul Hamlyn Foundation supported two projects focused on Children and Young People.

Structure, governance and management *(continued)*

1.12. The overall operating context remains challenging, with reduced funding opportunities, increased competition for available funding, and fewer mental health services available for the public, which has in turn increased demand for services provided by Mind in Gwent.

1.13. Mind Cymru, in partnership with local Minds across Wales, secured additional funding to deliver an online version of Active Monitoring, a free six-week guided self-help program designed to help individuals better understand and manage their emotions.

2. Organisation (Goal F)

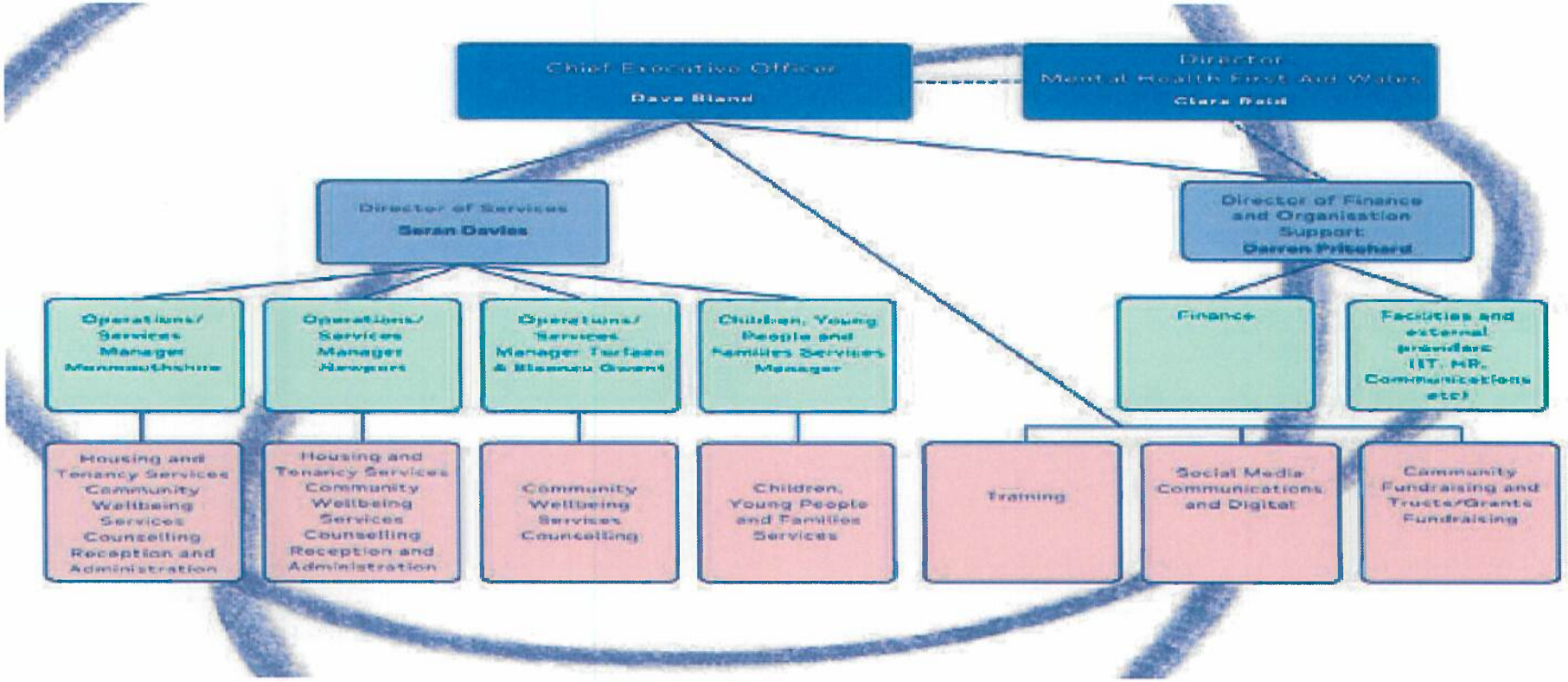
2.1. Newport Mind's staff, along with a smaller number of volunteers, are organised into five main service areas. These areas receive strategic and operational support from the Chief Executive Officer, Director of Services and the Director of Finance and Organisational Support.

The Receptionist and Caretaker roles have now been integrated into the Community Wellbeing Team. The five service areas are:

1. Information, Advice and Assistance (IAA) and Community Wellbeing Team 2. Counselling
3. Housing and Tenancy Support
4. Children, Young People and Families
5. Sustainability and Growth

2.2. The Information, Advice and Assistance (IAA) and Community Wellbeing Team is led by the Operations Manager. In the Counselling service, the Lead Counsellor has increased their working hours to meet service needs. The Housing and Tenancy Support and Children, Young People and Families services each have designated managers or lead coordinators to oversee day-to-day operations and service delivery. (Refer to the organisational chart on page 8 for further details.)

Structure, governance and management *(continued)*



Objectives and activities

3. IAA and Community Wellbeing Services (Goals A, B,C, D, E and F)

3.1. During the building renovations, our group activities were held at alternative locations to accommodate participants.

3.2. At the Salvation Army in the City Centre, we hosted:

- Women's Group
- Men's Group
- Art Group
- Craft Group
- Relaxation sessions

3.3. We organised two Walking Groups:

- Tredegar Park Walking Group
- Riverfront Walking Group

3.4. Our Allotment Group took place at the Ladyhill allotments in East Newport.

3.5. At St Mary's Church on Wharf Road, we conducted a Cooking and Lunch Club as part of the Plant a Seed Project.

3.6. After returning to our renovated building, we resumed all of the above activities in a more comfortable, permanent space. The Cooking Club concluded with a Christmas lunch, and reports were sent to Natural Resources Wales, as it had been part of a broader initiative that included walking groups, visits to green spaces, and the allotment program.

3.7. In collaboration with the Gwent Association of Voluntary Organisations, we participated in environmental activities at the Transporter Bridge, including gardening and litter-picking efforts.

3.8. For the Women's Peace Petition centenary, we contributed through history, art, and craft sessions celebrating this milestone.

3.9. Additionally, we launched Evening Groups:

- Chrysalis Transgender Group, managed by a volunteer
- Afterwork Group, staffed by rotating team members

3.10. Over the financial year, we recorded 3,603 group attendances.

3.11. Information, Advice, and Assistance (IAA) Services:

- Following the Covid lockdown, we reduced our waiting list by providing an IAA call to all clients. We aimed to prevent waitlist build up after reopening.

- By April 2023, while using temporary buildings and some home-based work arrangements, we awaited completion of renovations at 100 Commercial Street, with reopening postponed to August/September 2023.

- With no dedicated IAA worker, appointments were handled by the Wellbeing Team and Operations Manager. Despite the team's temporary staffing, clients were offered an appointment within two weeks. We provided 607 appointments, with 520 attended-mostly by self-referred individuals.

Objectives and activities *(Continued)*

Reception staff facilitated referrals for services including counselling, group activities, supported self-help, or external support, such as CAB or Dewis CIL. Clients received regular newsletters and updated timetables.

4. Housing and Tenancy Support (Goals B, C, D, & F)

4.1. Our Housing and Tenancy Support Service assists both mental health clients and EU citizens under the Housing Support Grant (HSG) contract. Service delivery is aligned with contract requirements, and feedback from stakeholders and Supporting People has consistently been positive. We maintain a referral response time of one month for non-urgent cases, with a triage system for urgent needs.

4.2. While the pandemic shifted us to remote support methods like phone, WhatsApp, and Facebook, we continue using various modes to meet client preferences. Our Facebook platform is particularly effective for EEA migrant clients, offering multi-language support. We have resumed face-to-face support, implementing health precautions to safeguard vulnerable clients.

4.3. Supporting People funded two projects targeting high-risk groups, including frequent A&E visitors and vulnerable families. Following funding cuts in April 2022, we retained one key worker by reallocating her role within the Housing and Tenancy Support team, enabling flexible referrals and case management.

4.4. Our support workers have adopted hybrid working arrangements, splitting responsibilities between home and community settings, which has enhanced service adaptability and client satisfaction. Investment in remote work tools has been essential for maintaining this flexibility.

4.5. With rising living costs, food parcels and Discretionary Assistance Fund allocations remain crucial, and we ensure clients access all eligible benefits and grants. While DWP services have resumed in-person support, GP access remains a challenge, though gradually improving.

4.6. The Housing and Supporting People Services Manager oversees tenancy support, ensuring compliance with HSG funding requirements and maintaining low vacancy rates in supported accommodations. Proactive measures are in place to minimise rental debt.

4.7. In addition to managing tenant support, the Housing and Tenancy Support Manager supervises cleaning and catering staff for supported properties and addresses practical issues, from tenancy management to maintenance. The addition of a Deputy Manager has been instrumental in managing workload and maintaining operational continuity.

4.8. Our four supported properties, managed in collaboration with Pobl, face challenges such as single-glazed windows and damp conditions in some houses. We are working with Pobl on extensive maintenance plans, including temporary tenant relocations for necessary repairs.

4.9. Pobl's strategic plan involves transitioning from older properties to self-contained accommodations, but no suitable properties are currently available.

4.10. Through a partnership with Melin Housing Association and Newport City Council, we anticipate managing a newly renovated six-bed supported accommodation project. Set for completion in May 2025, this project will expand our supported accommodation capacity, with set-up costs covered by HSG funding.

Objectives and activities *(Continued)*

4.11. The project encountered planning delays and community concerns regarding traffic and potential anti-social behaviour. We addressed these concerns through community engagement, providing information to alleviate residents' worries. The project is nearing completion and aims to address significant local needs for mental health-related temporary accommodations.

4.12. In February 2019, Newport Mind launched its own supported housing initiative by purchasing a two-flat property, offering long-term housing for four individuals. This acquisition has contributed to both our financial sustainability and local housing needs for vulnerable populations.

4.13. This investment has increased property value, created additional revenue, and offered long-term housing options for individuals who might otherwise face temporary accommodations.

4.14. The European Economic Migrant Support Service, integrated into Newport Mind in 2019, provides tenancy and housing support for EU citizens and is part of the Housing Support Grant. This team creatively collaborates with schools to support migrant children and their families.

4.15. Our EEA Migrant Support team comprises three staff members (two support workers and one coordinator), including a newly recruited part-time worker fluent in Romanian, Hungarian, and Italian, funded by additional NCC hours to meet demand.

4.16. The team's language skills are a vital asset, especially for hard-to-reach communities with significant barriers to accessing support. Since recruiting a Romanian-speaking staff member, referrals within the Romanian community have increased substantially. However, a maternity leave absence has limited service capacity, as efforts to find a temporary replacement have been unsuccessful.

5. Children, Young People & Family Service

5.1. Family Wellbeing & Resilience Service (FWRS)

Family Wellbeing & Resilience Service was successful in being awarded the tender for the continuation and extension of the service from April 1st 2023 for two years with the possibility of further extensions to the contract at the end of the two years.

The Family Wellbeing & Resilience Service continue to be part of the SPACE Wellbeing panel, which includes outside agencies and statuary services. We act as a standalone service within the SPACE Wellbeing Partnership. The whole of the CYPF team services are offer through the SPACE Wellbeing panel.

The team has had an influx of previous clients contacting for advice / crisis support. We feel this demonstrates that families felt they can trust our services and are well equipped to enlist support / guidance when needed.

This is a fundamental principal of Resilience Theory, which we practice in our delivery. Those who have accessed our services in crisis have been given 1-to-1 support and signposted to crisis services, with us providing handover sessions. We anticipate that the longer-term impacts of the pandemic will continue into next year and years to come.

Objectives and activities *(Continued)*

	Number of attendances	Number of sessions	Number of different people	People - hours	Total length of work records
Total	936	412	128	1170:20	483:30

5.2 Wellbeing Ambassadors

The Wellbeing Ambassador project trained 24 new Wellbeing Ambassadors during this reporting period.

In total, 5 support groups to young people were delivered, lasting 6 weeks each, reaching 35 young people.

The project also delivered 2 PEERS training sessions to a total of 10 professionals, with positive feedback received.

The Wellbeing Ambassador lead podcast 'In One Ear Out The Other' recorded and released 12 episodes during this time frame, with recordings mainly taking place at the University of Wales, Newport building.

The project underwent a change in staff member, with the CYPF Service Manager filling in for service delivery. This was managed with the engagement of the volunteers in mind, ensuring that there were consistent meetings with staff and regular contact with known staff members, to encourage familiarity with multiple members of staff on the CYPF team.

The Wellbeing Ambassadors continued to engage in governance opportunities in partnership with the CYPF Service Manager in the form of the Youth Voice Group, although delivery of this was intermittent in response to staff capacity.

5.3 Children in Need

The Children in Need project started in January '23, with the aim of recruiting 14-18 year old volunteers to provide a space for 5 - 12 year olds to be able to talk about their own wellbeing, improving their emotional literacy and resilience, and providing positive role models to this age group. The project continued throughout this financial year and delivered the figures below for attendances, sessions, individuals worked with etc. The project did have gaps due to staff leaving and new staff starting.

	Number of attendances	Number of sessions	Number of different people	People - hours	Total length of work records
Total	267	59	46	549:55	95:40

Objectives and activities *(Continued)*

5.4 Mind Our Future Gwent

The Mind Our Future Gwent project is a partner project with Promo Cymru, funded by the National Lottery, led by Promo Cymru and Mind in Gwent.

Other partners involved are the Local Mind Associations in Caerphilly, Monmouthshire, Torfaen and Blaenau Gwent, as well as Youth Services in Torfaen, Blaenau Gwent, Newport, Monmouthshire and Caerphilly

During this reporting time, the recruitment of two workers to be part of this project from Mind in Gwent was successfully undertaken and work began on the project objectives, which began with establishing the partnership and working relationship with Promo Cymru. This was supported by the CYPF Service Manager and involved attending partnership meetings and outlining the project timeline.

Further into the provision of the project, the two workers at Mind in Gwent recruited 10 young people, aged 16 - 24, to work as Peer Researchers, providing a youth-led approach to research and development during the discovery phase of the project. This was achieved through establishing relationships with the youth services across Gwent and developing and delivering workshops to organisations that work with young people, to promote the project and opportunities to become involved.

5.5 Piece by Piece

The Piece-by-Piece project has been running since August 2020, with a 3 and half year funding grant, however due to various factors the project was able to continue until the end of March 2024.

A significant effort was put into trying to secure funding to sustain the good work of the project sadly this met with limited success and funding was secured from the Police and Crime Commissioner for one member of staff to continue.

The project ran with reduced staffing levels towards the end of the project as staff moved to other projects or left to pursue opportunities outside of Newport Mind. Despite the reduction in staff the project still managed to support 158 young people, see below for further details.

	Number of attendances	Number of sessions	Number of different people	People - hours	Total length of work records
Total	1879	819	158	2158:14	857:07

5.6 Whole School Approach/BOOST

Newport City Council reduced the funding that it provided to the project due to the availability of funding from the Welsh Government, notably from Covid recovery funding, NCC continued to provide funding for the Emotionally Based Schools Avoidance (EBSA).

Funding continued to be provided for mental health practitioners by some secondary schools, the pupil referral unit and Coleg Gwent but overall there was a reduction in the number of days of staff time that could be provided to support children and young people via the project.

Objectives and activities *(continued)*

	Number of attendances	Number of sessions	Number of different people	People - hours	Total length of work records
Total	2333	1114	310	2210:20	1052:40

Emotionally Based Schools Avoidance (EBSA)

Emotionally-based school avoidance project supports children and young people who struggle to attend school due to emotional difficulties, such as, for example, social anxiety and impact of trauma. It also provides support for families and educates professionals on the latest findings in the field of EBSA research and efficient support strategies.

EBSA project provided 1-2-1 support to young people aged 10 to 18 years. EBSA project lead developed and delivered virtual training sessions to provide professionals from educational organisations and support services with information on EBSA, how to recognise the signs and triggers, and how to support young people and families.

EBSA project lead also set up a peer-support group for parents and carers and in January 2023 first EBSA adult volunteers were recruited and trained, 8 volunteers were trained in total. They have since become an integral part of service delivery to parents and care givers, planning and organising regular in-person meet-ups and being involved in development of new ideas for the project.

5.7 Wellbeing Advisers

The wellbeing adviser project was in co-production with National Mind at the beginning of the year. This was a new pilot project that was being produced with young people and professionals at Mind. The main aim of this new project was to get young people's voices heard and help develop a support pathway that would work for them and their individual needs.

Once co-production was done it was time to recruit 3 new members of staff. A wellbeing adviser coordinator and 2 wellbeing advisers this was done in December 2022.

The new members of staff joined Mind in Gwent in January 2023 and began to map out all of the internal and external organisations that the advisers could refer young people to in developing their support pathway. The advisers then began delivery of the project in the beginning of March 2023 and the project continued until the end of February 2024.

The project saw 238 young people from the 1st of April 2022 until the end of the project and more detail is in the table below.

	Number of attendances	Number of sessions	Number of different people	People - hours	Total length of work records
Total	3308	1653	238	9493:00	4742:20

Objectives and activities *(continued)*

5.8 Children, Young People & Families (CYPF) Service Manager

This role is responsible for line management of the Coordinators on the CYPF projects at Mind in Gwent and contributes to the ongoing sustainability of Children & Young People's services across Gwent as part of the Minds in Gwent merger, supporting the overall Mind strategy.

The role has over the financial year

- Provided supervision and support to the managers/coordinators of the Children, Young People and Families (CYPF) Services at Mind in Gwent.
- Managed risk to the organisation by overseeing all CYPF services and ensuring that all policies/ procedures and training are up to date and reviewed as needed.
- Acted as a central point of contact for all referral queries from service users and professionals, and coordinate referrals both through Changing Minds and the SPACE Wellbeing Panel.
- Acted as a central point for managing safeguarding practice within Mind in Gwent, supporting managers/ coordinators of the CYPF team to ensure best practice standards beyond basic induction training.
- Lead on strategy for the CYPF team at Mind in Gwent, linking with the National Mind Strategy golden thread for CYP work.
- Provided support in the merger of the Minds in Gwent, sharing knowledge and experience of implementing services and developing relevant policies and procedures and to roll out the Wellbeing Ambassador project.
- Identified and sourced funding and opportunities for Children & Youth People's services for Mind in Gwent and across Gwent, in collaboration with local Mind's in Torfaen, Monmouthshire and Blaenau Gwent as part of the merger.

5.9 CYPF Strategy

During the reporting period, we have worked towards the three Golden threads listed in the National Mind strategy in the following ways:

5.10 Fighting for the Mental Health of People in Poverty

We have continued to engage in the Single Point of Access to Childrens Emotional (SPACE) Wellbeing Panel, a cross Newport multi-organisational partnership between Aneurin Bevan University Health Board and Newport's Families First scheme partners, which assesses needs and refers children, young people and families to the right organisation to suit their needs at the right time. This panel benefits from focusing on supporting families who live within poverty and is attended by organisations who specialise in support children, young people and families in poverty, and provides information on how partnership organisations can do the same.

The implementation of the Wellbeing Advisers project has contributed to this thread of the strategy, through its focus on engaging with young people experiencing poverty and supporting our continued involvement with the SPACE panel.

We successfully applied for the Families First and Whole School Approach projects, to continue to reach the most deprived young people in Newport and through this, we have ensured that organisations across Newport are aware of our services, and understand the referral process for their young people.

Objectives and activities *(continued)*

5.11 Becoming a Proudly Anti-Racist Organisation:

We have worked to diversify the Wellbeing Ambassadors, ensuring it is accessible to all, and encouraged Wellbeing Ambassador driven social action to address mental health stigma through the funding from the Children in Need project. We have implemented learning from the Systems Change project to ensure that we are working to be as inclusive and accessible as possible.

Through the Piece by Piece project, we have built links with organisations which support ethnically diverse communities specifically across Newport, such as KidCare4U.

We have adjusted our recruitment strategies and materials to make roles more accessible and targeted to communities that are underrepresented in our workforce, by reducing the length of the applications by limiting the number of specifications listed in adverts.

5.12 Supporting Young People, with a Focus on Trauma:

We have delivered the Piece by Piece project and have been focusing on capturing the impact and reach of this project, to inform funding applications for sustainable funding for this work. We have also engaged with working groups facilitated by the Health Board and consultation events with National Mind, to develop ideas and service delivery for young people experiencing trauma.

We have continually kept a record of referrals and make a note of trauma related referrals and continue to be aware of the impact of Covid-19 as a trauma for young people.

Training opportunities for staff have been shared to upskill members of the CYPF team in trauma informed approaches and skills and experience, in the form of best practice, have been shared at CYPF training days.

6 Counselling

6.1 Counselling In Mind

6.1.1 The "Counselling in Mind" service has been operating for two years as a fully self-funded initiative. Although it will take time to establish sustainable revenue streams and reach a break-even point, the service has expanded to include counselling for children and young people. As part of its development, all sessions have fully transitioned to in-person formats

6.1.2 In response to rising living costs, fees increased as of April 1, 2023. Full-paying clients now pay £45 (up from £40), while clients paying discounted rates saw an increase from £10 to £15. Staffing consists of one full-time lead counsellor, one part-time permanent counsellor, and two bank counsellors. To support affordable session rates and offset costs, volunteer trainee placement counsellors continue to be utilised, with discounted-rate clients seeing placement counsellors and full-fee clients seeing qualified counsellors. Children and young people sessions also rose to £45 per session and are conducted by a part-time qualified counsellor.

6.2 Placements

6.2.1 Volunteer counsellors make up the majority of the team, requiring substantial resourcing and management. Approximately seven volunteers are on placement at any given time, with ongoing turnover as trainees complete their placements and new trainees are brought on board. Typically, one new applicant is interviewed monthly. In addition to line management, volunteer support includes risk management oversight.

Objectives and activities *(continued)*

6.3 Local Employer

6.3.1 The service continued its contract with a large local employer, offering time-limited (8-week) in-house counselling to staff. The fee for these sessions also increased from £40 to £45 as of April 1, 2023, with an average of 37 sessions provided monthly. Due to the employer's needs, counselling for their staff remains available via telephone or Zoom.

6.3.2 The monthly breakdown of paid sessions is demonstrated in the attached table:

Month	Number of paid client sessions
April	182
May	184
June	181
July	184
August	194
September	175
October	155
November	181
December	184
January	187
February	197
March	181

As most sessions took place in the building, 99% of payments were made as clients arrived in the reception. We still have the issue of reclaiming non- attendance sessions.

6.4 Marketing

6.4.1 Growth in the counselling service has primarily been achieved through referrals from existing networks and general brand awareness, with minimal marketing. Information about the counselling service on the website has been refined and clarified. The plan for next year is to invest in proactive marketing efforts to further boost revenue.

6.5 Children and Young People (CYP)

6.5.1 The counselling service has established a small offering for children and young people (CYP) over the past year, with plans to expand it further. Leveraging knowledge and experience from the CYPF department, this initiative aims to address a notable gap in local statutory services for young people. Managed by the Lead Counsellor, the self-funded service offers counselling to local residents and employers at two different rates. Operating five days a week, clients receive between 12 and 52 weekly sessions. Within the Greater Mind Health Consortium (GMHC), Mind in Gwent received the highest number of counselling referrals and provided the most sessions. The service typically includes 6 to 10 placement counsellors, each seeing a minimum of three clients per week.

Objectives and activities *(continued)*

7 Central Team

7.1. The Operations Manager continues to oversee IT, Facilities Management, HR software administration, and Caretaking services, enabling the Finance team to concentrate on financial management and reporting for the organisation.

7.2. Regular risk assessments have been conducted and reviewed throughout the year, focusing on safe working practices, managing building occupancy, and ensuring compliance with relevant Health and Safety guidelines.

7.3. The organisation's phone system now fully supports remote and home working, enhancing flexibility for staff.

7.4. The Finance team has made ongoing improvements to systems and processes to support sound financial management. In addition, they have provided expertise to help, along with other teams, in identifying and implementing cost-saving measures where feasible.

7.5. Payroll processes are under continuous review, with updates to the New Starter procedures to align with the latest Right to Work legislation. To mitigate risks, payroll processing was outsourced to a third party in June 2022. The Finance Managers remains responsible for verifying all payroll changes, while the outsourced company processes payroll on Sage Payroll.

7.6. Central Team staff costs are partly funded through existing grants and contracts. Any shortfalls are covered by unrestricted income, such as revenue from housing.

8 Sustainability and Growth

8.1 At the beginning of the financial year the team were still without a Sustainability and Growth Manager as recruitment had been paused whilst merger discussions progressed. There are plans to recruit into this role in 2024/2025.

8.2 The team currently consists of a full-time Training Coordinator, a part-time Community Fundraising Coordinator, a part-time Trusts and Grants Fundraising Coordinator and a Social Media, Communications and Digital Worker and were line managed by the CEO on interim basis.

9 Finances and Budgets

9.1 **Finances**

Mind in Gwent currently has a total reserves of £3,006,898 At the end of 2023 - 2024. During the year a considerable investment into the premises at 100-101 Commercial Street was approved by the Board.

9.2 **Reserves**

The reserves policy has been updated to allow for significant investment in the building and is based on 3 months running costs as opposed to six months. The Trustees have indicated that over time the organisation should return to having reserves to reflect six months running costs.

Objectives and activities *(continued)*

9.3 Reporting

Mind in Gwent Trustees continue to receive a regular finance report at their meetings. The finance report provides up to date information on income and expenditure on all projects against their budgets allowing Trustees to exercise their financial responsibilities. The report was developed within the financial year to include forecasting. In addition, a cash flow forecast is now produced monthly for Board oversight as well as to assist senior managers on decision making

9.4 Budgets

A budget have been set for all services currently provided in line with the funding provided and contractual obligations.

9.5 Income Generation

The proposed development of the premises provides the opportunity to develop a number of revenue streams, from the social enterprise, paid for services, room rental and, if it proves feasible, from the accommodation on additional floor. The timescales on the funding for developing the building and the actual development of the building means that income is likely to only be generated from 2023.

10 Review of Charitable Activities Undertaken By the Charity.

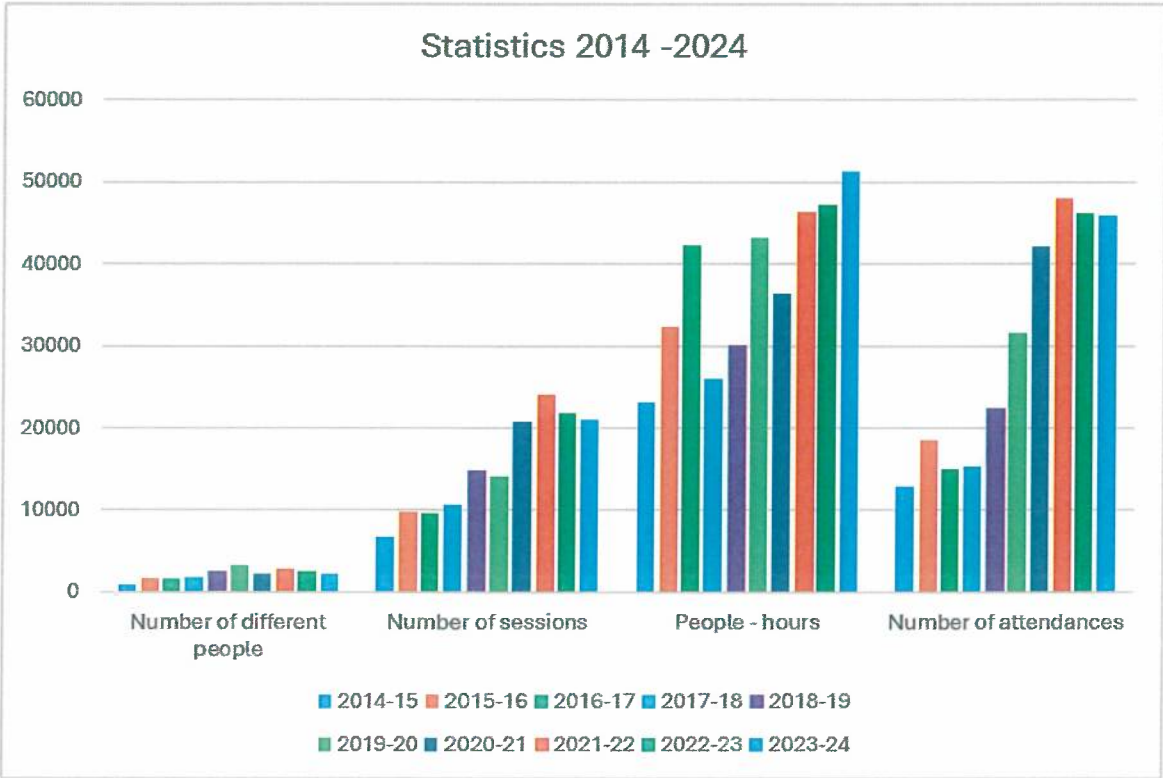
10.1 The table below shows the total work completed by Newport Mind in the last year compared to the last ten years.

10.2 The figures are only indicative as there are so many changes year to year that it makes comparison difficult and that is particularly true over the last year due to only returning to the Commercial Street offices in May/June because of the building work which has affected different services in different ways.

10.3 The number of people seen has decreased by 12% over last year and is due to the reduction in services that have been provided. However, this does not paint an accurate picture as all the remaining services have seen an increase in demand for their services, however with less services and staff we are able to see less people.

Measure	Number of different people	Number of sessions	People - hours	Number of attendances
2014-15	952	6752	23121.37	12937
2015-16	1621	9688	32338.49	18560
2016-17	1637	9621	42214.6	14994
2017-18	1844	10613	25978.04	15337
2018-19	2606	14835	30129.25	22352
2019-20	3343	14134	43198.15	31569
2020-21	2211	20756	36415.02	42196
2021-22	2760	24086	46341.57	48044
2022-23	2570	21823	47203.43	46264
2023-24	2296	21007	51351.53	45858
% Difference 22/23 and 23/24	-12%	-4%	8%	-1%

Objectives and activities *(continued)*



Achievements and performance

mind Monmouthshire

Outcomes During Financial Year April 2023 - March 2024

Mind Monmouthshire is an independent local mental health charity serving the community for 40+ years.

Housing and Tenancy Support Team

4 supported independent homes.
Housing up to **28** people.

16,963 hours of 1:1 support provided.

180 people supported to maintain their tenancy and independent living.

14 clients under 25.

We have helped **32** people secure accommodation that were previously homeless.

£531k+ Benefit income and grants obtained.

£36k+ Debt Write Off/Reduction.

Benefits Advice

115 clients supported.

Over **£1.6m** in benefits income awarded.

£92k+ Backdated benefit from MR and tribunals.

Supported Self-Help Programme

"I have been guided at my own pace."

238 people have received support.

1,201 sessions of self-help delivered.

The most popular topics were anxiety and depression.

"This is the first time I have ever had support like this and I wouldn't hesitate to contact you again in the future if I needed to."

Supported Self-Help Programme for Young People at Monmouth Comprehensive (Sept 2023 to March 2024)

82 young people received support.

362 session of 1:1 supported self-help.

55% of all sessions focus was on anxiety.

Rural Workers Project

60 people received support.

"I have seen the doctors for medication, counsellors for mental health, but only the RWP came to my house and helped with the issues that were causing the problems."

374 hours of information and advice delivered at Raglan Livestock Market.

Counselling

96 clients.

559 subsidised or free counselling sessions provided.*

9 student placements.

*Free sessions delivered under contract with Case UK.

1-to-1 support (Information & Advice, Social Prescribing)

861 people supported.

responding to over **2,000+** concerns.

Walk and Talk Group

77 walk and talk sessions across Abergavenny, Chepstow and Monmouth.

mind in Gwent

01873 858275 info@mindmonmouthshire.org.uk @mindmonmouthshire @mindinmon

Achievements and performance *(continued)*

Torfaen and Blaenau Gwent Mind Wellbeing Services

Selection of Activities	Torfaen	Blaenau Gwent
Visits	1674	1100
1:1 Supported Self Help	161	86
1:1's	393	306
Food parcels	175	17
Warm hub	325	208
Outreach	77	NA
Gardening	NA	214
Music Group	NA	221
Signposting	947	724
Art&Craft	365	321

Over 2023-2024 both centres have been busy with a high number of visits, 1:1's and people requesting a varied amount of community support/services. The SSH service have higher numbers in Torfaen although in BG this was a part-time position.

In Torfaen there has been a high demand for food parcels from people either financially struggling to people that are homeless. For the homeless we also have been providing shower and washing facilities as there have been no other support services providing this in Torfaen.

The Warmhub grants have been providing a safe warm place for people to attend one day a week with a free hot beverage and a biscuit. The outreach based at the Salvation Army has been providing mental health support to people attending and the volunteers.

11 Fundraising Activities

11.1 The charity relies on grant aid from the donors identified in the accounts, whose support is valued. Newport Mind, Mind in Gwent has invested in a Community Fundraising Coordinator and Trusts and Grants Coordinator to increase income generation and fundraising particularly in relation to the proposed developments of the premises.

11.2 Investment performance achieved against investment objectives set

11.3 Investment income disclosed in the accounts is interest received on the charity's bank accounts. The charity has no other investments.

12 Factors Relevant To The Achievement Of The Charity's Objectives

12.1 Most of the organisation's income is currently received in the form of grants or contracts which are the subject of service level agreements or other restrictions governing the related expenditure. It has therefore been necessary to ensure that each project has a clear trail which includes an element of core costs and general management.

13 Financial Review

13.1 Policies on reserves

13.2 Over the years the charity has sought to achieve reserves of:-

13.2.1 Six months continuation of service calculated using current year income, however in light of the work on the building the Board of Trustees decided to temporarily move to three months of continuation of service which is £831,968.97.

13.2.2 Redundancy payments for staff should the charity cease to continue to provide an individual service or ceases to provide any services £318,013.45, calculation does not include payments in lieu of notice as the financial situation means that the organisation will provide notice instead of pay.

13.2.3 'Pump Priming' of new projects to allow emergency funds, pending new funding being arranged £10,000.

13.2.4 The Gwent Regional Partnership Board has agreed funding for seven new one bedroomed flats to be approved for Welsh Government Housing with Care funding based on a costing of an estimated cost of £1.6 million. The amount of funding that will be provided is subject to application of the Welsh Government's Standard Viability Model and it is likely Mind in Gwent will need to provide at least 30% of the total so is designating the remainder of unrestricted funding for this purpose.

The total figure required would be £1,639,982

13.2.5 The Trustees have indicated that over time the organisation should return to having reserves to reflect six months running costs.

13.3 Restricted Reserves

13.4 The principal funding sources of the charity are by way of grant and contract income from a number of agencies and are summarised as follows:

13.4.1 Newport City Council Housing Support Grant	£546,719
13.4.2 Newport City Council Social Services SLA	£120,520
13.4.3 Newport City Council Families First Project	£177,206

13.5 A detailed analysis is shown in note 6 to the accounts.

14 The charity also received rental income in respect of its housing projects of £690,321 (2023: £352,187).

15 All sources of funding were expended to meet the charity's objectives to support and inform people with mental health problems.

16 Availability and adequacy of assets of each of the funds

16.1 The board of Trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

17 Transactions and Financial position

17.1 The group and charity financial statements are set out on pages 30 to 34. The financial statements have been prepared implementing the 2005 Revision of the Statement of Recommended Practice for Accounting and Reporting by Charities issued by the Charity Commission for England and Wales (effective April 2005) and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008). As stated in the introduction to this report, the Trustees consider the financial performance by the charity during the year to have been satisfactory.

17.2 The Consolidated Statement of Financial Activities show net incoming resources for the year of a revenue nature of £3,405,882 charity £2,832,119 (2023: charity £2,083,245).

17.3 The total reserves at the year-end stand at group £3,204,253 charity £3,009,405 (2023: charity £1,771,169).

18 Specific changes in fixed assets

18.1 Changes in fixed assets are shown in detail in the note 19 to the accounts.

Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Auditor

Each of the persons who is a trustee at the date of approval of this report confirms that:

- so far as they are aware, there is no relevant audit information of which the charity's auditor is unaware; and
- they have taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

The auditor is deemed to have been re-appointed in accordance with section 487 of the Companies Act 2006.

The trustees' annual report and the strategic report were approved on 18 December 2024 and signed on behalf of the board of trustees by:

Andrew Sutton

N Thorneycroft - Chair
Trustee

Mr A Sutton
Trustee

Mind in Gwent

Company Limited by Guarantee

Independent Auditor's Report to the Members of Mind in Gwent

Year ended 31 March 2024

Opinion

We have audited the financial statements of Mind in Gwent (the 'charity') for the year ended 31 March 2024 which comprise the statement of financial activities (including income and expenditure account), statement of financial position, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- By enquiring with senior management and those charged with governance all area of risk identified were considered and any potential litigation or claim, if any, were noted

- Ensuring by enquiry that there were no issues of non-compliance with laws and regulations relating to tax and compliance

- By obtaining an understanding of the company's policies and procedures on compliance with laws and regulations, and with best accounting practice

- Noting issues discussed with Directors and the Senior Management Team as this relates to risks faced by the company

- Reviewing information received from the company's solicitors, if any and discussing their contents with the Directors

- Reviewing disclosures in the financial statements and testing to supporting documentation to assess compliance with applicable laws and regulations

- Auditing the risk of management overrides of controls including testing journal entries and other adjustments for appropriateness and evaluating the business rationale of significant transactions outside the normal course of business

Through these procedures, we did not become aware of actual or suspected non-compliance.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.

- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

J Rhodes

Mr Jonathan Rhodes BSc BFP FCA (Senior Statutory Auditor)

For and on behalf of
Walter Hunter & Co Limited
Chartered accountants & statutory auditor
24 Bridge Street
Newport
South Wales
NP20 4SF

18 December 2024

Mind in Gwent

Company Limited by Guarantee

Consolidated Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2024

	Note	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Income and endowments					
Donations and legacies	5	60,099	–	**60,099**	35,905
Charitable activities	6	906,508	1,722,241	**2,628,749**	1,930,780
Other trading activities	7	711,216	–	**711,216**	99,212
Investment income	8	5,818	–	**5,818**	554
Other income	9	–	–	–	16,794
Total income		1,683,641	1,722,241	**3,405,882**	2,083,245
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	10	–	–	–	30,572
Costs of other trading activities	11	700,552	–	**700,552**	87,887
Expenditure on charitable activities	12,13	1,134,610	1,724,508	**2,859,118**	1,793,942
Total expenditure		1,835,162	1,724,508	**3,559,670**	1,912,401
Tax on Profit in subsidiary		2,266	–	**2,266**	–
Net income		(153,787)	(2,267)	**(156,054)**	170,844
Transfers between funds		130,176	(130,176)	–	–
Transfers from merged charities		1,589,138	–	**1,589,138**	–
Net movement in funds		1,565,527	(132,443)	**1,433,084**	170,844
Reconciliation of funds					
Total funds brought forward		1,225,115	546,054	**1,771,169**	1,600,325
Total funds carried forward		2,790,642	413,611	**3,204,253**	1,771,169

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

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are designated for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent (formerly Newport Mind) only.

Mind in Gwent

Company Limited by Guarantee

Charity Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2024

	Note	Unrestricted funds £	2024 Restricted funds £	Total funds £	2023 Total funds £
Income and endowments					
Donations and legacies	5	101,690	–	**101,690**	35,905
Charitable activities	6	906,508	1,722,241	**2,628,749**	1,930,780
Other trading activities	7	97,704	–	**97,704**	99,212
Investment income	8	3,976	–	**3,976**	554
Other income	9	–	–	–	16,794
Total income		1,109,878	1,722,241	**2,832,119**	2,083,245
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	10	–	–	–	30,572
Costs of other trading activities	11	131,562	–	**131,562**	87,887
Expenditure on charitable activities	12,13	1,134,610	1,724,508	**2,859,118**	1,793,942
Total expenditure		1,266,172	1,724,508	**2,990,680**	1,912,401
Net income		(156,294)	(2,267)	**(158,561)**	170,844
Transfers between funds		130,176	(130,176)	–	–
Transfers from merged charities		1,394,290	–	**1,394,290**	–
Net movement in funds		1,368,172	(132,443)	**1,235,729**	170,844
Reconciliation of funds					
Total funds brought forward		1,225,115	546,054	**1,771,169**	1,600,325
Total funds carried forward		2,593,287	413,611	**3,006,898**	1,771,169

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

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are designated for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent (formerly Newport Mind) only.

Mind in Gwent

Consolidated Company Limited by Guarantee

Statement of Financial Position

31 March 2024

	Note	2024 £	2024 £	2023 £
Fixed assets				
Tangible fixed assets	19		2,498,937	1,668,122
Current assets				
Stocks		28,559		–
Debtors	22	463,556		225,412
Cash at bank and in hand		1,001,510		514,107
		1,493,625		739,519
Creditors: amounts falling due within one year	23	405,989		110,510
Net current assets			1,087,636	629,009
Total assets less current liabilities			3,586,573	2,297,131
Creditors: amounts falling due after more than one year	24		382,320	525,962
Net assets			3,204,253	1,771,169
Funds of the charity				
Restricted funds			413,611	546,054
Unrestricted funds			2,790,642	1,225,115
Total charity funds	26		3,204,253	1,771,169

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are designated for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent (formerly Newport Mind) only.

These financial statements were approved by the board of trustees and authorised for issue on 18 December 2024, and are signed on behalf of the board by:

Andrew Sutton

N Thorneycroft - Chair
Trustee

Mr A Sutton
Trustee

Mind in Gwent

Company Limited by Guarantee

Charity Statement of Financial Position

31 March 2024

	Note	2024 £	2024 £	2023 £
Fixed assets				
Tangible fixed assets	19		2,492,402	1,668,122
Investments	20		2	–
			2,492,404	1,668,122
Current assets				
Debtors	22	439,395		225,412
Cash at bank and in hand		755,474		514,107
		1,194,869		739,519
Creditors: amounts falling due within one year	23	298,055		110,510
Net current assets			896,814	629,009
Total assets less current liabilities			3,389,218	2,297,131
Creditors: amounts falling due after more than one year	24		382,320	525,962
Net assets			3,006,898	1,771,169
Funds of the charity				
Restricted funds			413,611	546,054
Unrestricted funds			2,593,287	1,225,115
Total charity funds	26		3,006,898	1,771,169

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are designated for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent (formerly Newport Mind) only.

These financial statements were approved by the board of trustees and authorised for issue on 18 De[illegible] signed on behalf of the board by:

N Thorneycroft - Chair
Trustee

Mr A Sutton
Trustee

The notes on pages 35 to 66 form part of these financial statements.

Mind in Gwent

Company Limited by Guarantee

Consolidated Statement of Cash Flows

Year ended 31 March 2024

	2024 £	2023 £
Cash flows from operating activities		
Net income	**1,433,084**	170,844
Adjustments for:		
Transfer of assets	**(594,680)**	-
Stock	**(28,559)**	-
Depreciation of tangible fixed assets	**78,523**	36,743
Other interest receivable and similar income	**(5,818)**	(554)
Interest payable and similar charges	**38,465**	12,341
Accrued (income)/expenses	**91,671**	326
Changes in:		
Trade and other debtors	**(238,144)**	(43,892)
Trade and other creditors	**134,532**	(192,158)
Cash generated from operations	**909,074**	(16,350)
Interest paid	**(38,465)**	(12,341)
Interest received	**5,818**	554
Net cash from/(used in) operating activities	**876,427**	(28,137)
Cash flows from investing activities		
Purchase of tangible assets	**(314,658)**	(912,800)
Net cash used in investing activities	**(314,658)**	(912,800)
Cash flows from financing activities		
Proceeds from borrowings	**(74,366)**	251,512
Net cash (used in)/from financing activities	**(74,366)**	251,512
Net increase/(decrease) in cash and cash equivalents	**487,403**	(689,425)
Cash and cash equivalents at beginning of year	**514,107**	1,203,532
Cash and cash equivalents at end of year	**1,001,510**	514,107

The notes on pages 35 to 66 form part of these financial statements.

Mind in Gwent

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2024

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 100-101 Commercial Street, Newport, Gwent, NP20 1LU.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity, rounded to the nearest pound.

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are designated for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent (formerly Newport Mind) only.

Going concern

There are no material uncertainties about the charity's ability to continue.

Consolidation

The Financial Statements consolidate the Financial Statements of Mind in Gwent and its subsidiary undertaking as at 31 March 2024.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

3. **Accounting policies** *(continued)*

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

Any proposed transfer between funds would be considered on the particular circumstances.

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- Legacy income is recognised when receipt is probable and entitlement is established.
- Income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- Income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

Other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

3. Accounting policies *(continued)*

Income tax

As a registered charity, the charity is exempt from income tax to the extent that its income and gains are applicable to charitable purposes only. Value added tax is not recoverable by the charity and is therefore included in the relevant costs in the Statement of Financial Activities.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Tangible assets

All fixed assets are initially recorded at cost.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Improvements to property	-	2% p.a. straight line
Housing equipment	-	33% p.a. straight line
Head office equipment	-	20% to 33% p.a. straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

3. Accounting policies *(continued)*

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Retirement benefits

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

The charity also participates in the Pensions Trust's Growth Plan, a defined benefit scheme which is externally funded and is not contracted out of the State Second Pension. This is a multi-employer pension plan. It is not possible in the normal course of events to identify on a reasonable and consistent basis the share of underlying assets and liabilities belonging to individual participating employers. The Plan is a multi-employer scheme, where the assets are co-mingled for investment purposes, and benefits are paid out of the Plan's total assets. Accordingly, due to the nature of the Plan, the accounting charge for the period represent the employer contribution payable. Where a scheme is in deficit and where the charity has agreed to a deficit funding agreement, a liability is recognised for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The unwinding of the discount rate is recognised as a cost in the Statement of Financial Activities.

Multi employer pension scheme
As at 30 September 2023 the liability was settled by Monmouthshire Mind and Torfaen and Blaenau Gwent Mind any future liability will be settled by Mind in Gwent as guarantor and is set out in note 17, the company participates in the scheme, a multi-employer scheme. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in note 17. The discount rates used are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

Estimates are used in determining the pension costs and liabilities incorporated in the financial statements. The assumptions reflect historical experience and judgement regarding future expectations.

4. Limited by guarantee

The charity is incorporated under the Companies Act 2006 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter.

There are 6 members of the company (2023:9).

5. Donations and legacies

Group and Charity	Unrestricted Funds £	Restricted Funds £	**Total Funds 2024 £**
Donations	60,099	–	60,099

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations	35,905	–	35,905

The amounts above for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent only.

6. Charitable activities

Group and Charity	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Rental income (including Housing Benefit)	690,321	–	**690,321**
MONMOUTHSHIRE			
Abergavenny Town Council	–	10,000	**10,000**
Garfield Western	–	4,167	**4,167**
GAVO	–	16,963	**16,963**
Gwent Dementia Grant	–	788	**788**
Mind Active Monitoring	–	23,579	**23,579**
Monmouth City Council Rural Project Funding	–	46,036	**46,036**
Monmouthshire County Council Contract	–	26,081	**26,081**
Monmouthshire County Council Supported housing	202,336	–	**202,336**
Moondance	–	17,953	**17,953**
Rhondda Cynon Taff	4,342	–	**4,342**
NEWPORT			
Children in Need - Youth Social Action fund	–	21,801	**21,801**
Co - op	–	882	**882**
Comic Relief - Piece by Piece	–	76,980	**76,980**
CYP Wellbeing Ambassadors Project	–	30,159	**30,159**
DWP Kickstart	–	–	**–**
Gabor Nagy St Martin	–	141	**141**
GAVO Plant a seed	–	–	**–**
Home Office EU Settlement Scheme Grant	–	–	**–**
Mind - Support with merger	7,109	–	**7,109**
Mind Active Monitoring	–	47,158	**47,158**
Mind Co-op Resilience Fund 'Systems Change'	–	–	**–**
Mind Expert Advisory panel	2,400	–	**2,400**
Mind Money and Me	–	20,500	**20,500**
Mind Peer Support Hub Project	–	–	**–**
Mind Wellbeing Advisors - Children and Young People	–	85,246	**85,246**
Minds in Gwent Connector grant	–	–	**–**
National Grid Warm Community Matters	–	7,500	**7,500**
Natural resource Wales	–	8,875	**8,875**
Newport City Council - Early Help Support PBP	–	–	**–**
Newport City Council - Families First	–	177,206	**177,206**
Newport City Council - Housing Support Grant	–	546,719	**546,719**
Newport City Council - Skills training and wellbeing	–	120,520	**120,520**
Newport City Council Summer of Fun	–	–	**–**
Promo- Cymru /National Lottery - Mind Our Futures	–	59,599	**59,599**
Ted Senior Foundation	–	5,439	**5,439**
WCVA - Landfill Disposals Tax Communities Scheme	–	40,999	**40,999**
WCVA - Wellbeing Ambassadors	–	77,794	**77,794**
Welsh Government	–	–	**–**
Welsh Government SVYWO	–	39,931	**39,931**
Whole School Approach	–	143,668	**143,668**
TORFAEN and BLAENAU GWENT			
BGCBC Communities for Work	–	18,172	**18,172**
Blaenau Gwent County Borough Council - Day Services	–	22,556	**22,556**
GAVO	–	500	**500**
Mind supported self help Wales consortium	–	23,579	**23,579**
Torfaen Voluntary Alliance	–	750	**750**
	906,508	1,722,241	**2,628,749**

The amounts above for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent only.

6. Charitable activities (continued)

Group and Charity	Unrestricted Funds £	Restricted Funds £	Total 2023 Funds £
Rental income (including Housing Benefit)	352,187	–	352,187
MONMOUTHSHIRE			
Abergavenny Town Council	–	–	–
Garfield Western	–	–	–
GAVO	–	–	–
Gwent Dementia Grant	–	–	–
Mind Active Monitoring	–	–	–
Monmouthshire County Council Supported housing	–	–	–
Monmouth City Council Rural Project Funding	–	–	–
Monmouthshire County Council Contract	–	–	–
Moondance	–	–	–
Rhondda Cynon Taff	–	–	–
NEWPORT			
Children in Need - Youth Social Action fund	–	26,646	26,646
Co - op	–	–	–
Comic Relief - Piece by Piece	–	152,392	152,392
CYP Wellbeing Ambassadors Project	–	17,883	17,883
DWP Kickstart	–	11,972	11,972
Gabor Nagy St Martin	–	–	–
GAVO Plant a seed	–	4,200	4,200
Home Office EU Settlement Scheme Grant	–	103,981	103,981
Mind - Support with merger	–	–	–
Mind Active Monitoring	–	50,876	50,876
Mind Co-op Resilience Fund 'Systems Change'	–	35,750	35,750
Mind Expert Advisory panel	–	–	–
Mind Money and Me	–	–	–
Mind Peer Support Hub Project	–	1,000	1,000
Mind Wellbeing Advisors - Children and Young People	–	56,727	56,727
Minds in Gwent Connector grant	–	1,000	1,000
National Grid Warm Community Matters	–	–	–
Natural resource Wales	–	–	–
Newport City Council - Early Help Support PBP	–	45,397	45,397
Newport City Council - Families First	–	180,244	180,244
Newport City Council - Housing Support Grant	–	497,834	497,834
Newport City Council - Skills training and wellbeing	–	108,731	108,731
Newport City Council Summer of Fun	–	7,689	7,689
Promo- Cymru /National Lottery - Mind Our Futures	–	30,402	30,402
Ted Senior Foundation	–	–	–
WCVA - Landfill Disposals Tax Communities Scheme	–	–	–
WCVA - Wellbeing Ambassadors	–	–	–
Welsh Government	–	50,000	50,000
Welsh Government SVYWO	–	–	–
Whole School Approach	–	195,869	195,869
TORFAEN and BLAENAU GWENT			
BGCBC Communities for Work	–	–	–
Blaenau Gwent County Borough Council - Day Services	–	–	–
GAVO	–	–	–
Mind supported self help Wales consortium	–	–	–
Torfaen Voluntary Alliance	–	–	–
	352,187	1,578,593	1,930,780

The amounts above for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent only.

7. Other trading activities

Group	Unrestricted Funds £	Restricted Funds £	**Total Funds 2024 £**
Private counselling	59,953	–	**59,953**
Training	437,519	–	**437,519**
Relevant Person Representative	197,535	–	**197,535**
Accredited training	2,272	–	**2,272**
Room Hire	12,769	–	**12,769**
Fund generation - Torfaen Kitchen	956	–	**956**
Fund generation - Phoenix Project	212	–	**212**
	711,216	–	**711,216**

Group	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Private counselling	47,227	–	47,227
Training	51,985	–	51,985
Relevant Person Representative	–	–	–
Accredited training	–	–	–
Room Hire	–	–	–
Fund generation - Torfaen Kitchen	–	–	–
Fund generation - Phoenix Project	–	–	–
	99,212	–	99,212

The amounts above for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent only.

Charity	Unrestricted Funds £	Restricted Funds £	**Total Funds 2024 £**
Private counselling	52,221	–	**52,221**
Training	31,546	–	**31,546**
Room Hire	12,769	–	**12,769**
Fund generation - Torfaen Kitchen	956	–	**956**
Fund generation - Phoenix Project	212	–	**212**
	97,704	–	**97,704**

Charity	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Private counselling	47,227	–	47,227
Training	51,985	–	51,985
Room Hire	–	–	–
Fund generation - Torfaen Kitchen	–	–	–
Fund generation - Phoenix Project	–	–	–
	99,212	–	99,212

8. Investment income

Group	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Interest received	5,818	**5,818**	554	554

Charity	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Interest received	3,976	**3,976**	554	554

The amounts above for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent only.

9. Other income

Group and Charity	Unrestricted Funds £	Restricted Funds £	**Total Funds 2024 £**
Other income	–	–	–
	–	–	–

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Other income	16,794	–	16,794
	16,794	–	16,794

The amounts above for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent only.

10. Costs of raising donations and legacies

Group and Charity	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Fundraising & Donations	–	**–**	30,572	30,572

The amounts above for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent only.

11. Costs of other trading activities

Group	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Training & services	46,529	**46,529**	40,710	40,710
Private Counselling	85,033	**85,033**	47,177	47,177
Trading Costs of subsidiary	568,990	**568,990**	–	–
	700,552	**700,552**	87,887	87,887

Charity	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Training & services	46,529	**46,529**	40,710	40,710
Private Counselling	85,033	**85,033**	47,177	47,177
	131,562	**131,562**	87,887	87,887

The amounts above for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent only.

12. Expenditure on charitable activities by fund type

Group and Charity	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Housing including core costs	922,084	–	**922,084**
MONMOUTHSHIRE			
Abergavenny Town Council	–	19,699	**19,699**
Garfield Western	–	4,167	**4,167**
GAVO	–	11,210	**11,210**
Monmouthshire City Council	23,446	59,500	**82,946**
Moondance	–	15,228	**15,228**
NEWPORT			
Cash 4 U	–	–	–
Children in Need - Youth Social Action Fund	–	24,275	**24,275**
Comic Relief Piece by Piece	–	143,196	**143,196**
CYP Wellbeing Ambassadors Project	–	22,588	**22,588**
DWP Kickstart	–	–	–
Home Office EU Settlement	–	–	–
Mind Cymru Active Monitoring	–	41,468	**41,468**
Mind Money and Me	–	18,132	**18,132**
Mind small grants	–	6,261	**6,261**
Mind Wellbeing Advisors	–	113,617	**113,617**
Newport City Council Early Help Support PBP	–	–	–
Newport City Council Families First	–	119,848	**119,848**
Newport City Council Housing Support Grant	–	399,275	**399,275**
Newport City Council Skills, training and wellbeing	–	91,141	**91,141**
Newport City Council Summer of Fun	–	–	–
NEWPORT Mind Cop op Resilience Fund	–	–	–
Plant a seed	–	15,363	**15,363**
Promo Cymru / National Lottery Mind Our Futures	–	48,728	**48,728**
Ted Senior Foundation	–	7,240	**7,240**
WCVA - Wellbeing Ambassadors	–	30,341	**30,341**
Welsh Government SVYWO	–	33,300	**33,300**
Whole School Approach	–	165,733	**165,733**
TORFAEN and BLAENAU GWENT			
BCBC Communities for Work	–	14,067	14,067
Day Services Blaenau Gwent	–	16,099	**16,099**
Mind supported self help consortium Wales	–	33,286	**33,286**
NCN Blaenau Gwent East and West	–	14,025	**14,025**
Support costs	189,080	256,721	**445,801**
	1,134,610	1,724,508	**2,859,118**

12. Expenditure on charitable activities by fund type *(Continued)*

Group and Charity	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Housing including core costs	187,101	44,359	231,460
MONMOUTHSHIRE			
Garfield Western	–	–	–
GAVO	–	–	–
Moondance	–	–	–
Monmouthshire City Council	–	–	–
Abergavenny Town Council	–	–	–
NEWPORT			
Cash 4 U	–	121	121
Children in Need - Youth Social Action Fund	–	5,871	5,871
Comic Relief Piece by Piece	–	116,031	116,031
CYP Wellbeing Ambassadors Project	–	34,247	34,247
DWP Kickstart	–	11,972	11,972
Home Office EU Settlement	–	64,154	64,154
Mind Cop op Resilience Fund	–	43,112	43,112
Mind Cymru Active Monitoring	–	44,191	44,191
Mind Money and Me	–	–	–
Mind small grants	–	595	595
Mind Wellbeing Advisors	–	19,165	19,165
Newport City Council Early Help Support PBP	–	35,203	35,203
Newport City Council Families First	–	140,270	140,270
Newport City Council Housing Support Grant	–	434,659	434,659
Newport City Council Skills, training and wellbeing	–	92,028	92,028
Newport City Council Summer of Fun	–	7,689	7,689
Plant a seed	–	9,145	9,145
Promo Cymru / National Lottery Mind Our Futures	–	10,711	10,711
Ted Senior Foundation	–	–	–
WCVA - Wellbeing Ambassadors	–	–	–
Welsh Government SVYWO	–	–	–
Whole School Approach	–	137,996	137,996
TORFAEN and BLAENAU GWENT			
BCBC Communities for Work	–	–	–
Day Services Blaenau Gwent	–	–	–
Mind supported self help consortium Wales	–	–	–
NCN Blaenau Gwent East and West	–	–	–
Support costs	165,275	190,047	355,322
	352,376	1,441,566	1,793,942

The amounts above for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent only.

13. Expenditure on charitable activities by activity type

Group and Charity	Activities undertaken directly £	Support costs £	**Total funds 2024 £**	Total fund 2023 £
Housing including core costs	922,084	187,197	**1,109,281**	396,735
MONMOUTHSHIRE				
Abergavenny Town Council	19,699	1,875	**21,574**	–
Garfield Western	4,167	–	**4,167**	–
GAVO	11,210	691	**11,901**	–
Monmouthshire City Council	82,946	10,836	**93,782**	–
Moondance	15,228	2,844	**18,072**	–
NEWPORT				
Cash 4 U	–	–	–	121
Children in Need - Youth Social Action Fund	24,275	5,905	**30,180**	7,643
Comic Relief Piece by Piece	143,196	19,500	**162,696**	135,070
CYP Wellbeing Ambassadors Project	22,588	2,430	**25,018**	37,892
DWP Kickstart	–	–	–	11,972
Home Office EU Settlement	–	–	–	70,081
Mind Cop op Resilience Fund	–	–	–	47,079
Mind Cymru Active Monitoring	41,468	25,392	**66,860**	59,575
Mind Money and Me	18,132	1,897	**20,029**	–
Mind small grants	6,261	–	**6,261**	595
Mind Wellbeing Advisors	113,617	9,710	**123,327**	23,754
Newport City Council Early Help Support PBP	–	–	–	45,397
Newport City Council Families First	119,848	58,416	**178,264**	180,470
Newport City Council Housing Support Grant	399,275	61,579	**460,854**	497,834
Newport City Council Skills, training and wellbeing	91,141	24,063	**115,204**	109,633
Newport City Council Summer of Fun	–	–	–	7,689
Plant a seed	15,363	2,164	**17,527**	9,686
Promo Cymru / National Lottery Mind Our Futures	48,728	8,016	**56,744**	14,720
Ted Senior Foundation	7,240	–	**7,240**	–
WCVA - Wellbeing Ambassadors	30,341	3,575	**33,916**	–
Welsh Government SVYWO	33,300	–	**33,300**	–
Whole School Approach	165,733	19,711	**185,444**	137,996
TORFAEN and BLAENAU GWENT				
BGBC Communities for work	14,067	–	**14,067**	–
Day Services Blaenau Gwent	16,099	–	**16,099**	–
Mind supported self help consortium Wales	33,286	–	**33,286**	–
NCN Blaenau Gwent East and West	14,025	–	**14,025**	–
	2,413,317	445,801	**2,859,118**	1,793,942

The amounts above for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent only.

14. Analysis of support costs

Group and Charity

	Housing including core costs	Abergave-nny town council	GAVO	Monmouth -shire county council	Moon -dance	Children in Need – Youth Social Action Fund	Comic Relief Piece by Piece	Cyp Wellbeing Ambassad -ors Project
	£	£	£	£	£	£	£	£
Staff costs	150,580	1,875	691	10,836	2,844	5,383	13,500	2,013
Premises	12,803	–	–	–	–	–	–	81
Travel costs	–	–	–	–	–	522	6,000	336
Communications IT	6,049	–	–	–	–	–	–	–
General office	10,265	–	–	–	–	–	–	–
Governance costs	7,500	–	–	–	–	–	–	–
	187,197	1,875	691	10,836	2,844	5,905	19,500	2,430

	Mind Cymru Active Monitoring	Mind Money and Me	Mind Wellbeing Advisors	Newport City Council Families First	Newport City Council Housing Support Grant	Newport City Council Skills, training and wellbeing	Plant a seed
	£	£	£	£	£	£	£
Staff costs	22,467	1,897	6,487	48,264	35,156	11,990	2,164
Premises	–	–	324	–	–	–	–
Travel costs	–	–	2,437	10,152	26,423	12,073	–
Communications IT	525	–	–	–	–	–	–
General office	2,400	–	462	–	–	–	–
Governance costs	–	–	–	–	–	–	–
	25,392	1,897	9,710	58,416	61,579	24,063	2,164

	Promo Cymru/National Lottery Mind our Futures	WCVA – Wellbeing Ambassadors	Whole School Approach	**Total 2024**	Total 2023
	£	£	£	**£**	£
Staff costs	4,593	3,575	12,247	**336,562**	270,714
Premises	243	–	–	**13,451**	70,243
Travel costs	2,640	–	7,464	**68,047**	–
Communications and IT	540	–	–	**7,114**	7,346
General office	–	–	–	**13,127**	7,019
Governance costs	–	–	–	**7,500**	–
	8,016	3,575	19,711	**445,801**	355,322

The amounts above for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent only.

15. Net income

Group

Net income is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation of tangible fixed assets	**78,523**	36,743
Fees paid to the auditor (Incl. VAT):		
• For the audit of the financial statements	**13,384**	8,910
• For non-audit services	**4,833**	–

Charity

Net income is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation of tangible fixed assets	**71,372**	36,743
Fees paid to the auditor (Incl. VAT):		
• For the audit of the financial statements	**9,177**	8,910
• For non-audit services	**4,833**	–

16. Staff costs

Group

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024	2023
	£	£
Wages and salaries	**2,260,917**	1,295,282
Social security costs	**196,886**	110,806
Employer contributions to pension plans	**109,375**	60,155
	2,567,178	1,466,243

The results for the year to 31 March 2024 include six months activities of the merged charities the comparative figures relate to Mind in Gwent (formerly Newport Mind) only.

The average head count of employees during the year was 110 (2023: 57). The average number of full-time equivalent employees during the year is analysed as follows:

	2024	2023
	No.	No.
Number of management and administrative staff	**12**	3
Number of staff engaged on charitable activities	**80**	46
	92	49

The average numbers for the year to 31 March 2024 include six months of the merged charities the comparative figures relate to Mind in Gwent (formerly Newport Mind) only.

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

Key Management Personnel

The key management personnel of the Charity are those persons having authority and responsibility for planning, directing and controlling the activities of the Charity, directly or indirectly, including any Trustee of the Charity. In addition to the Trustees, key management personnel includes 1 of the Principal Officers. Aggregate remuneration and benefits paid to key management personnel during the year amounted to £62,627.

Charity

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024	2023
	£	£
Wages and salaries	**1,931,213**	1,295,282
Social security costs	**166,379**	110,806
Employer contributions to pension plans	**89,789**	60,155
	2,187,381	1,466,243

The results for the year to 31 March 2024 include six months activities of the merged charities the comparative figures relate to Mind in Gwent (formerly Newport Mind) only.

The average head count of employees during the year was 97 (2023: 57). The average number of full-time equivalent employees during the year is analysed as follows:

	2024	2023
	No.	No.
Number of management and administrative staff	**11**	3
Number of staff engaged on charitable activities	**68**	46
	79	49

The average numbers for the year to 31 March 2024 include six months of the merged charities the comparative figures relate to Mind in Gwent (formerly Newport Mind) only.

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

Key Management Personnel

The key management personnel of the Charity are those persons having authority and responsibility for planning, directing and controlling the activities of the Charity, directly or indirectly, including any Trustee of the Charity. In addition to the Trustees, key management personnel includes 1 of the Principal Officers. Aggregate remuneration and benefits paid to key management personnel during the year amounted to £62,627.

17. Trustee remuneration and expenses

Group and Charity

During the year one trustee received £386 (2023: £354) in respect of expenses reimbursed. The trustee also volunteers for the organisation, the expenses were in respect of volunteer expenses. The weekly payments were made in accordance with the volunteering policy of the organisation.

18. Transfers between funds

Group and Charity

Net transfers detailed in note 26 relate to deficits made on certain projects during the year.

19. Tangible fixed assets

Group	Land and buildings £	Fixtures and fittings £	Equipment £	Total £
Cost				
At 1 April 2023	1,700,082	9,160	149,651	**1,858,893**
Additions	305,916	–	8,742	**314,658**
Acquisitions through business combinations	1,388,483	–	274,022	**1,662,505**
At 31 March 2024	3,394,481	9,160	432,415	**3,836,056**
Depreciation				
At 1 April 2023	60,272	9,159	121,340	**190,771**
Charge for the year	52,661	–	25,862	**78,523**
Transfers	807,955	–	259,870	**1,067,825**
At 31 March 2024	920,888	9,159	407,072	**1,337,119**
Carrying amount At 31 March 2024	2,473,593	1	25,343	**2,498,937**
At 31 March 2023	1,639,810	1	28,311	1,668,122

Charity	Land and buildings £	Fixtures and fittings £	Equipment £	Total £
Cost				
At 1 April 2023	1,700,082	9,160	149,651	**1,858,893**
Additions	305,916	–	8,742	**314,658**
Acquisitions through business combinations	1,388,483	–	233,714	**1,622,197**
At 31 March 2024	3,394,481	9,160	392,107	**3,795,748**
Depreciation				
At 1 April 2023	60,272	9,159	121,340	**190,771**
Charge for the year	52,661	–	18,711	**71,372**
Transfers	807,955	–	233,248	**1,041,203**
At 31 March 2024	920,888	9,159	373,299	**1,303,346**
Carrying amount At 31 March 2024	2,473,593	1	18,808	**2,492,402**
At 31 March 2023	1,639,810	1	28,311	1,668,122

20. Investments

Charity	Shares in group undertaking £
Cost or valuation	
At 1 April 2023	–
Additions	2
At 31 March 2024	2
Impairment	
At 1 April 2023 and 31 March 2024	–
Carrying amount	
At 31 March 2024	2
At 31 March 2023	–

All investments shown above are held at valuation.

21. Investment entities

Subsidiaries and other investments

Investments represent the shares held in the trading subsidiary MHFA Wales Limited. The company was incorporated in England and Wales under the Companies Act 2006 on 1st April 2010. The surpluses of that company have been transferred to Mind in Gwent in accordance with the gift deed of covenant. The shares were transferred from Torfaen & Blaenau Gwent Mind on 2 October 2023.

The company owns 100% of the issued ordinary share capital of MHFA Wales Limited formerly known as Training in Mind Limited a company registered in England & Wales company number:07211462. Registered office address: Unit 1&3 1st Floor Church View, Ivor Street, Blaenavon, Pontypool NP4 9NA.

	2024 £	2023 £
Aggregate and Reserves	**197,357**	194,850

	2024 £	2023 £
Profit for the financial year	**2,507**	23,522

22. Debtors

Group

	2024	2023
	£	£
Trade debtors	**323,144**	205,065
Prepayments and accrued income	**124,800**	11,076
Other debtors	**15,612**	9,271
	463,556	225,412

Charity	2024	2023
	£	£
Trade debtors	**270,893**	205,065
Amounts owed by group undertaking	**41,591**	–
Prepayments and accrued income	**124,800**	11,076
Other debtors	**2,111**	9,271
	439,395	225,412

23. Creditors: amounts falling due within one year

Group	2024	2023
	£	£
Bank loans and overdrafts	**82,460**	13,184
Trade creditors	**57,494**	39,352
Corporation Tax	**2,266**	–
Accruals and deferred income	**126,340**	34,399
Social security and other taxes	**71,171**	23,575
Other Creditors	**66,258**	–
	405,989	110,510

Charity	2024	2023
	£	£
Bank loans and overdrafts	**82,460**	13,184
Trade creditors	**51,631**	39,352
Accruals and deferred income	**118,001**	34,399
Social security and other taxes	**45,963**	23,575
	298,055	110,510

The bank loan is secured by a fixed charge over the assets owned by the charity.

24. Creditors: amounts falling due after more than one year

Group and Charity	2024	2023
	£	£
Bank loans and overdrafts	**382,320**	525,962

The bank loan is secured by a fixed charge over the assets owned by the charity.

25. Retirement benefit schemes

Group
Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £109,375 (2023: £60,155).

Charity

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £89,789 (2023: £60,155).

Group and Charity

Multi-employer pension scheme

The company participates in a multi-employer scheme, operated by TPT Retirement Solutions, which provides benefits to some 950 non-associated participating employers. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 20024 which came into force on 30 December 2005. This, together with the documents issued by the Pensions Regulator and Technical Actuarial Standards issued by the Financial Reporting Council, set out the framework for funding defined benefit occupational pension schemes in the UK.

The scheme is classified as a 'last-man standing arrangement'. Therefore the company is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2020. This valuation showed assets of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions		
From 1 April 2022 to 31 January 2025:	£3,312,000 per annum	(payable monthly)

Unless a concession has been agreed with the Trustee the term to 31 January 2025 applies.
Note that the scheme's previous valuation was carried out with a effective date of 30 September 2017. This valuation showed assets of £794.9m, liabilities of £926.4m and a deficit of £131.5m. To eliminate this funding shortfall, the Trustee asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions		
From April 2019 to 30 September 2025:	£11,243,000 per annum by 3% each on 1st April	(payable monthly and increasing)

25. Retirement benefit schemes *(continued)*

Multi-employer pension scheme *(continued)*

The recovery plan contributions are allocated to each participating employer in line with their estimated share of the Series 1 and Series 2 scheme liabilities.
Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation.

26. Analysis of charitable funds

Group

Unrestricted funds

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	**At 31 March 2024 £**
General Unrestricted	–	2,344,735	(1,837,428)	(284,691)	**222,616**
Designated (see below)	1,225,115	–	–	(65,133)	**1,159,982**
Designated - property	–	–	–	480,000	**480,000**
Monmouthshire Mind - Capital reserves on transfer	–	435,117	–	–	**435,117**
Monmouthshire Mind - Revenue reserves on transfer	–	492,927	–	–	**492,927**
	1,225,115	3,272,779	(1,837,428)	130,176	**2,790,642**

The designated unrestricted funds as at 31 March 2024 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £1,159,982
- Property as noted below £480,000

The Gwent Regional Partnership Board has agreed funding for seven new one bedroomed flats to be approved for Welsh Government Housing with Care funding based on a costing of an estimated cost of £1.6 million. The amount of funding that will be provided is subject to application of the Welsh Government's Standard Viability Model and it is likely Mind in Gwent will need to provide at least 30% of the total so is designating the remainder of unrestricted funding for this purpose.

Charity

Unrestricted funds

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	**At 31 March 2024 £**
General Unrestricted	–	1,576,124	(1,266,172)	(284,691)	**25,261**
Designated (see below)	1,225,115	–	–	(65,133)	**1,159,982**
Designated - property	–	–	–	480,000	**480,000**
Monmouthshire Mind - Capital reserves on transfer	–	435,117	–	–	**435,117**
Monmouthshire Mind - Revenue reserves on transfer	–	492,927	–	–	**492,927**
	1,225,115	2,504,168	(1,266,172)	130,176	**2,593,287**

26. Analysis of charitable funds *(continued)*

The designated unrestricted funds as at 31 March 2024 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £1,159,982
- Property as noted below £480,000

The Gwent Regional Partnership Board has agreed funding for seven new one bedroomed flats to be approved for Welsh Government Housing with Care funding based on a costing of an estimated cost of £1.6 million. The amount of funding that will be provided is subject to application of the Welsh Government's Standard Viability Model and it is likely Mind in Gwent will need to provide at least 30% of the total so is designating the remainder of unrestricted funding for this purpose.

Charity

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
General unrestricted	–	504,652	(470,835)	(33,817)	–
Designated	1,191,298	–	–	33,817	1,225,115
	1,191,298	504,652	(470,835)	–	1,225,115

The designated unrestricted funds as at 31 March 2023 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £556,298
- Building improvements £668,817

On 30 September 2023 the assets, liabilities and activities of Mind Monmouthshire Limited by Guarantee Registered in England & Wales company registration number 04715435 registered office Henton House 28 Monk Street Abergavenny Gwent NP7 5NP and Torfaen and Blaenau Gwent Mind Limited by Guarantee Registered in England & Wales company registration number 05059087 registered office 24 George Street Pontypool NP4 6BY were transferred to Mind in Gwent. The assets transferred from Mind Monmouthshire only are designated for use in the geographical area of Monmouthshire Mind. The results for the year to 31 March 2024 include six months activities of the merged charities (October 2023 – March 2024). The comparative figures relate to Mind in Gwent (formerly Newport Mind) only.

26. Analysis of charitable funds *(continued)*

Group and Charity

Restricted funds	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
MONMOUTHSHIRE					
Abergavenny Town Council	–	10,000	(21,574)	–	**(11,574)**
Garfield Western	–	4,167	(4,167)	–	–
GAVO	–	16,963	(11,901)	–	**5,062**
Gwent Dementia	–	788	(788)	–	–
Mind Active Monitoring	–	23,579	(16,499)	–	**7,080**
Monmouthshire County Council	–	26,081	(28,314)	–	**(2,233)**
Monmouthshire County Council Rural project funding	–	46,036	(40,139)	–	**5,897**
Moondance	–	17,953	(18,072)	–	**(119)**
NEWPORT					
Cash 4 U Grant	–	–	–	–	–
Children In Need - Youth Social Action Fund	19,003	21,801	(30,180)	–	**10,624**
Comic Relief Piece by Piece	64,516	76,980	(162,696)	–	**(21,200)**
DWP Kickstart	–	–	–	–	–
GAVO - Plant a seed	(5,486)	8,875	(17,527)	–	**(14,138)**
Home Office EU Settlement Scheme	–	–	–	–	–
Mind Active Monitoring	–	47,158	(50,361)	3,203	–
Mind Co-op Resilience fund 'Systems Change'	–	–	–	–	–
Mind CYP Wellbeing Ambassadors project	-2,356	30,159	(25,018)	(2,785)	–
Mind Money and Me	–	20,500	(20,029)	(471)	–
Mind Peer Support Hub Project	7,207	–	–	(7,207)	–
Mind Small Grants	–	9,773	(5,473)	–	**4,300**
Mind Wellbeing Advisors Children and Young People	32,973	85,246	(123,327)	–	**(5,108)**
Newport City Council - Families First	–	177,206	(178,264)	1,058	–
Newport City Council - Our Voice Our Choice	2,157	–	–	–	**2,157**
Newport City Council Early Help Support PBP	–	–	–	–	–
Newport City Council Housing Support Grant	–	546,719	(460,854)	(85,865)	–
Newport City Council Skills, training and wellbeing	–	120,520	(115,204)	(5,316)	–
Newport City Council Summer of Fun	–	–	–	–	–
Promo Cymru/ National Lottery- Mind Our Futures	15,682	59,599	(56,744)	–	**18,537**
Restricted fixed assets	309,162	–	–	(26,162)	**283,000**
Red Senior Foundation	–	5,439	(7,240)	–	**(1,801)**
RCVA Landfill Disposals Tax Communities Scheme	–	40,999	–	–	**40,999**
RCVA Wellbeing Ambassadors	–	77,794	(33,916)	–	**43,878**
Welsh Government SVYWO	–	39,931	(33,300)	(6,631)	–
Whole School Approach	103,196	143,668	(185,444)	–	**61,420**
TORFAEN and BLAENAU GWENT					
BCN Blaenau Gwent East and West	–	–	(14,025)	–	**(14,025)**
Mind Supported self-help consortium Wales	–	27,565	(33,286)	–	**(5,721)**
TGCBC Communities for work	–	18,172	(14,067)	–	**4,105**
Day Services Blaenau Gwent	–	18,570	(16,099)	–	**2,471**
	546,054	1,722,241	(1,724,508)	(130,176)	**413,611**

26. Analysis of charitable funds *(continued)*

Charity	At 1 April 2022	Income	Expenditure	Transfers	At 31 March 2023
NEWPORT ONLY	£	£	£	£	£
Cash 4 U Grant	121	–	(121)	–	–
Children In Need - Youth Social Action Fund	–	26,646	(7,643)	–	19,003
Comic Relief Piece by Piece	47,194	152,392	(135,070)	–	64,516
DWP Kickstart	–	11,972	(11,972)	–	–
GAVO - Plant a seed	–	4,200	(9,686)	–	(5,486)
Home Office EU Settlement Scheme	(33,900)	103,981	(70,081)	–	–
iACT and PEERS	–	–	–	–	–
Lottery Community fund	–	–	–	–	–
Mind Active Monitoring	8,699	50,876	(59,575)	–	–
Mind Co-op Resilience fund 'Systems Change'	11,329	35,750	(47,079)	–	–
Mind CYP Wellbeing Ambassadors project	17,653	17,883	(37,892)	–	(2,356)
Mind Get Set to Go	–	–	–	–	–
Mind Influence & participation development grant	–	–	–	–	–
Mind Peer Support Hub Project	6,207	1,000	–	–	7,207
Mind Small Grants	(405)	1,000	(595)	–	–
Mind Wellbeing Advisors Children and Young People	–	56,727	(23,754)	–	32,973
Moondance	–	–	–	–	–
National trust - HAPPy Project	–	–	–	–	–
Newport City Council - Families First	226	180,244	(180,470)	–	–
Newport City Council - Our Voice Our Choice	2,157	–	–	–	2,157
Newport City Council Covid Recovery fund	–	–	–	–	–
Newport City Council Early Help Support PBP	–	45,397	(45,397)	–	–
Newport City Council Housing Support Grant	–	497,834	(497,834)	–	–
Newport City Council Skills, training and wellbeing	902	108,731	(109,633)	–	–
Newport City Council Summer of Fun	–	7,689	(7,689)	–	–
Paul Hamlyn	–	–	–	–	–
Promo Cymru/ National Lottery- Mind Our Futures	–	30,402	(14,720)	–	15,682
Restricted fixed assets	303,521	50,000	(44,359)	–	309,162
Waterloo Foundation	–	–	–	–	–
WCVA – VSEF Small Grant	–	–	–	–	–
Whole School Approach	45,323	195,869	(137,996)	–	103,196
	409,027	1,578,593	(1,441,566)	–	546,054

26. Analysis of charitable funds *(continued)*

MONMOUTHSHIRE

- **Abergavenny Town Council** – Funding allocated for delivering wellbeing courses specifically for the Abergavenny area.
- **Garfield Weston** – Supports the Active Monitoring self-help wellbeing program.
- **GAVO (Gwent Association of Voluntary Organisations)** – Funding for Monmouthshire's Active Monitoring program targeted at young people.
- **Gwent Dementia** – Dedicated to supporting patients with a diagnosis of dementia.
- **Mind** – Funding for the Active Monitoring self-help wellbeing program.
- **Monmouthshire County Council** – Social prescribing initiative to deliver wellbeing courses in the Monmouth area.
- **Monmouthshire County Council (Rural Project Funding)** – Supports wellbeing hours for farmers in rural areas.
- **Moondance** – Provision of a Wellbeing Team Lead to ensure the continuity of wellbeing team services.

NEWPORT 2024

- **Mind Money and Me** – This project is a 6-week programme delivered 1:1 to individuals. It was specifically designed to offer tools and support in understanding the impact that money can have on mental health and wellbeing. Over the 6-week period we look at a variety of topics depending on what is important to the individual. These are more often focused on relationship with money, understanding how worry, uncertainty and anxiety can play a part. Funded by National Mind this was delivered to a number of groups and individuals over the course of the funding. Many conversations and interventions also took place in the local community, supporting anyone who had concerns or questions about how to manage their money.
- **Ted Senior Foundation** – funding to provide suicide prevention courses across Gwent during the year.
- **WCVA Landfill Disposals Tax Communities Scheme** -This fund seeks to improve the environment for communities near landfill sites, and granted us funding to install solar panels at our premises in Newport.
- **WCVA Wellbeing Ambassadors** - The Wellbeing Ambassador project, recruits, trains, and engages young volunteers aged 14-25 years across Gwent. The Wellbeing Ambassador project champions co-production and the participation of young people in all aspects of service design, delivery and evaluation; highlighting the power of the voice of young people and those with adverse experience and challenges, promoting the inclusion of young people's voices in governance roles within the organisation. As part of this work, we also facilitate a Community of Practice and continue the work of the Youth Voice Group to share learning and involve young people in Governance.

26. Analysis of charitable funds *(Continued)*

- **Welsh Government SVYWO -** The Strategic, Voluntary Youth Work Organisation Grant is a core services grant to support organisation in providing and developing youth work opportunities for young people aged 11 to 25. This unique grant only funds core staff costs to allow youth work to develop, flourish and embed in organisations. Over the last two years the SVYWO grant has allowed Newport Mind/Mind in Gwent to employ a Children, Young People and Families Manager to bring youth work practices to life in the organisation.

NEWPORT 2023

- **Children In Need -** Youth Social Action Fund - An 18 month grant to empower children and young people in Newport to deliver Social Action in their community.

- **Comic Relief Piece by Piece -** Mental health support for young people aged 11-25 and their families who have recently experienced a trauma. Offering 1:1, group and community based support funded until 31st of December 2023.

- **DWP Kickstart -** The Kickstart Scheme provides funding to employers to create jobs for 16 to 24 year olds on Universal Credit. Project proved unviable and ended December 2022.

- **GAVO - Plant a seed -** Working with Natural Resources Wales this group will involve people cooking something new or visiting somewhere new and feeling inspired to do that again, with the help of Newport Mind funded until January 2024.

- **Home Office EU Settlement Scheme -** Service to provide advice and assistance with EU Settlement Scheme funding ended 30th of November 2022.

- **Mind Active Monitoring -** Mind Active monitoring has now been retitled to Supported self-help and is a free, 6-week guided programme. We give you the materials to understand and manage your feelings. And we call you regularly to give you support. Funded until 31st of March 2024.

- **Mind Co-op Resilience fund 'Systems Change' -** This project looks to increase the volunteer diversity and representation, particularly from LGBTQIA+ and BAME backgrounds, young men and those living in deprived areas of Newport. This will help us achieve the following four core outcomes:

  1 - Young people who previously would not have thought to access wellbeing, mental health services or support from Newport Mind will start to access these provisions.
  2 - Young people and the communities they engage in will become more accepting and open to conversations about the mental health and well-being of young people.
  3 - Encouraging mental health conversations amongst young men, deprived, BAME and LGBTQ+ communities across Newport, both among young people and with the trusted adults in their lives.
  4 - Young People will learn simple tools to self-recognise their own wellbeing to enable preventative steps to build better resilience. Project ended October 2022

- **Mind CYP Wellbeing Ambassadors project** - Volunteering opportunities for young people aged 14-25 to become a Wellbeing Ambassador who feel passionately about making sure young people are supported with their mental health.

26. Analysis of charitable funds *(Continued)*

- **Mind Peer Support Hub Project -** A Peer Support Hub works to improve capacity of individuals and Community based organisations (CBOs) to lead impactful peer support activity by:

  i. Running training and networking events for peer supporters to facilitate shared learning
  ii. Providing 1:1 support and advice
  iii. Administering a small in-kind grant for peer support groups to support new and existing projects
  iv. Promoting the value of community-based peer support to local mental health service providers and commissioners. Funding ended 2022

- **Mind Small Grants** - Small grants from Mind.

- **Mind Wellbeing Advisors Children and Young People -** The wellbeing advisers are here for young people aged 11-24 who are feeling down or worried. They can help young people find the right help. Then they'll catch-up with them further down the line to see how things are going.

- **Newport City Council - Families First** - The Family Wellbeing & Resilience service is part of the Families First scheme in Newport. Our role is to support those aged 0-18 year olds and their families to build and maintain resilience to mental health difficulties, funded until 31st of March 2025.

- **Newport City Council - Our Voice Our Choice** – a fund to help participants with personal budgeting support

- **Newport City Council Early Help Support PBP** - Short term funding to support Piece by Piece Project.

- **Newport City Council Housing Support Grant** - Housing and tenancy support for people living in Newport Mind's supported accommodation and to people in the community, yearly funded.

- **Newport City Council Skills, training and wellbeing** - The funding is used to provide information, advice and assistance appointments to people contacting Newport Mind to find out what matters to them and what support they need. In addition the funding supports a wide range of activity and peer support groups, yearly funded.

- **Newport City Council Summer of Fun** - Funding to provide Summer activities for young people in Newport over the Summer school holidays 2022.

- **Promo Cymru/ National Lottery** - Mind Our Futures - Mind our Future Gwent (MoFG) is a five year until August 2027 £999,888.00 National Lottery Community Funded project delivered by ProMo-Cymru and Newport Mind. Our project partners also include local Minds and youth services in Gwent. The programme aims to empower young people to create and implement a vision for a more resilient and mentally healthy future for young people in their community. Throughout the project, ProMo and Newport Mind will support young people to co-design and develop new solution-focused approaches to young people's mental health and resilience using service design methodology.

- **Restricted fixed assets** - Building work commenced prior to the beginning of the financial year in March 2022 and continued throughout the year.

26. Analysis of charitable funds *(Continued)*

- **Whole School Approach** - A project providing a range of school-wide and focused mental health interventions to the students, staff, parents and carers of the primary, secondary and alternative school communities in Newport.

TORFAEN and BLAENAU GWENT

- **Blaenau Gwent County Borough Council** - Open access to drop In provision in the borough of Blaenau Gwent. This funding provided by BGCBC supports the delivery of wellbeing services, offering information, advice and practical assistance through a Drop In model of service delivered from the Phoenix Project in Brynmawr.

- **Communities for Work Project (funded by Welsh Government through GAVO & BGCBC)** - This funding supports the delivery of advice and information to adults with a mental health condition in accessing or to return to training and education and work based opportunities across the county of Blaenau Gwent. The service is based at TBG Mind's Phoenix Project in Brynmawr.

- **Supported Self Help Project (funded by NCN East & West Blaenau Gwent ABUHB)** - This supports the delivery of an integrated 6 week intervention programme for adults with poor mental health who may be at or near a point of crisis. The service available for the community of Blaenau Gwent.

- **Torfaen County Borough Council** - Open access to drop In provision in the borough of Torfaen. This funding provided by TCBC supports the delivery of wellbeing services, offering information, advice and practical assistance through a Drop In model of service delivered from the Wellbeing Centre in Pontypool.

- **Supported Self Help Project (funded by National Mind)** - This supports the delivery of an integrated 6 week intervention programme for adults with poor mental health who may be at or near a point of crisis. The service available for the community of Torfaen and Blaenau Gwent.

27. Analysis of changes in net debt

Group

	At 1 Apr 2023	Cash flows	**At 31 Mar 2024**
	£	£	£
Cash at bank and in hand	514,107	487,403	**1,001,510**
Debt due within one year	(13,184)	(69,276)	**(82,460)**
Debt due after one year	(525,962)	143,642	**(382,320)**
	(25,039)	561,769	**536,730**

28. Analysis of net assets between funds

Group

	Tangible fixed assets	Net current assets	Total 2024
	£	£	£
Restricted Funds:			
Monmouthshire			
Abergavenny town council	-	(11,574)	**(11,574)**
GAVO	-	5,062	**5,062**
Mind Active monitoring	-	7,080	**7,080**
Monmouthshire County Council	-	(2,233)	**(2,233)**
Monmouthshire County Council Rural Project	-	5,897	**5,897**
Moondance	-	(119)	**(119)**
Newport			
Children in Need – Youth Social Action fund	-	10,624	**10,624**
Comic Relief Piece by Piece	-	(21,200)	**(21,200)**
Plant a seed	-	(14,138)	**(14,138)**
Mind Small grants	-	4,300	**4,300**
Mind Wellbeing Advisors Children and young people	-	(5,108)	**(5,108)**
Newport City Council – Our voice our choice	-	2,157	**2,157**
Promo Cymru / National Lottery – Mind our futures	-	18,537	**18,537**
Restricted Fixed Assets – Welsh Government	283,000	-	**283,000**
Ted Senior Foundation	-	(1,801)	**(1,801)**
WCVA Landfill Disposals Tax Communities Scheme	-	40,999	**40,999**
WCVA Wellbeing Ambassadors	-	43,878	**43,878**
Whole School Approach	-	61,420	**61,420**
Torfaen and Blaenau Gwent			
NCN Blaenau Gwent and West	-	(14,025)	**(14,025)**
Mind Supported self-help consortium Wales	-	(5,721)	**(5,721)**
BGCBC Communities for Work	-	4,105	**4,105**
Day Services Blaenau Gwent	-	2,471	**2,471**
	283,000	130,611	**413,611**
Unrestricted			
Unrestricted Funds	1,780,820	81,778	**1,862,598**
Unrestricted – Monmouthshire Capital funds	435,117	-	**435,117**
Unrestricted – Monmouthshire Revenue funds	-	492,927	**492,927**
	2,215,937	**574,705**	2,790,642
Total Funds	**2,498,937**	**705,316**	**3,204,253**

Charity	Tangible fixed assets	Net current assets	Total 2024
	£	£	£
Restricted Funds:			
Monmouthshire			
Abergavenny town council	-	(11,574)	**(11,574)**
GAVO	-	5,062	**5,062**
Mind Active monitoring	-	7,080	**7,080**
Monmouthshire County Council	-	(2,233)	**(2,233)**
Monmouthshire County Council Rural Project	-	5,897	**5,897**
Moondance	-	(119)	**(119)**
Newport			
Children in Need – Youth Social Action fund	-	10,624	**10,624**
Comic Relief Piece by Piece	-	(21,200)	**(21,200)**
Plant a seed	-	(14,138)	**(14,138)**
Mind Small grants	-	4,300	**4,300**
Mind Wellbeing Advisors Children and young people	-	(5,108)	**(5,108)**
Newport City Council – Our voice our choice	-	2,157	**2,157**
Promo Cymru / National Lottery – Mind our futures	-	18,537	**18,537**
Restricted Fixed Assets – Welsh Government	283,000	-	**283,000**
Ted Senior Foundation	-	(1,801)	**(1,801)**
WCVA Landfill Disposals Tax Communities Scheme	-	40,999	**40,999**
WCVA Wellbeing Ambassadors	-	43,878	**43,878**
Whole School Approach	-	61,420	**61,420**
Torfaen and Blaenau Gwent			
NCN Blaenau Gwent and West	-	(14,025)	**(14,025)**
Mind Supported self-help consortium Wales	-	(5,721)	**(5,721)**
BGCBC Communities for Work	-	4,105	**4,105**
Day Services Blaenau Gwent	-	2,471	**2,471**
	283,000	130,611	**413,611**
Unrestricted			
Unrestricted Funds	1,774,285	(109,042)	**1,665,243**
Unrestricted – Monmouthshire Capital funds	435,117	-	**435,117**
Unrestricted – Monmouthshire Revenue funds	-	492,927	**492,927**
	2,209,402	**383,885**	**2,593,287**
Total Funds	**2,492,402**	**514,496**	**3,006,898**

28. Analysis of net assets between funds *(Continued)*

Charity	Tangible fixed assets	Net current assets	Total 2023
Restricted Funds:	£	£	£
Newport only			
Children In Need – Youth Social Action Fund	-	19,003	19,003
Comic Relief Piece by Piece	-	64,516	64,516
Plant a seed	-	(5,486)	(5,486)
Mind CYP Wellbeing Ambassadors project	-	(2,356)	(2,356)
Mind Peer Support Hub Project	-	7,207	7,207
Mind Wellbeing Advisors Children and Young People	-	32,973	32,973
Newport City Council – Our Voice Our Choice	-	2,157	2,157
Promo Cymru / National Lottery – Mind Our Futures	-	15,682	15,682
Restricted fixed assets	309,162	-	309,162
Whole School Approach	-	103,196	103,196
	309,162	236,892	546,054
Unrestricted Funds	1,358,960	(133,845)	1,225,115
Total Funds	1,668,122	103,047	1,771,169

29. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

Group	2024	2023
	£	£
Not later than 1 year	**13,505**	-
Later than 1 year and not later than 5 years	**5,138**	1,080
Later than 5 years	**4,000**	-
	22,643	1,080

Charity	2024	2023
	£	£
Not later than 1 year	**4,505**	-
Later than 1 year and not later than 5 years	**5,138**	1,080
Later than 5 years	**4,000**	-
	13,643	1,080

30. Limitation of auditors liability

By way of a members' resolution dated 15 December 2023, the company has agreed to enter into a limited liability agreement with its auditors whereby their exposure to legal claims is limited to £50,000 per claim.

31. Related parties

The company was under the control of the Trustees throughout the current and previous year.

The company owns 100% of the issued ordinary share capital of MHFA Wales Limited formerly known as Training in Mind Limited a company registered in England & Wales company number:07211462. Registered office address: Unit 1&3 1st Floor Church View, Ivor Street, Blaenavon, Pontypool NP4 9NA. The shares were transferred from Torfaen & Blaenau Gwent Mind on 2 October 2023. As at 31 March 2024 a donation of £41,591 was gifted to the charity from the wholly owned subsidiary MHFA Wales Limited in accordance with the deed of covenant.

As at 31 March 2024 the subsidiary MHFA Wales Limited owed the charity £41,591.

Mind in Gwent

England & Wales - Charity number 1036964

Accounts

COMPANY REGISTRATION NUMBER: 02916027
CHARITY REGISTRATION NUMBER: 1036964

Mind in Gwent formerly known as Newport Mind Association

Company Limited by Guarantee

Financial Statements

31 March 2023

WALTER HUNTER & CO LIMITED
Chartered accountants & statutory auditor
24 Bridge Street
Newport
South Wales
NP20 4SF

Mind in Gwent formerly known as Newport Mind Association

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2023

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Mind in Gwent formerly known as Newport Mind Association

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2023

The trustees, who are also the directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31 March 2023.

Reference and administrative details

Registered charity name	Mind in Gwent formerly known as Newport Mind Association
Charity registration number	1036964
Company registration number	02916027
Principal office and registered office	100-101 Commercial Street Newport Gwent NP20 1LU

The trustees

N Thorneycroft - Chair
Mrs L Cooper - Vice Chair
Ms B T Davies
Mr P Felkin
Mr C Gough
Mr J Jones
H Leonard
Mr A Sutton
Ms T Beggs (Retired 10 May 2023)

Auditor	Mr Jonathan Rhodes BSc BFP FCA (Senior Statutory Auditor) Walter Hunter & Co Limited Chartered accountants & statutory auditor 24 Bridge Street Newport South Wales NP20 4SF
Bankers	Royal Bank of Scotland 32-33 Commercial Street Newport Gwent NP20 1SS
Solicitors	Harding Evans Queens Chambers 2 North Street Newport NP20 1TE

Structure, governance and management

Nature of the Governing Document and constitution of the charity
The company is limited by guarantee and its governing documents are its Memorandum and Articles of Association.

The methods adopted for the recruitment and appointment of new trustees
New trustees are nominated by the membership and elected at the Annual General Meeting.

The policies and procedures adopted for the induction and training of Directors
Directors are provided with an induction pack and their responsibilities are outlined to them by the Chief Executive Officer. The first Directors meeting of each new year is used to explain the responsibilities and the procedures of their new role. There are occasional training courses provided to Directors on their legal status and responsibilities.

The organisational structure of the charity and how decisions are made
The Directors meetings, when quorate, is the decision making body of the organisation and is responsible for the overall governance and policy direction of the organisation. The Directors delegate operational and day to day management of the organisation to the Chief Executive Officer and staff.

Membership of a wider network
Newport Mind is affiliated to Mind (the National Association for Mental Health), the Gwent Mental Health Alliance, Gwent Association of Voluntary Organisations and the Local Voluntary Sector Compact with Newport City Council. Newport Mind works in partnership with the three other Mind groups in Gwent as Mind in Gwent.

Relationships with other groups, charities and individuals
The charity works closely with other organisations in the field of mental health including other Mind groups and other charities. We also have close partnerships with a variety of departments in the Statutory Sector including Housing Benefit Agencies, Social Services, Probation Service, GP's and hospitals.

The major risks to which the charity is exposed and reviews and systems to mitigate risks The charity relies almost entirely on grant income, and so continuation of funding and sustainability always has to be considered. In an attempt to mitigate this risk the charity is diversifying its income streams and investigating ways to generate income from the provision of services or through a social enterprise. The Directors receive regular reports on the financial situation of the charity and the operational plan includes measures to begin the process of securing income from sources other than statutory funders or grants.

The name of the Chief Executive Officer and other senior staff members to whom day to day management of the charity is delegated by the charity trustees

Mr David Bland	Chief Executive Officer
Mrs Hilary Sloan	Operations Manager

Public Benefit
The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charities aims and objectives and in planning future activities.

Objectives and activities

A summary of the objects of the charity as set out in its governing document
To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of mental distress requiring advice or treatment in Wales.

To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

The charity's aims including the changes or differences it seeks to make through its activities

Our Vision

We won't give up until everyone experiencing a mental health problem gets both support and respect.

Our Purpose

We are Newport Mind.

We connect minds

We bring people together to make change in their communities.

We support minds

We deliver life-changing support.

We change minds

We speak out and demand better from policymakers and the public.

We're here to fight for mental health.

For support. For respect. For you.

Public Benefit
The Directors confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charities aims and objectives and in planning future activities.

Our fundamentals

- Our work will always respond to the needs and preferences of people with mental health problems.
- We put people first. So our work isn't defined by mental health diagnoses.
- We are committed to anti-racism.
- The Mind federation supports people across England and Wales. We also work closely with partners in Scotland and Northern Ireland.
- We're focused on supporting people all people with mental health problems regardless of age, children, young people, adults and older people

Objectives and activities *(Continued)*

Strategic Goals
A: Staying Well Goal
Support the people most likely to develop mental health problems, to stay well.

B: Empowering choice
Empower people who experience a mental health problem to make informed choices about how they live and recover.

C: Improving services and support
Ensure people get the right services and support at the right time to help them recover from/live with a mental health problem.

D: Enabling social participation
Open the doors to people with lived experience participating fully in society.

E: Removing inequality of opportunity
Gain equality of treatment for people with mental health problems who experience multiple discrimination.

F: Organisational excellence
Our vision is of a thriving Newport Mind which achieves excellence to give people with mental health problems local support and a voice.

The above strategic goals set the framework for the development of more specific aims and objectives for the day to day operations of Newport Mind so that it can deliver:

- High quality services
- Focused on recovery
- Achieving positive outcomes for people with mental health problems
- Services and opportunities to meet the needs of more people from a wider range of backgrounds, ages and communities
- Greater awareness of the services that Newport Mind offers and how to access them

1. Operating Context

1.1. The beginning of this financial Newport Mind saw the commencement of work on the building, the programme of work was scheduled to be 14 weeks but ended up continuing past the end of this financial year.

1.2. The building work was to:-

- move the reception to the ground floor and re-orientate the lift so that access is via reception rather than through the planned for community restaurant,
- upgrade the first floor to have high quality and fit for purpose counselling rooms, one to one meeting rooms, a training room, an activity room and a sanctuary space,

Objectives and activities *(Continued)*

- clear the ground floor ready for redevelopment to a community restaurant.
- make the lift and the electrics ready for the addition of the new floor as well as for the needs of the community restaurant.

1.3. As a result of the work the building was not able to be used and we secured temporary premises for reception and counselling as well as arranged to use community facilities to provide some of our groups from, most notably the Salvation Army building.

1.4. Newport Mind staff team responded fantastically to the challenges presented by the continuing to not have a base to work from working out imaginative ways to reach out and support people with their mental health.

1.5. Staff continued to use Zoom, Microsoft Teams, and phones to connect with clients individually and in groups. Producing a range of resources, including booklets, short films and newsletters etc. for people to access.

1.6. Newport City Council (NCC) continued funding Wellbeing and IAA services subject to ongoing discussions about the nature of the services with a view to ensuring they met some of the aims of the Housing Support Grant particularly around information, advice and assistance to reduce people experience housing related problems.

1.7. Newport Mind continued the Counselling service as paid for service with some low-cost places for those on means tested benefits ending the free service that had been in place during the pandemic.

1.8. Newport Mind received similar levels of funding for the Families First service and increased levels of funding for the Supporting People services.

1.9. Newport Mind used the remainder of the funding from Mind the national charity in conjunction with financial support from NCC and direct funding from schools to continue to provide the Whole School Approach project.

1.10. Newport Mind had ongoing funding from Comic Relief and the Paul Hamlyn Foundation for two projects working with Children and Young People.

1.11. The overall context continued to be challenging with a reduction in funding opportunities, a marked increase in the competition for funding, and a reduction in services available to people with mental health problems increasing the demand for Newport Mind services.

1.12. Mind Cymru secured additional funding in partnership with local Minds across Wales to deliver an online version of Active Monitoring a free, six-week guided self-help programme to help you understand and feel more in control of your emotions.

1.13. Newport Mind continued to have discussions with Mind Monmouthshire and Torfaen and Blaenau Gwent Mind about merging and commissioned Eastside Primetimers to produce a Due Diligence report in respect of the merger.

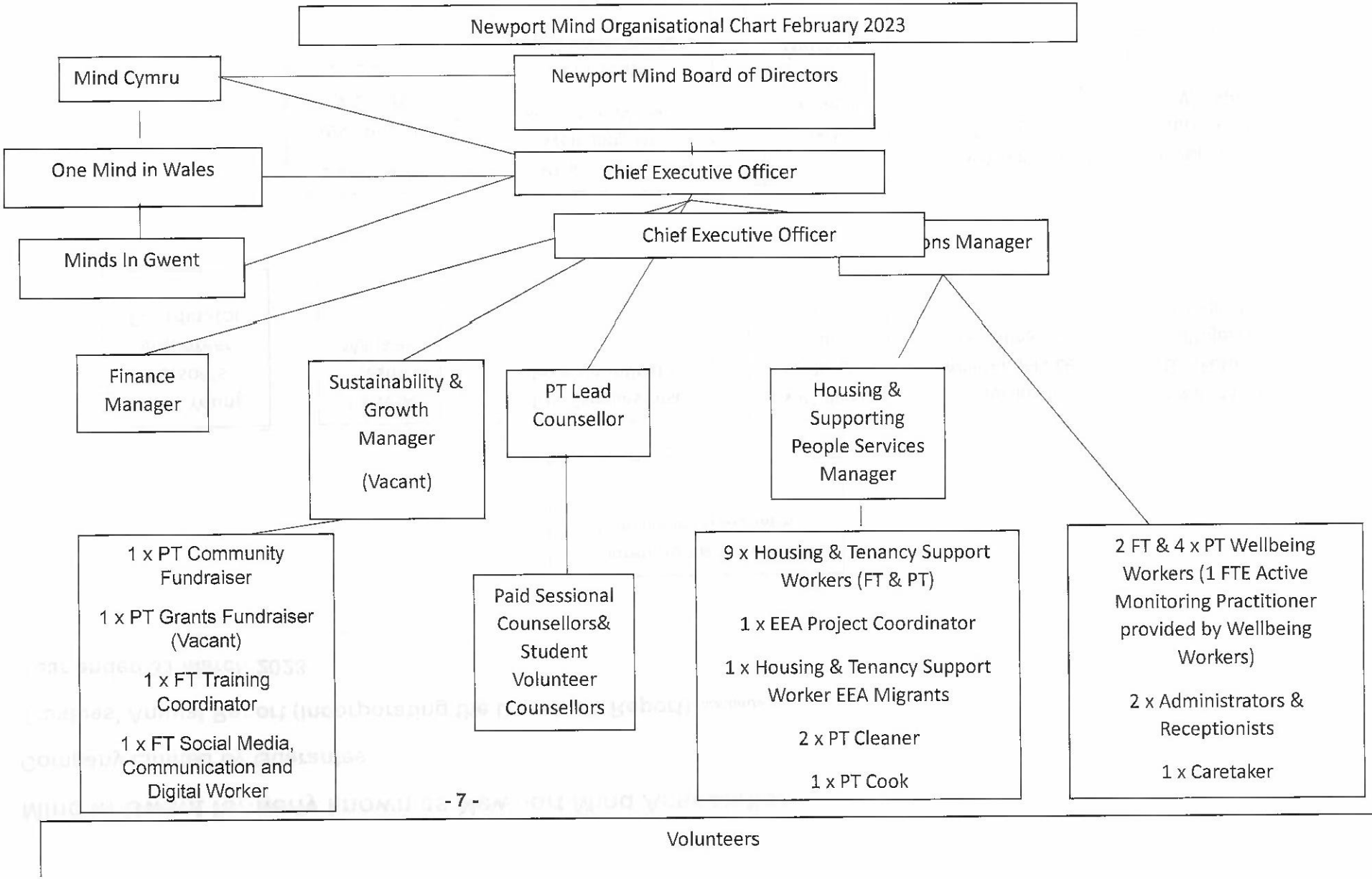
1.14. The Due Diligence report was completed in June 2022 and the three organisations decided to continue to full merger with an aspiration to achieve that by April 2023. Progress was slower than expected and progress toward merger continued after the end of the this financial year.

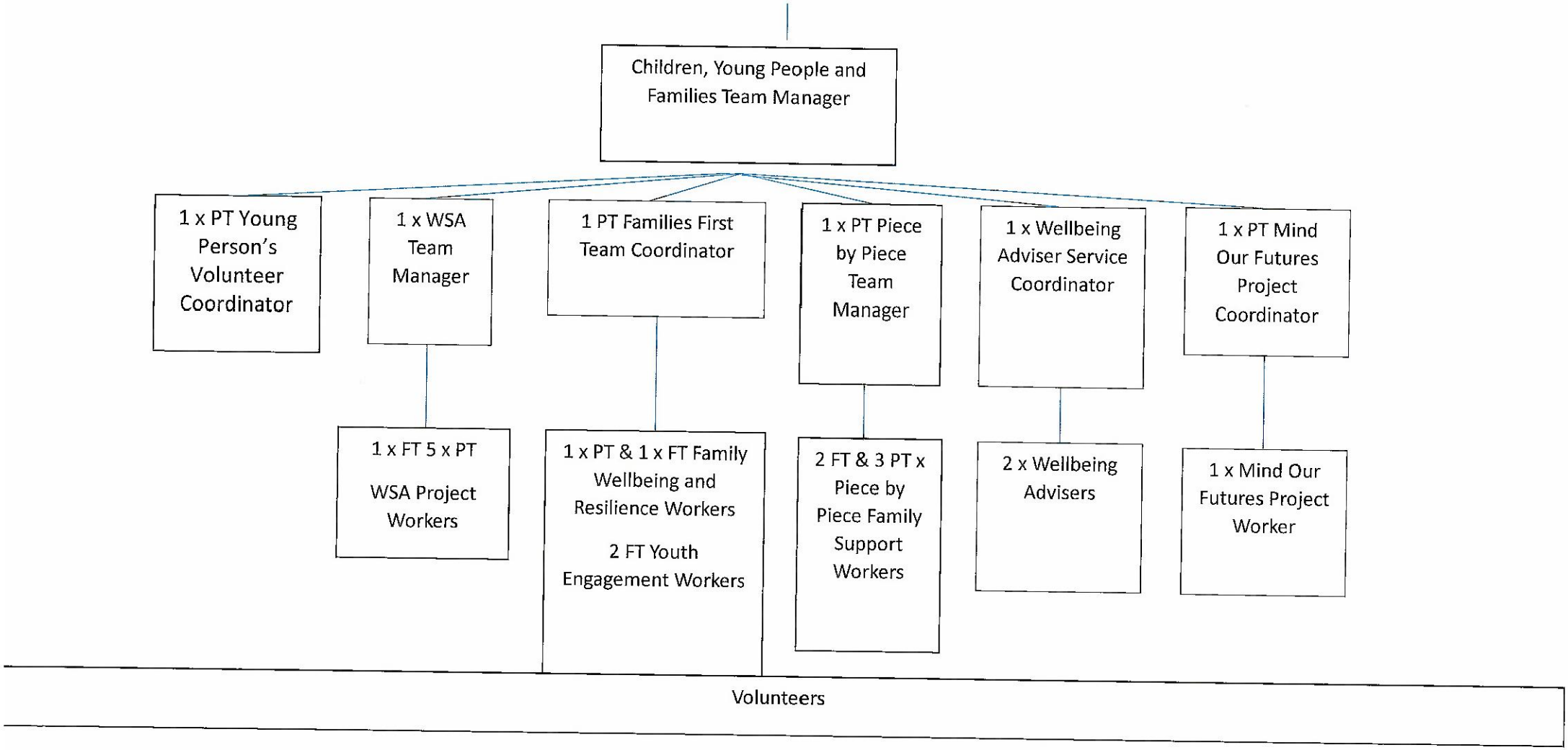
2. Organisation (Goal F)

2.1. The staff, to a lesser extent volunteers, are organised in five service areas supported by the Chief Executive Officer and the Finance Manager. The Receptionist and the Caretaker are now part of the Community Wellbeing Team.

1. Information, Advice and Assistance (IAA) and Community Wellbeing Team 2. Counselling
3. Housing and Tenancy Support
4. Children, Young People and Families
5. Sustainability and Growth

2.2. Information, Advice and Assistance (IAA) and Community Wellbeing Team is led by the Operations Manager. The Lead Counsellor for the counselling service was working increased hours. The Housing and Tenancy Support and Children, Young People and Families services have a designated managers or lead coordinators. See organisational chart pages 7 and 8 for further details.


Newport Mind Organisational Chart February 2023
Mind Cymru
Newport Mind Board of Directors
One Mind in Wales
Chief Executive Officer
Minds In Gwent
Chief Executive Officer
ons Manager
Finance Manager
Sustainability & Growth Manager
(Vacant)
PT Lead Counsellor
Housing & Supporting People Services Manager
1 x PT Community Fundraiser
1 x PT Grants Fundraiser (Vacant)
1 x FT Training Coordinator
1 x FT Social Media, Communication and Digital Worker
Paid Sessional Counsellors& Student Volunteer Counsellors
9 x Housing & Tenancy Support Workers (FT & PT)
1 x EEA Project Coordinator
1 x Housing & Tenancy Support Worker EEA Migrants
2 x PT Cleaner
1 x PT Cook
2 FT & 4 x PT Wellbeing Workers (1 FTE Active Monitoring Practitioner provided by Wellbeing Workers)
2 x Administrators & Receptionists
1 x Caretaker
Volunteers


Children, Young People and Families Team Manager
1 x PT Young Person's Volunteer Coordinator
1 x WSA Team Manager
1 PT Families First Team Coordinator
1 x PT Piece by Piece Team Manager
1 x Wellbeing Adviser Service Coordinator
1 x PT Mind Our Futures Project Coordinator
1 x FT 5 x PT WSA Project Workers
1 x PT & 1 x FT Family Wellbeing and Resilience Workers
2 FT Youth Engagement Workers
2 FT & 3 PT x Piece by Piece Family Support Workers
2 x Wellbeing Advisers
1 x Mind Our Futures Project Worker
Volunteers

3. IAA and Community Wellbeing Services (Goals A, B,C, D, E and F)

3.1. Having survived the Covid regulations and moved groups back in to the building, our team then had to plan for a temporary move out of the building to make way for building renovations on the first floor. We arranged to use two rooms at the Salvation Army to run groups and one to one work across the organisation. This move took place before the Easter holiday. Staff were working from the Salvation Army, from home and from offices in the Kelvedon Business Centre.

3.2. Together for Wellbeing stopped while the building was closed but some people started to be integrated into other Wellbeing Groups such as 'Over Fifties' and cooking Group. Over fifties started in the Salvation Army building in response to requests for a group to prevent isolation and loneliness, build support networks and a warm wellbeing space when heating costs were rising.

3.3. Although we were not in our building we began to run activities in the Salvation Army building every morning and afternoon. We also took advantage of other opportunities through other organisations such as guided Nature Walks with Bugslife and Greener Maindee. We received a grant from Natural Resources Wales and started 'Plant a Seed' which was a Wellbeing project to visit green spaces, grow vegetables and cook healthy meals. This was based at our Allotment and at a Maindee Church with cooking facilities. We benefited from grants for equipment through Green Grid and GAVO. People learnt to chop and peel and took the ingredients home with a slow cooker for their own use. We also expanded walking to two locations so that more people could access the group.

3.4. Active Monitoring was growing and by the end of the financial year we had four staff trained to deliver the self-help course with one taking an admin lead. It is hoped that Nation Mind will access funds for this project to continue. Feedback is good and people report getting huge benefit from the course.

3.5. When one staff member left the organisation and one sadly passed away in May, we recruited two new Wellbeing Workers. One trained to do Active Monitoring and the other took over the art group and the crafternoon. Groups started to expand and they will soon need to split. We have also benefited from the help of volunteers in larger groups.

3.6. The IAA list which we worked hard to reduce has now disappeared. People who ring for help are booked for an appointment within one week. We have two good reception and admin staff who have been working at the Kelvedon Business Centre. We have done very little face to face work other than groups but people have managed with phone contact.

3.7. Men's and Women's groups have grown in the Salvation Army Building and we continue to benefit from the support of a male volunteer as we are an all female team again. Groups have welcomed some interesting speakers as well as joining nature walks and trips through the other projects.

3.8. For those who received loaned phones and tablets there has been a digital inclusion course to enable people to access information, do internet banking and bills and safely use social media.

3.9. We continue to advertise our services through the One Newport online newsletter, social media and emailed newsletters to our mailing list of service users. Printed copies are available in groups. The team have also been involved in events to raise awareness and talks to local groups and employers so people know how to take care of their own wellbeing and be aware of others around them who may be struggling.

3. IAA and Community Wellbeing Services (Goals A, B,C, D, E and F)

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4. Housing and Tenancy Support (Goals B, C, D, & F)

4.1. The Housing and Tenancy Support Service for both mental health and EU citizens, is delivered in line with the requirements of Housing Support Grant funding contract. The service is delivered within the current budget. The focus of the team and their supervision remains on ensuring contract compliance for the delivery of housing related support to people with mental health problems. This is measured by Supporting People through the production of monthly monitoring figures, 6 monthly outcomes and monthly meetings with HSG and a review of service. Supporting People have consistently given positive feedback on the way the service delivers its targets, and stakeholders are also generally very happy with the service. Our pick up time from referral has improved to 1 month for non-urgent cases as workers have had their case-loads increased to a minimum of 14 clients as the contract target of people supported has increased. With a triage system at the point of referral, people with urgent need are picked up straight away.

4.2. The pandemic changed the way support is delivered, with a significant number of people being supported using the phone, and using WhatsApp and Facebook. We have continued to use multiple methods to deliver support as some people we support have preferred the option to be supported in a way that suits them. The Facebook page is very popular with the EEA migrant service clients, and can be delivered using a variety of languages to disseminate information and answer brief queries. This is particularly relevant for people who are in paid employment or with child care issues. We have returned to face to face work but we still maintain precautions before meeting following the guidelines devised to protect support workers and clients from unnecessary risk of infection. This includes calling before a visit, using hand sanitiser and a mask if necessary. We work with vulnerable people and may have to take more precautions as a result.

4.3. Supporting People funded 2 projects for hard to reach groups, people who access accident and emergency frequently with an emphasis on mental health, and working alongside Preventions team, providing tenancy support for vulnerable families. In April 2022 the funding for this ended, and we unfortunately had to lose 2 very good workers we had recruited to cover the secondment. The Preventions service in particular was devastated to lose their worker so following a meeting with the HSG team, we have left the worker in place with Preventions, and her referrals are managed by herself, but we record her hours as part of the Housing and Tenancy support team. This means if she is low on referrals from Preventions, we can use her time to pick up referrals from the main housing and tenancy referral route that fit with her service.

4.4. Support workers have developed hybrid working practices, so doing administration, calling clients and other professionals and training from home, and working in the community with clients when this is needed. We have found our service has been more responsive to the varying needs of clients, delivering support in the way that best suits the client. The investment of laptops, printers and office equipment to support workers to work from home has been essential in this. Administration, emails and calls to clients can be done from home. A Mind developed wellbeing plan has been done with all support workers, to ensure hybrid working enables them to be as effective as possible, while still feeling connected to the housing and tenancy team and Newport Mind.

4.5. Food parcels continue to be used to the maximum allowed, and cash Discretionary Assistance Fund allowances of £50 have continued to help people through increasing costs. Utility costs are rising rapidly, and we have ensured people are in receipt of all eligible benefits and grants. A lot of services are now back doing face to face work, for example DWP, but access to GP's can still be problematic although this is slowly improving.

4.6. The Housing and Supporting People Service Manager has responsibility for supervising the Housing and Tenancy Support service which is part funded by Housing Benefit and part funded by HSG. Voids in supported accommodation have been kept to a minimum, and active support to minimise rent debt has been put in place.

4.7. The Housing and Tenancy support Manager as part of the role supervises the cooks and cleaners in the houses as well as dealing with a variety of other practical issues, managing tenancies, dealing with housing benefit, maintenance issues and problems in the houses. We will be increasing the hours of the cleaner to cover the new project, and as we have been unable to recruit a weekend cook, the weekday cook is covering this. During the pandemic, a deputy was appointed to support the manager with work load, this will increase again with the new housing project, and the role of deputy manager is valued and gives cover for all management aspects when the manager is off for any reason. The deputy manager has undertaken leadership training and takes on a number of roles including supporting with 6 monthly outcomes recording.

4.8. The four supported houses that are owned by Pobl and managed by the Housing and Tenancy manager with support from housing and tenancy support workers, a cleaner and two cooks who are based in the only long-term property. The properties need upgrading by Pobl, they have a number of issues including single glazed windows in 2 properties, and damp issues in 2 of the houses. We are awaiting a decant for the property with damp and the tenants will be placed in a suitable alternate property for around 4 months while extensive work is completed. Tenants are encouraged to report maintenance issues, but for the issues which are being investigated by surveyors, and need an identified budget, the housing manager organises access and site meetings.

4.9. Pobl has a long-term strategy which includes selling off costly to maintain older properties moving to more self-contained supported accommodation. We have had conversations with Pobl, but there are no properties available at the moment.

4.10. Melin Housing Association in conjunction with Newport City Council has been allocated grant funding from the Welsh Government purchase and convert a building that was previously a bed breakfast into supported accommodation for six tenants with Newport Mind taking on the role of the support provider and manager of the property. we is waiting for the new development with Melin Homes, of 6 bed supported accommodation to come online, there have been frequent delays, it is due to be ready in May 2023. We have been able to secure some funding for mattresses and bedding and towels for each tenant through the HSG team. This has to be spent before the end of March and invoiced to HSG team but has helped with the set-up costs of a big project. This new project will give us 26 places we can offer in supported accommodation, with an additional 84 people supported in the community.

4.11. The completion of this project was delayed due to planning issues including resistance from local residents who are concerned about an increase of traffic and anti-social behaviour. Newport Mind has been involved with providing information around the nature of the project to allay the fears brought forward. The project is close to completion and the manager and staff will work to integrate the project into the community. Increasing our supported housing fits in with the demand for Temporary Accommodation for people with mental health difficulties. Supporting People have identified this group is by far the largest asking for Housing and Tenancy support, with some 70% of all applicants for tenancy support having mental health as a lead need.

4.12. Newport Mind developed its own supported housing project by purchasing a property of 2 flats with 2 beds and 2 tenants in each flat in February 2019 with tenants moving in in April 2019 following a refurbishment, including roof repairs. We have improved the property, replacing a bathroom, and the next planned maintenance will be to repair another part of the roof.

4.13. This has proved successful both in acquiring a property which has increased in value, and in bringing in revenue which contributes to management and central teams' costs. It also provides supported accommodation for 4 people who would otherwise have had use Temporary accommodation or hostels. As a long-term strategy increasing the property owned by Newport Mind makes sound financial sense as well as providing a much-needed resource for people who are vulnerably housed, or homeless with mental health difficulties

4.14. The Housing and Supporting People Services Manager, since January 2019, as part of the role supervises the European Economic Migrant Support Service. This was placed with Newport Mind following the closure of SEWREC, and is a Supporting People funded service for EU citizens with housing and tenancy support needs. This service has been very creative in delivering support, working alongside schools who have a significant number of the children of EU migrants attending the school.

4.15. The EEA Migrant support service now has three workers, a coordinator and 2 support workers. One of these workers, part time, has been on maternity leave, and is due back in work in January 2024. We have had to recruit for a new support worker and a new coordinator since Newport Mind took on the service. The new coordinator has worked hard to promote the service and widen the support to EU migrants. The service is very busy and now exceeding the targets set by NCC. NCC have provided extra hours to recruit a part time worker at 25 hours a week, and we have secured a Romania/Hungarian/ Italian speaker and provided them with all the necessary training around benefits.

4.16. Both the workers have language skills in Czech, Slovakian and some German. There is a significant Romanian community in Newport, as identified by the EU Settled Status project and to support this community, we had to use language line. This is a hard-to-reach community with significant barriers to seeking help, and language line does not always allow effective communication or build trust. Since the Romanian speaking worker has been recruited, we have seen our Romanian speaking families pass the service by word of mouth within the community, and the 25 hours we provide are fully occupied in meeting the service needs of this hard-to-reach group. This worker has been on maternity leave since January 2023 and will return to work January 2024. We have been unable to recruit for cover for this post.

5. Children, Young People & Family Service

5.1. Referrals

During this year, the Children, Young People & Family Services received a total of 468 referrals from external sources included the SPACE panel. This averages as 39 referrals per month. This number does not reflect the additional support provided through the WSA project, where referrals for BOOST support and drop-in sessions are collated per school.

5.2. Service Delivery

Support has been provided consistently to children, young people & families from April 22- end of March 22.

5.3. Family Wellbeing & Resilience Service (FWRS)

The CYPF team continue to be part of the SPACE Wellbeing panel, which includes outside agencies and statuary services. We act as a standalone service within the SPACE Wellbeing Partnership. The whole of the CYPF team services are offer through the SPACE Wellbeing panel.

The team has had an influx of previous clients contacting for advice / crisis support. We feel this demonstrates that families felt they can trust our services and are well equipped to enlist support /

guidance when needed.

This is a fundamental principal of Resilience Theory, which we practice in our delivery. Those who have accessed our services in crisis have been given 1-to-1 support and signposted to crisis services, with us providing handover sessions. We anticipate that the longer-term impacts of the pandemic will continue into next years and years to come.

Quarter - 1
Out of the 41 referrals this quarter; it was highlighted that 16 of the referrals - 6.56% received were from schools within the Newport area. We feel the increased school referrals maybe reflected, due to the Mind Whole School Approach closing their waiting lists as their funding was ending by the end July'2022. We were unsuccessful in attaining additional funding to maintain NP (staff member) increased 6 hours until the end of 31st March 2022, which has meant the team had been unable to increase further support to more families in need. The consequences of this has meant that families are required to wait longer on the waiting list to access our service. NP- 21 hours was reduced to 15, due to funding coming to an end on the 31st March'2022.

However, we were successful in securing additional funding for our present posts until December'2022. This enable us to continue to offer our service to young people & families in Newport.

During this period, we also saw an increase of referrals relating to poor mental health caused by the COVID-19 pandemic, and we suspect we will see a rise in these types of referrals in 2022 / 2023.

Quarter - 2

Throughout this period, we increased our in-person sessions offering most families, either in community facilities, home visits within school or by going on walk-and-talk sessions, alongside providing support to families via telephone, text, emails messaging services and video calls.

The Whole School Approach Project had gained funding and recruited new staff. We noticed a slight decrease in the last part of Q2 in referrals needing to be taken on by FF service. Also, within Q2 Piece by Piece project was able to recruit a 7-10yo worker, which meant we were able to transfer 6 referrals over to the project, which FF services has had on our waiting list.

Due to Families First funding ending at the end of December, we considered a recommissioning plan. Initially we reviewed our current capacity and waiting list, we decided to close the referrals for our current Families First Provision from the end of this Quarter. We continue to accept referral from SPACE that can be supported by other CYPF services at Newport Mind.

This took into consideration that allow our workers on the FF provision to provide support to all of the families that are currently on the waiting list. We conducted a review of the current waiting list for our services, and we were able to provide provision to all with the current resource of the staff team. We had the capacity to support any additional need (if any staff members move on) through our other CYPF staff members if needed or signpost / refer onto other service providers/ agencies to meet our family's needs.

Quarter - 3
Newport Mind Piece by Piece service had recruited a member of staff to work with young people experiencing trauma within the 7-10-year-old age range.

Previously these young people would have been on our Families First provision waiting list, which had increased our families waiting time to access our service, but this recruitment had alleviated our waiting times to access our service provision.

We continue to work in partnership and collaboratively with in-house services in Newport Mind, the Prevention Teams and other outside agencies / organisations to ensure that our young people / families are able to gain additional support that they require to meet their individual needs.

Due to Families First funding ending at the end of December, we continued to focus on the decommissioning plan as a team, to make sure we were able to offer Families First Provision for all the families who were on our waiting list during Q3.

As a team we decided not to offer Kith and Kin light or Mini Kith & Kin or Bounce (parent/ carer) courses during Q3, as our main focus was to honour all our families / Young people on the Families First waiting list to access our service by the end of December'2022.

Quarter - 4

As a team we completed the decommissioning plan by the end of December, we honour all our families / young people on our waiting list by providing Families First provision to all.

During this year, our service supported 165 Families, through 1-to-1 support and provided -

- 2 Bounce courses which supported 35 parents/ carers, whose children and/ or young people are struggling with their mental health/ wellbeing.
- Parents/ Carers were still able to sign-up for the online Bounce course.
- We offered Mini Kith and Kin to 18 families / young people and parents/carers to enable them to gain greater understanding of their own mental health and levels of resilience.
- Kith & Kin light we supported 21 young people.
- In this year we had 15 families who were offer a service but did not engage at all.
- We had 5 young people who were offered a service but decided to opt out, due to them not feeling they were ready to engage with our service provision at that given time.
- 1 Young person/ family Opted- out as they were already receiving support from OT, Welfare Officer and a family support Worker.
- We had 1 young person who decided to go privately to receive treatment.

As a team we decided not to offer Mini Kith & Kin within Q4, due to not knowing if our service will be continuing on after March'2023.

One of our Full-time member of staff was still currently on maternity leave, which had an impact on the level of support being offer, during this financial year

In Quarter 4 we gained extra funding which enabled us to continue to delivery Families First service to families and young people within the Newport area between the ages of 0 - 18 years old.

We reopened our waiting list in January'2023 and continue to attend the SPACE Wellbeing Panel allocation meetings to continue to accept referrals for our services and for the other Children, Young People and Family services at Newport Mind.

5.4. Youth Engagement Project: (YEW)

The Early Help project has employed two full-time Youth Engagement Workers (YEW) to work peripatetically across the whole Children, Young People & Families team. These workers will perform two detached youth work sessions per week, delivering an innovation on traditional mental health support in bite sized chunks. As we know that this work will reach the hardest to engage young people who are usually disengaged from traditional services, such as those suffering from ACE's and BAME young people. The detached sessions also offer the opportunity to signpost young people to Newport Mind, Youth Services provisions or any relevant services that will meet that clients' individual needs at that given time and to lessen the stigma around accessing support.

The YEW's also provide 1:1 sessions to individual young people on a basis for between 3-6 weeks in order to address immediate needs, improve resilience and empower these young people to engage in longer-term support through youth and project led group support.

Positive Outcomes
As a service we honour all the clients who were on our waiting list by the end of our project financial year, and they received 1:1 intervention and/ or sign-posted to the relevant service(s) that would meet their individual needs.

Over the last 12 months Youth Engagement Workers have offer 154 - 1:1 intervention to young people between the ages of 11 - 25 years old within Newport community.

113 - Young people cases were closed due to positive outcomes
16 - Young people did not engage within the service at all.
25 - Young people Opt-out, for example -

- Due to the Young person feeling they did not require support any longer, as their concerns / issues have been resolved.
- Young person Opt-out after engaging in 3 sessions, as they felt this met their individual needs and did not require any further intervention at this stage.
- Some young people were not ready to meet new people or make changes at this present time.
- Young Person Opt-out as they had been placed on P-CAMS waiting list.
- No further support was required as they had just finished intervention with Newport Mind Emotionally Based School Avoidance service (EBSA)

Detached work - the Youth Engagement workers connected with 1,280 young people between the ages of 11 - 25 years old. The split between males and females who have had connection with the Youth Engagement Workers over the last 12 months on detached sessions are -

Males - 581
Females - 699

The above highlights that the main engagers are females between the ages of 14-16 years and 17 - 19 years old and Males between the 14 - 16 years.

The information does not show a specific breakdown of BAME or LGBTIQA+ communities who have

access to this service.

In quarter 4 - The Youth Engagement Workers have provided partnership working events once a month for Cross-Key College students which has been very successful.

To enhance young people, teachers/ lecturer's awareness of mental health services available within their community and providing information on how to monitor / address their own mental health and wellbeing.

From the result of this partnership working the college had decided to fund a 33 hours post for a Mental Health Practitioner from Newport Mind who will be working across the 5 college campuses within the Newport locality.

Throughout the 12 months the Youth Engagement Workers have collaborated in partnership community events for example;

- Mental Health Road Show at Cog Gwent
- University South Wales (Newport Campus) Conference
- Time to Talk at University South Wales - Newport campus
- Wellbeing events at Cross-Key College
- Mental Health and Wellbeing Road Show at Nash College
- G- Expression Event - at Riverfront Theatre in Newport

These events have been successful not just for young people but for teachers, lecturers, other organizations and the general public to reduce the stigma / barriers in accessing mental health services to address their own mental health and wellbeing.

These events have provided the opportunity to promote Mental Health Awareness to a wider audience within the Newport area. Furthermore, this has enabled the Youth Engagement Worker's to provide resources e.g.: safety cards and different coping strategies resources which they can incorporate within their own daily routines.

Addition feedback from the evaluation forms some of the YP have completed after receiving 1:1 intervention with the Youth Engagement Workers

What do you think has worked well about the sessions?

- Being able to talk about things in a safe space
- The fact that I can speak about my brother freely
- I have been able to receive help and support I needed and effective advice provided" I have felt comfortable talking about my mental health which I do not with many others" My anxiety has gotten better and less panic attacks
- Being comfortable in their presence and feeling like I can say what's on my mind and how I am feeling without being judged " Flexible times and dates to meet up for my individual sessions

What could be improved for you?

- Nothing
- More sessions
- To have more sessions if needed in the future
- I feel like everything has gone smoothly and not much could be improved" Don't know
- What interventions do you think have been the most beneficial for the future?" Confidence and self-esteem resources
- The GLAD the positive self-talk, the ABCDE method and replacement thoughts." Advice on sleep
- 54321 Grounding techniques.
- I believe the documents that I have been informed about during my 3 sessions will be all I need for the future. " Multiple confidence activities
- Sleeping help and goal planning
- Offering new ideas such as creating lists that work well for me and my style of coping." Circle of control
- Journaling

Questions - on general delivery of Youth Engagement Workers Services

Question 1 - How would you rate your ability to communicate effectively and efficiently with Newport Mind's YEW team?

- 50% - rated communication as Excellent
- 41.67% - rated communication as good
- 8.33% - rated communication as satisfactory

Question 2 - How would you rate the range of interventions on offer from Newport Mind's YEW team?

- 58.33% - range of interventions on offer as Excellent
- 25% - range of interventions on offer as Good
- 16.67% - range of interventions on offer as Satisfactory

Question 3 - How would you rate the signposting of services offered by the Newport Mind's YEW team?

- 41.67% - Signposting of services offered as Excellent
- 41.67% - Signposting of services offered as Good
- 16.67% - Signposting of services offered as Satisfactory

With all the hard work and commitment of the Youth Engagement Worker's, it was a great shame, that we were unlucky to secure further funding for this project for our young people within the Newport locality.

5.5. Wellbeing Ambassadors

The Wellbeing Ambassador project trained 24 new Wellbeing Ambassadors during this reporting period.

In total, 5 support groups to young people were delivered, lasting 6 weeks each, reaching 35 young people.

The project also delivered 2 PEERS training sessions to a total of 10 professionals, with positive feedback received.

The Wellbeing Ambassador lead podcast 'In One Ear Out The Other' recorded and released 12 episodes during this time frame, with recordings mainly taking place at the University of Wales, Newport building.

The project underwent a change in staff member, with the CYPF Service Manager filling in for service delivery. This was managed with the engagement of the volunteers in mind, ensuring that there were consistent meetings with staff and regular contact with known staff members, to encourage familiarity with multiple members of staff on the CYPF team.

The Wellbeing Ambassadors continued to engage in governance opportunities in partnership with the CYPF Service Manager in the form of the Youth Voice Group, although delivery of this was intermittent in response to staff capacity.

5.6. Children in Need

The Children in Need project started in January '23, with the aim of recruiting 14-18 year old volunteers to provide a space for 5 - 12 year olds to be able to talk about their own wellbeing, improving their emotional literacy and resilience, and providing positive role models to this age group.

In January 2023, recruitment to the vacancy of a 30 hour a week worker was undertaken, with someone being appointed to the role. During Jan- March '23, the focus of the project was to induct the staff member on to the project and continue discussions with the Wellbeing Ambassadors that had been involved in securing the funding from Children in Need.

5.7. Mind Our Future Gwent

The Mind Our Future Gwent project is a partner project with Promo Cymru, funded by the National Lottery, led by Promo Cymru and Newport Mind.

Other partners involved are the Local Mind Associations in Caerphilly, Monmouthshire, Torfaen and Blaenau Gwent, as well as Youth Services in Torfaen, Blaenau Gwent, Newport, Monmouthshire and Caerphilly

During this reporting time, the recruitment of two workers to be part of this project from Newport Mind was successfully undertaken and work began on the project objectives, which began with establishing the partnership and working relationship with Promo Cymru. This was supported by the CYPF Service Manager and involved attending partnership meetings and outlining the project timeline.

Further into the provision of the project, the two workers at Newport Mind recruited 10 young people, aged 16 - 24, to work as Peer Researchers, providing a youth-led approach to research and development during the discovery phase of the project. This was achieved through establishing relationships with the youth services across Gwent and developing and delivering workshops to organisations that work with young people, to promote the project and opportunities to become involved.

5.8. Piece by Piece

The Piece-by-Piece project has been running since August 2020, with a 3 and half year funding grant. In the projects final year, the team have delivered support, in the form of one-to-ones and restorative family sessions, to 131 young people and their families.

In 2022, the project supported one of its partners, Community Youth Project, by including their LGBT youth provision 'Shout Out' into the project. With this new addition, the project focused on supporting the mental health needs of LGBT youth in Newport by visiting local LGBT groups in schools to gain feedback.

Highlighted from the feedback was the social isolation LGBT youth experience, and how parental

permission for after school groups can be barriers. As a result, the Piece by Piece project delivered a wellbeing day targeted towards the LGBT groups in school to meet and celebrate their identity, whilst being within school hours to alleviate further barriers. 6 schools, 72 students and 8 school staff attended the successful event.

The second partner on the project, Literature Wales, co-produced a resilience and create series of workshops with Newport Mind, to deliver to the local schools. The workshops blended youth friendly psychoeducation with creative expression delivered by artists. The programme has been rolled out in 4 schools, with another one in the near future.

Finally, the project has continued its approach of supporting grass root organisations created by and for ethnically diverse communities. The long-standing relationship the project has cultivated has resulted in an increase of referrals by ethnically diverse young people and families by 214%, compared with previous years data.

5.9. Whole School Approach/BOOST

From April 2022 to September 2022 WSA team comprised 7 members of staff delivering a range of targeted and universal interventions to primary, secondary and alternative education provisions across Newport.

The work was funded through a range of funding streams as outlined below:
1 FTE WSA Project Coordinator
0.2 FTE funded via Welsh Government Whole School Approach Development Fund via Newport City Council
0.8 FTE unfunded/ management charges/other funding
0.8 FTE Emotionally Based Schools Avoidance (EBSA) Project Worker Funded from Welsh Government Whole School Approach Development Fund via Newport City Council

School-based Mental Health Practitioners
0.6 FTE funded by Newport High School
0.4 FTE funded by Bridge Achievement Centre
0.6 FTE funded by Bassaleg School
WSA Intervention Project Workers
1 FTE part funded from Welsh Government Whole School Approach Development Fund via Newport City Council, part unfunded
1 FTE part funded from the COVID Recovery Early Help fund via Newport City Council, part unfunded
1.4 FTE unfunded

The team supported 72 children and young people in targeted 1-2-1 support sessions, totalling 312 individual sessions. Additionally, 218 individual support sessions were offered to Bridge Achievement Centre students, and 9 one-off drop-in sessions were provided to students of Newport High School. This totalled 539 individual support sessions across the time period.

Bridge Achievement Centre Project Worker was also able to deliver 23 individual support sessions to staff.

A variety of universal and group targeted interventions were delivered, including 1 parent forum, 1 assembly and 6 workshops on topics such as Managing exam stress, Managing anxiety and difficult emotions, Resilience. In the time period, Wellbeing Ambassador training was delivered in 4 secondary schools with 71 young people trained in total.

From September 2022 to April 2023 WSA team comprised 6 members of staff delivering a range of targeted and universal interventions to primary, secondary and alternative education provisions across

Newport.

The work was funded through a range of funding streams as outlined below:
1 FTE WSA Project Coordinator
0.8 FTE funded via surplus funding via Newport City Council
0.2 FTE funded via St Joseph's RC High School for school-based work
0.8 FTE Emotionally Based Schools Avoidance (EBSA) Project Worker
Funded from Welsh Government Whole School Approach Wellbeing Grant via Newport City Council

School-based Mental Health Practitioners
0.6 FTE funded by Newport High School
0.6 FTE funded by Bridge Achievement Centre
0.4 FTE funded by Lliswerry High School
0.4 FTE funded by John Frost High School
WSA Intervention Project Worker
0.7 FTE funded via surplus funding via Newport City Council

The team supported 121 children and young people in targeted 1-2-1 support sessions, totalling 396 individual sessions. Additionally, 274 individual support sessions were offered to students at Bridge Achievement Centre, and 240 one-off drop-in sessions were provided to students of Newport High School. This totalled 910 individual support sessions across the time period.

11 form and whole school assemblies and resilience workshops were delivered in Newport secondary schools on topics such as Managing exam stress, Looking after your emotional wellbeing, Managing anxiety and difficult emotions. 1 parent seminar was delivered on Supporting children's mental health.

Emotionally Based Schools Avoidance (EBSA)

Emotionally-based school avoidance project supports children and young people who struggle to attend school due to emotional difficulties, such as, for example, social anxiety and impact of trauma. It also provides support for families and educates professionals on the latest findings in the field of EBSA research and efficient support strategies.

EBSA project provided 1-2-1 support to 17 young people aged 10 to 18 years old, totalling 104 individual sessions.

EBSA project lead developed and delivered 16 virtual training sessions to provide professionals from educational organisations and support services with information on EBSA, how to recognise the signs and triggers, and how to support young people and families. In addition, 5 EBSA Q&A panels were attended in the time period.

5 online seminars were delivered to parents and care givers of children and young people with EBSA.

EBSA project lead also set up a peer-support group for parents and carers, with 8 in-person peer-support sessions facilitated within the time period.

In January 2023 first EBSA adult volunteers were recruited and trained, 8 volunteers were trained in total. They have since become an integral part of service delivery to parents and care givers, planning and organising regular in-person meet-ups and being involved in development of new ideas for the project.

5.10. Wellbeing Advisers

The wellbeing adviser project was in co-production with National Mind at the beginning of the year. This was a new pilot project that was being produced with young people and professionals at Mind. The main aim of this new project was to get young people's voices heard and help develop a support pathway that would work for them and their individual needs.

Once co-production was done it was time to recruit 3 new members of staff. A wellbeing adviser coordinator and 2 wellbeing advisers this was done in December 2022. The new members of staff joined Newport Mind in January 2023 and began to map out all of the internal and external organisations that the advisers could refer young people to in developing their support pathway. The advisers then began delivery of the project in the beginning of March 2023 with a total of 54 referrals to start with.

5.11. Children, Young People & Families (CYPF) Service Manager

This report is a summary of the progress of the Children, Young People and Families (CYPF) Manager role since its implementation in April 2022. This role is responsible for line management of the Coordinators on the CYPF projects at Newport Mind and contributes to the ongoing sustainability of Children & Young People's services across Gwent as part of the Minds in Gwent merger, supporting the overall Mind strategy.

Reminder of the agreed purpose of the role:

- To provide supervision and support to the managers/coordinators of the Children, Young People and Families (CYPF) Services at Newport Mind.
- To manage risk to the organisation by overseeing all CYPF services and ensuring that all policies/ procedures and training are up to date and reviewed as needed.
- To act as a central point of contact for all referral queries from service users and professionals, and coordinate referrals both through Changing Minds and the SPACE Wellbeing Panel.
- To act as a central point for managing safeguarding practice within Newport Mind, supporting managers/ coordinators of the CYPF team to ensure best practice standards beyond basic induction training.
- To lead on strategy for the CYPF team at Newport Mind, linking with the National Mind Strategy golden thread for CYP work.
- To provide support in the merger of the Minds in Gwent, sharing knowledge and experience of implementing services and developing relevant policies and procedures and to roll out the Wellbeing Ambassador project.
- To identify and source funding and opportunities for Children & Youth People's services for Newport Mind and across Gwent, in collaboration with local Mind's in Torfaen, Monmouthshire and Blaenau Gwent as part of the merger.

Progress to date:

Since April 2022, the CYPF Manager has provided line management to the managers/ coordinators within the CYPF team, filling in during absences to provide cover for staff members and to support the completion of effective monitoring and evaluation reports for funders. From April to July 2022 the CYPF Manager was undertaking new responsibilities as outlined above whilst also coordinating the Wellbeing Ambassador project, until the successful recruitment of cover in July. When this member of staff moved over to another project in October, the CYPF Manager once again covered the Wellbeing Ambassador project for 2 months and transitioned a member of staff back from Maternity leave to take on the project from December 2022.

In total, from April 2022- March 2023, the CYPF Manager has planned and assisted in recruiting 14 members of staff across CYPF projects. In addition to this, assistance was provided to support the Counselling Manager to recruit a CYPF Counsellor in February 2023.

The CYPF Manager has also co-facilitated the endings of the Systems Change and Branch Out projects, which provided legacies of learning and innovations in practice for ongoing CYPF projects.

The CYPF Manager role has been responsible for reviewing policies, training and practice of all members of the CYPF team and during the time of this report, Coordinator days and CYPF staff training days have been implemented to refresh training needs and to provide a sense of connection for members of the team. With the consistent recruitment of staff members and remote working, feedback from staff and managers/ coordinators has included feelings of isolation and decreased confidence in practice. These were addressed through these regular opportunities for the CYPF teams to come together and share skills, knowledge and experiences.

The CYPF Manager reviewed the internal processes for managers/ coordinators within the CYPF team, streamlining the induction and supervision processes for staff and ensuring a supportive culture for managers/ coordinators during periods of challenge with project partners and internal grievance procedures with staff. In addition to this, the CYPF Manager assisted the CEO in reviewing the Safeguarding policy for the organization.

The focus has been on aligning all CYPF projects to work cohesively and this has resulted in an increased presence in the community, utilizing spaces such as the University, to develop partnerships within further education. Plans are currently in progress to deliver college and university specific support through connections that the CYPF Manager has fostered.

The CYPF Manager is a part of a number of working/ focus groups that innovate the services that we currently deliver as well as undergoing a Masters in the field of Youth work, which has contextualized projects within evidence based frameworks.

Bids and applications completed by the CYPF Manager and colleagues April 2022- March 2023:

Fund	Amount	Outcome	Details of Project
Families First recommissioning	£ 168,944.42	Successful	Funding from April 2023 for 2 years.
Summer of Fun	£7,772.29	Successful	July- September 2022.
Wellbeing Guides	£122,472.53	Successful	February 2023- end of January 2024.
Mind Our Future	£300,005	Successful	October 2022 for 5 years
Children in Need	£48,446.36	Successful	September 2022- March 2024.
Families First Underspend	£8,552.36	Successful	Funding to cover costs and add staff resources.
WCVA Youth Volunteering Round 1	£48,410.73	Unsuccessful	
WCVA Youth Volunteering Round 2	£24,304.87	Unsuccessful	One year funding to develop mentoring for YP with volunteers aged 18-25
Total secured funding	£656,212.96		

Applications in progress:

People and Places- Lottery fund to recruit 4 FTE roles to provide drop in and community based services to families. Due to be submitted by March 2023.

Paul Hamlyn- Fund to expand services currently delivered by Emotionally Based School Avoidance (EBSA) worker Amy- this will diversify support available and will aim to work in partnership with consultants experienced in creative therapies.

Moondance Foundation- Fund to extend the Youth Engagement Worker project.

The CYPF team continues to grow with the following current projects:
Families First
Piece by Piece
Whole school approach/ BOOST
Emotionally Based School Avoidance project
Bassaleg/ Newport High/ Bridge PRU/ St Josephs/ Crosskeys College/ Lliswerry positions Wellbeing Ambassadors Youth Engagement Workers
Wellbeing Advisers
Children in Need project
We currently have 25 staff members.

5.12. CYPF Strategy

During the reporting period, we have worked towards the three Golden threads listed in the National Mind strategy in the following ways:

5.13. Fighting for the Mental Health of People in Poverty

We have continued to engage in the Single Point of Access to Childrens Emotional (SPACE) Wellbeing Panel, a cross Newport multi-organisational partnership between Aneurin Bevan University Health Board and Newport's Families First scheme partners, which assesses needs and refers children, young people and families to the right organisation to suit their needs at the right time. This panel benefits from focusing on supporting families who live within poverty and is attended by organisations who specialise in support children, young people and families in poverty, and provides information on how partnership organisations can do the same.

The implementation of the Wellbeing Advisers project has contributed to this thread of the strategy, through its focus on engaging with young people experiencing poverty and supporting our continued involvement with the SPACE panel.

We successfully applied for the Families First and Whole School Approach projects, to continue to reach the most deprived young people in Newport and through this, we have ensured that organisations across Newport are aware of our services, and understand the referral process for their young people.

5.14. Becoming a Proudly Anti-Racist Organisation:

We have worked to diversify the Wellbeing Ambassadors, ensuring it is accessible to all, and encouraged Wellbeing Ambassador driven social action to address mental health stigma through the funding from the Children in Need project. We have implemented learning from the Systems Change project to ensure that we are working to be as inclusive and accessible as possible.

Through the Piece by Piece project, we have built links with organisations which support ethnically diverse communities specifically across Newport, such as KidCare4U.

We have adjusted our recruitment strategies and materials to make roles more accessible and targeted to communities that are underrepresented in our workforce, by reducing the length of the applications by limiting the number of specifications listed in adverts.

5.15. Supporting Young People, with a Focus on Trauma:

We have delivered the Piece by Piece project and have been focusing on capturing the impact and reach of this project, to inform funding applications for sustainable funding for this work. We have also engaged with working groups facilitated by the Health Board and consultation events with National Mind, to develop ideas and service delivery for young people experiencing trauma.

We have continually kept a record of referrals and make a note of trauma related referrals and continue to be aware of the impact of Covid-19 as a trauma for young people.

Training opportunities for staff have been shared to upskill members of the CYPF team in trauma informed approaches and skills and experience, in the form of best practice, have been shared at CYPF training days.

6. Counselling

6.1. Counselling In Mind

6.1.1. 'Counselling In Mind' service has been running for 2 years now. It is fully self-funded however and it will take time to generate revenue streams and break even. The service has expanded to offering counselling for children and young people. We have fully transitioned to face-to-face sessions only.

6.1.2. As the costs of living increased, we had to adapt and increase our charges starting the 1st of April 2023 from £40 to £45 for full-paying clients and from £10 to £15 for clients paying the discounted rates. The service is staffed by one full-time lead counsellor and one part-time permanent counsellor as well as 2 bank counsellors and clearly £15 sessions would not fund the counsellors' salaries. Hence, we continued the employment of volunteer trainee placement counsellors. Clients paying the discounted rate saw placement counsellors and clients paying full fees saw one of the qualified counsellors. Children and young people's counselling sessions also increased from £40 to £45 per session and are delivered by one employed part-time qualified counsellor.

6.2. Placements

6.2.1. The majority of the team is staffed by volunteer counsellors so this needs major resourcing and managing. On average we have approx. 7 volunteers on placement at any one time. There is a constant turnover of placement counsellors as volunteers graduate and new trainees apply. So we usually interview one applicant per month. An ongoing role is to provide line management and support with risk management for volunteers.

6.3. Local Employer

6.3.1. We continued our contract with a large local employer, where we deliver in-house time-limited counselling (8 weeks) to their staff. The charge also increased starting the 1st of April 2023, from £40 to £45 per weekly client session. We averaged 37 client sessions per month. It was decided to keep providing telephone/zoom counselling sessions due to the safety precautions of the local employer.

6.4. Covid

6.4.1. The service's capacity was expanding through the year, which generated more income.

6.4.2. From April, the number of paid sessions slowly grew exponentially month by month. Monthly breakdown:

Month	Number of paid client sessions
April	182
May	184
June	181
July	184
August	194
September	175
October	155
November	181
December	184
January	187
February	197
March	181

6.4.3. As most sessions started taking place in the building, 99% of payments were made as clients arrived in the reception. We still have the issue of reclaiming DNA sessions.

6.5. Marketing

6.5.1. The growth of the service has been with very little marketing, mainly referrals from existing networks and through current brand awareness. Our web-site information about counselling service was better developed and clear. Next year we aim to invest in more proactive marketing to continue increasing revenue.

6.6. Children and Young People (CYP)

6.6.1. Through the year we have developed a small CYP counselling service and the aim for the next year is to expand it further. We aim to lever existing knowledge and experience from the CYPF department and fill the significant gap in local statutory CYP services. The Lead Counsellor managed the self-funded counselling service. The counselling service offered counselling at two different rates to local residents and employers. The service ran five days per week and clients received between 12 and 52 52 weekly sessions. Within the GMHC, Newport Mind received the most counselling referrals and offered the most counselling sessions. There were usually between 6 and 10 placement counsellors at any one time, with placement counsellors seeing a minimum three clients weekly.

7. Central Team

7.1. IT, Facilities Management, the administration of the HR software and the Caretaker all continue to be managed by the Operations Manager, allowing the Finance Manager to focus on the financial management and reporting of the organisation.

7.2. Risk assessments were carried out and regularly reviewed throughout the year in respect of social distancing, safe working practises, limiting numbers within the building and upgraded cleaning regimes

7.3. The main phone system is now a model that fully embodies home and remote working.

7.4. The Finance Manager has continued to develop systems and processes to ensure that the organisation is exercising sound financial management of its funding and as provided information and expertise to assist, along with others, in reducing costs where possible and appropriate.

7.5. Payroll processes continue to be reviewed including updating the New Starter procedures to ensure we are in line with the new Right To Work legislation. To minimise risk to the organisation, the processing of payroll was outsourced to a third party in June 2022. The Finance Manager continues to check all changes and amendments to the payroll and the outsourced company process it on Sage Payroll.

7.6. Central Team staff are partly funded from all of the current grants and contracts we have in place. Any shortfall comes from unrestricted income, e.g., housing.

8. Sustainability and Growth

8.1. At the beginning of the financial year the team were still without a Sustainability and Growth Manager as recruitment had been paused whilst merger discussions progressed.

8.2. The team consisted of a full-time Training Coordinator, a part-time Community Fundraising Coordinator, and a Social Media, Communications and Digital Worker and were line managed by the CEO on interim basis.

8.3. The part-time Trusts and Grants Fundraising Coordinator post continued to be left vacant due to the merger discussions.

9. Finances and Budgets

9.1. Finances: Newport Mind currently has a total reserves of £1,771,169 at the end of 2022 - 2023. During the year a considerable investment into the premises at 100-101 Commercial Street was approved by the Board.

9.2. Reserves: The reserves policy has been updated to allow for significant investment in the building and is based on 3 months running costs as opposed to six months. The Directors have indicated that over time the organisation should return to having reserves to reflect six months running costs.

9.3. Reporting: Newport Mind directors continue to receive a regular finance report at their meetings. The finance report provides up to date information on income and expenditure on all projects against their budgets allowing Directors to exercise their financial responsibilities. The report was developed within the financial year to include forecasting. In addition, a cashflow forecast is now produced monthly for Board oversight as well as to assist senior managers on decision making

9.4. Budgets: A budget have been set for all services currently provided in line with the funding provided and contractual obligations.

9.5. Income Generation: The proposed development of the premises provides the opportunity to develop a number of revenue streams, from the social enterprise, paid for services, room rental and, if it proves feasible, from the accommodation on additional floor. The timescales on the funding for developing the building and the actual development of the building means that income is likely to only be generated from 2023.

10. Review of Charitable Activities Undertaken By The Charity.

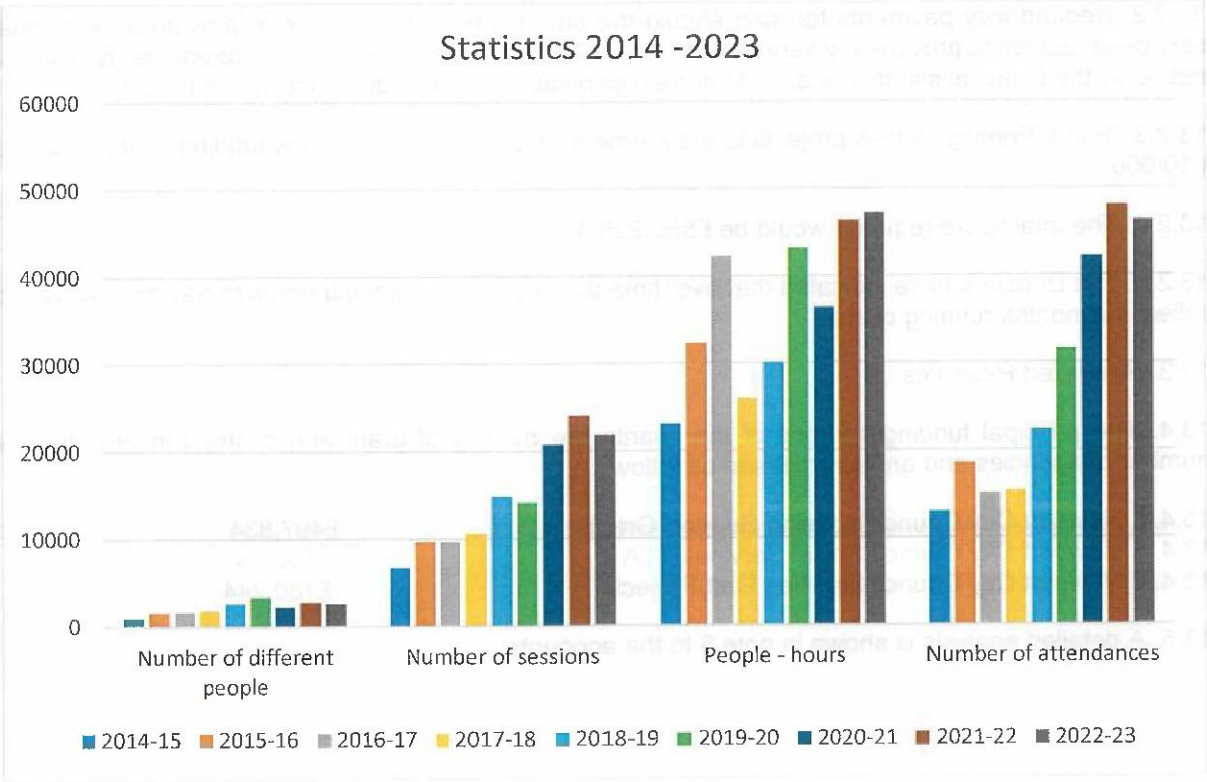
10.1. The table below shows the total work completed by Newport Mind in the last year compared to the previous eight years.

10.2. The figures are only indicative as there are so many changes year to year that it makes comparison difficult and that is particularly true over the last year due to being without our Commercial Street offices because of the building work which has affected different services in different ways.

10.3. The number of people seen has decreased by 7% over last year and is likely to be mainly due to the reduction in the numbers of people using the EUSS service up to November when the service ended. The EUSS service in the period had seen a reduction in the number of staff providing the service which had an impact on the numbers of people seen.

10.4. All the figures have decreased over the last year, however this does not paint an accurate picture as all the remaining services have seen an increase in demand for their services, however with less services and staff we are able to see less people.

Measure	Number of different people	Number of sessions	People - hours	Number of attendances
2014-15	952	6,752	23,121.37	12,937
2015-16	1,621	9,688	32,338.49	18,560
2016-17	1,637	9,621	42,214.6	14,994
2017-18	1,844	10,613	25,978.04	15,337
2018-19	2,606	14,835	30,129.25	22,352
2019-20	3,343	14,134	43,198.15	31,569
2020-21	2,211	20,756	36,415.02	42,196
2021-22	2,760	24,086	46,341.57	48,044
2022-23	2,570	21,823	47,203.43	46,264
% Difference 2021- 22 and 2022-23	-7%	-10%	2%	-4%



11. Fundraising Activities

11.1. The charity relies on grant aid from the donors identified in the accounts, whose support is valued. Newport Mind had invested in a Sustainability and Growth Manager and a Community Fundraising Coordinator to increase income generation and fundraising particularly in relation to the proposed developments of the premises.

11.2. Investment performance achieved against investment objectives set

11.3. Investment income disclosed in the accounts is interest received on the charity's bank accounts. The charity has no other investments.

12. Factors Relevant To The Achievement Of The Charity's Objectives

12.1. Most of the organisation's income is currently received in the form of grants or contracts which are the subject of service level agreements or other restrictions governing the related expenditure. It has therefore been necessary to ensure that each project has a clear trail which includes an element of core costs and general management.

13. Financial Review

13.1. Policies on reserves

13.2. Over the years the charity has sought to achieve reserves of:-

13.2.1. Six months continuation of service calculated using current year income, however in light of the work on the building the Board of Directors decided to temporarily move to three months of continuation of service which is £427,620.42.

13.2.2. Redundancy payments for staff should the charity cease to continue to provide an individual service or ceases to provide any services £118,677.99, calculation does not include payments in lieu of notice as the financial situation means that the organisation will provide notice instead of pay.

13.2.3. 'Pump Priming' of new projects to allow emergency funds, pending new funding being arranged £10,000.

13.2.4. The total figure required would be £556,298.41

13.2.5. The Directors have indicated that over time the organisation should return to having reserves to reflect six months running costs.

13.3. Restricted Reserves

13.4. The principal funding sources of the charity are by way of grant and contract income from a number of agencies and are summarised as follows:

13.4.1. Newport City Council Housing Support Grant	£497,834
13.4.2. Newport City Council Social Services SLA	£108,731
13.4.3. Newport City Council Families First Project	£180,244

13.5. A detailed analysis is shown in note 6 to the accounts.

14. The charity also received rental income in respect of its housing projects of £352,187 (2022: £339,510).

15. All sources of funding were expended to meet the charity's objectives to support and inform people with mental health problems.

16. Availability and adequacy of assets of each of the funds

16.1. The board of Directors is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

17. Transactions and Financial position

17.1. The financial statements are set out on pages 37 to 57. These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

17.2. The Statement of Financial Activities show net incoming resources for the year of a revenue nature of £170,844 (2022: £457.623).

17.3. The total reserves at the year-end stand at £1,771,169 (2022: £1,600,325).

18. Specific changes in fixed assets
18.1. Changes in fixed assets are shown in detail in the note 18 to the accounts.

Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Auditor

Each of the persons who is a trustee at the date of approval of this report confirms that:

- so far as they are aware, there is no relevant audit information of which the charity's auditor is unaware; and
- they have taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

The auditor is deemed to have been re-appointed in accordance with section 487 of the Companies Act 2006.

The trustees' annual report and the strategic report were approved on 15/12/2023. and signed on behalf of the board of trustees by:

N Thorneycroft - Chair
Trustee

Mrs L Cooper - Vice Chair
Trustee

Mind in Gwent formerly known as Newport Mind Association

Company Limited by Guarantee

Independent Auditor's Report to the Members of Mind in Gwent formerly known as Newport Mind Association

Year ended 31 March 2023

Opinion

We have audited the financial statements of Mind in Gwent formerly known as Newport Mind Association (the 'charity') for the year ended 31 March 2023 which comprise the statement of financial activities (including income and expenditure account), statement of financial position, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- By enquiring with senior management and those charged with governance all area of risk identified were considered and any potential litigation or claim, if any, were noted
- Ensuring by enquiry that there were no issues of non-compliance with laws and regulations relating to tax and compliance
- By obtaining an understanding of the company's policies and procedures on compliance with laws and regulations, and with best accounting practice
- Noting issues discussed with Directors and the Senior Management Team as this relates to risks faced by the company
- Reviewing information received from the company's solicitors, if any and discussing their contents with the Directors
- Reviewing disclosures in the financial statements and testing to supporting documentation to assess compliance with applicable laws and regulations
- Auditing the risk of management overrides of controls including testing journal entries and other adjustments for appropriateness and evaluating the business rationale of significant transactions outside the normal course of business

Through these procedures, we did not become aware of actual or suspected non-compliance.

Independent Auditor's Report to the Members of Mind in Gwent formerly known as Newport Mind Association *(continued)*

Year ended 31 March 2023

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.

- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.



Mr Jonathan Rhodes BSc BFP FCA (Senior Statutory Auditor)
For and on behalf of
Walter Hunter & Co Limited
Chartered accountants & statutory auditor
24 Bridge Street
Newport
South Wales
NP20 4SF

15 December 2023

Mind in Gwent formerly known as Newport Mind Association

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2023

	Note	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Income and endowments					
Donations and legacies	5	87,890	–	**87,890**	108,264
Charitable activities	6	352,187	1,578,593	**1,930,780**	2,128,068
Other trading activities	7	47,227	–	**47,227**	42,426
Investment income	8	554	–	**554**	369
Other income	9	16,794	–	**16,794**	–
Total income		504,652	1,578,593	**2,083,245**	2,279,127
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	10	30,572	–	**30,572**	24,543
Costs of other trading activities	11	87,887	–	**87,887**	51,770
Expenditure on charitable activities	12,13	352,376	1,441,566	**1,793,942**	1,745,191
Total expenditure		470,835	1,441,566	**1,912,401**	1,821,504
Net income and net movement in funds		33,817	137,027	**170,844**	457,623
Reconciliation of funds					
Total funds brought forward		1,191,298	409,027	**1,600,325**	1,142,702
Total funds carried forward		1,225,115	546,054	**1,771,169**	1,600,325

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

The notes on pages 40 to 57 form part of these financial statements.

Mind in Gwent formerly known as Newport Mind Association

Company Limited by Guarantee

Statement of Financial Position

31 March 2023

	Note	2023 £	£	2022 £
Fixed assets				
Tangible fixed assets	18		1,668,122	792,065
Current assets				
Debtors	19	225,412		181,520
Cash at bank and in hand		514,107		1,203,532
		739,519		1,385,052
Creditors: amounts falling due within one year	20	110,510		302,343
Net current assets			629,009	1,082,709
Total assets less current liabilities			2,297,131	1,874,774
Creditors: amounts falling due after more than one year	21		525,962	274,449
Net assets			1,771,169	1,600,325
Funds of the charity				
Restricted funds			546,054	409,027
Unrestricted funds			1,225,115	1,191,298
Total charity funds	23		1,771,169	1,600,325

These financial statements were approved by the board of trustees and authorised for issue on 15/12/2023 and are signed on behalf of the board by:

N Thorneycroft - Chair
Trustee

Mrs L Cooper - Vice Chair
Trustee

Mind in Gwent formerly known as Newport Mind Association

Company Limited by Guarantee

Statement of Cash Flows

Year ended 31 March 2023

	2023 £	2022 £
Cash flows from operating activities		
Net income	**170,844**	457,623
Adjustments for:		
Depreciation of tangible fixed assets	**36,743**	36,189
Other interest receivable and similar income	**(554)**	(369)
Interest payable and similar charges	**12,341**	16,044
Accrued expenses/(income)	**326**	(52,940)
Changes in:		
Trade and other debtors	**(43,892)**	(105,495)
Trade and other creditors	**(192,158)**	174,960
Cash generated from operations	**(16,350)**	526,012
Interest paid	**(12,341)**	(16,044)
Interest received	**554**	369
Net cash (used in)/from operating activities	**(28,137)**	510,337
Cash flows from investing activities		
Purchase of tangible assets	**(912,800)**	(245,463)
Net cash used in investing activities	**(912,800)**	(245,463)
Cash flows from financing activities		
Proceeds from borrowings	**251,512**	(11,572)
Net cash from/(used in) financing activities	**251,512**	(11,572)
Net (decrease)/increase in cash and cash equivalents	**(689,425)**	253,302
Cash and cash equivalents at beginning of year	**1,203,532**	950,230
Cash and cash equivalents at end of year	**514,107**	1,203,532

The notes on pages 40 to 57 form part of these financial statements.

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 100-101 Commercial Street, Newport, Gwent, NP20 1LU.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity, rounded to the nearest pound.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

Any proposed transfer between funds would be considered on the particular circumstances.

3. **Accounting policies** *(continued)*

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

All fixed assets are initially recorded at cost.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Improvements to property	-	2% p.a. straight line
Housing equipment	-	33% p.a. straight line
Head office equipment	-	20% to 33% p.a. straight line

3. Accounting policies *(continued)*

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4. Limited by guarantee

The charity is incorporated under the Companies Act 2006 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter.

There are 9 members of the company (2022: 9).

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2023 £**
Donations	35,905	–	**35,905**
Training income	51,985	–	**51,985**
	87,890	–	**87,890**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations	49,158	–	49,158
Training income	59,106	–	59,106
	108,264	–	108,264

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2023 £**
Blue light Project	–	–	–
Cash 4 U Grant	–	–	–
Children in Need - Youth Social Action fund	–	26,646	**26,646**
Comic Relief - Piece by Piece	–	152,392	**152,392**
CYP Wellbeing Ambassadors Project	–	17,883	**17,883**
Digital Transformation Fund	–	–	–
DWP Kickstart	–	11,972	**11,972**
GAVO - Plant a seed	–	4,200	**4,200**
Home Office EU Settlement Scheme Grant	–	103,981	**103,981**
iACT and PEERS	–	–	–
Lottery Community Fund Grant	–	–	–
Mind Active Monitoring	–	50,876	**50,876**
Mind Co-op Resilience Fund 'Systems Change'	–	35,750	**35,750**
Mind Influence & participation development grant	–	–	–
Mind small grants	–	1,000	**1,000**
Mind Wellbeing Advisors - Children and Young People	–	56,727	**56,727**
Minds in Gwent Connector grant	–	1,000	**1,000**
Moondance Foundation	–	–	–
National trust - HAPPy Project	–	–	–
Newport City Council - Early Help Support PBP	–	45,397	**45,397**
Newport City Council - Families First	–	180,244	**180,244**
Newport City Council - Housing Support Grant	–	497,834	**497,834**
Newport City Council - Our Voice Our Choice	–	–	–
Newport City Council - Skills training and wellbeing	–	108,731	**108,731**
Newport City Council Covid Recovery Fund	–	–	–
Newport City Council Summer of Fun	–	7,689	**7,689**
Paul Hamlyn Foundation	–	–	–
Promo- Cymru /National Lottery - Mind Our Futures	–	30,402	**30,402**
Rental income (including Housing Benefit)	352,187	–	**352,187**
Social Care Registration Scheme	–	–	–
Waterloo Foundation	–	–	–
WCVA - VSEF Small Grant	–	–	–
Welsh Government	–	50,000	**50,000**
Whole School Approach	–	195,869	**195,869**
	352,187	1,578,593	**1,930,780**

6. Charitable activities *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Blue light Project	9,000	–	9,000
Cash 4 U Grant	–	1,380	1,380
Children in Need - Youth Social Action fund	–	–	–
Comic Relief - Piece by Piece	–	132,275	132,275
CYP Wellbeing Ambassadors Project	–	17,883	17,883
Digital Transformation Fund	1,200	–	1,200
DWP Kickstart	–	49,104	49,104
GAVO - Plant a seed	–	–	–
Home Office EU Settlement Scheme Grant	–	130,926	130,926
iACT and PEERS	–	22,209	22,209
Lottery Community Fund Grant	–	2,900	2,900
Mind Active Monitoring	–	38,098	38,098
Mind Co-op Resilience Fund 'Systems Change'	–	64,701	64,701
Mind Influence & participation development grant	–	1,757	1,757
Mind Peer Support Hub Project	–	8,484	8,484
Mind Wellbeing Advisors - Children and Young People	–	–	–
Mind small grants	–	2,000	2,000
Moondance Foundation	–	50,000	50,000
National trust - HAPPy Project	–	5,716	5,716
Newport City Council - Early Help Support PBP	–	–	–
Newport City Council - Families First	–	151,878	151,878
Newport City Council - Housing Support Grant	–	463,447	463,447
Newport City Council - Our Voice Our Choice	–	3,600	3,600
Newport City Council - Skills training and wellbeing	–	108,701	108,701
Newport City Council Covid Recovery Fund	–	19,529	19,529
Newport City Council Summer of Fun	–	26,528	26,528
Paul Hamlyn Foundation	–	39,000	39,000
Promo- Cymru /National Lottery - Mind Our Futures	–	–	–
Rental income (including Housing Benefit)	339,510	–	339,510
Social Care Registration Scheme	–	14,150	14,150
Waterloo Foundation	–	5,000	5,000
WCVA - VSEF Small Grant	–	59,667	59,667
Welsh Government	–	250,000	250,000
Whole School Approach	–	109,425	109,425
	349,710	1,778,358	2,128,068

7. Other trading activities

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2023 £**
Private counselling	47,227	–	**47,227**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Private counselling	42,426	–	42,426

8. Investment income

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Bank interest received	554	**554**	369	369

9. Other income

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Other income	16,794	**16,794**	–	–

10. Costs of raising donations and legacies

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Fundraising & Donations	30,572	**30,572**	24,543	24,543

11. Costs of other trading activities

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Training & services	40,710	**40,710**	12,504	12,504
Private Counselling	47,177	**47,177**	39,266	39,266
	87,887	**87,887**	51,770	51,770

12. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2023 £**
Blue Light Project	–	–	**–**
Cash 4 U Grant	–	121	**121**
Children in Need - Youth Social Action Fund 2023 / 2022 WCVA	–	5,871	**5,871**
Comic Relief Piece by Piece	–	116,031	**116,031**
CYP Wellbeing Ambassadors Project	–	34,247	**34,247**
DWP Kickstart	–	11,972	**11,972**
GAVO - Plant a seed	–	9,145	**9,145**
Home Office EU Settlement Scheme	–	64,154	**64,154**
Housing	187,101	44,359	**231,460**
iACT and PEERS	–	–	**–**
Lottery Community Fund	–	–	**–**
Mind Co op Resilience Fund	–	43,112	**43,112**
Mind Cymru Active Monitoring	–	44,191	**44,191**
Mind Get Set to Go	–	–	**–**
Mind Influence and Participation Development Grant	–	–	**–**
Mind Peer Support Hub Project	–	–	**–**
Mind small grants	–	595	**595**
Mind Wellbeing Advisors 2023/Aneurin Bevan Health Board Information Advice and Assistance 2022	–	19,165	**19,165**
National Trust HAPPy Project	–	–	**–**
Newport City Council - Our Voice Our Choice	–	–	**–**
Newport City Council Covid Recovery Grant	–	–	**–**
Newport City Council Early Help Support PBP 2023/2022WCVA Youth	–	35,203	**35,203**
Newport City Council Families First	–	140,270	**140,270**
Newport City Council Housing Support Grant	–	434,659	**434,659**
Newport City Council Skills, training and wellbeing	–	92,028	**92,028**
Newport City Council Summer of Fun	–	7,689	**7,689**
Paul Hamlyn	–	–	**–**
Promo Cymru / National Lottery Mind Our Futures 2023/ 2022 Lottery Community Fund	–	10,711	**10,711**
Social Care Registration Scheme	–	–	**–**
Property improvements revenue costs	–	–	**–**
WCVA - VSEF/VSRF Small Grant	–	–	**–**
Whole School Approach	–	137,996	**137,996**
Support costs	165,275	190,047	**355,322**
	352,376	1,441,566	**1,793,942**

12. Expenditure on charitable activities by fund type *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Blue Light Project	9,000	–	9,000
Cash 4 U Grant	–	1,259	1,259
Children in Need - Youth Social Action Fund 2023 / 2022 WCVA	–	–	–
Comic Relief Piece by Piece	–	107,325	107,325
CYP Wellbeing Ambassadors Project	–	230	230
DWP Kickstart	–	60,676	60,676
GAVO - Plant a seed	–	–	–
Home Office EU Settlement Scheme	–	122,870	122,870
Housing	205,571	11,708	217,279
iACT and PEERS	–	22,208	22,208
Lottery Community Fund	–	2,900	2,900
Mind Co op Resilience Fund	–	53,372	53,372
Mind Cymru Active Monitoring	–	20,718	20,718
Mind Get Set to Go	–	2,346	2,346
Mind Influence and Participation Development Grant	–	881	881
Mind Peer Support Hub Project	–	6,098	6,098
Mind small grants	–	1,405	1,405
Mind Wellbeing Advisors 2023/Aneurin Bevan Health Board Information Advice and Assistance 2022	–	–	–
National Trust HAPPy Project	–	12,806	12,806
Newport City Council - Our Voice Our Choice	–	1,443	1,443
Newport City Council Covid Recovery Grant	–	19,528	19,528
Newport City Council Early Help Support PBP 2023/2022WCVA Youth	–	–	–
Newport City Council Families First	–	118,908	118,908
Newport City Council Housing Support Grant	–	392,838	392,838
Newport City Council Skills, training and wellbeing	–	84,273	84,273
Newport City Council Summer of Fun	–	20,855	20,855
Paul Hamlyn	–	39,000	39,000
Property improvements revenue costs	2,246	–	2,246
Social Care Registration Scheme	–	14,150	14,150
WCVA - VSEF/VSRF Small Grant	–	54,792	54,792
Whole School Approach	–	92,247	92,247
Support costs	112,075	151,463	263,538
	328,892	1,416,299	1,745,191

13. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	**Total funds 2023 £**	Total fund 2022 £
Blue Light Project	–	–	–	9,000
Cash 4 U Grant	121	–	**121**	1,259
Children in Need - Youth Social Action Fund 2023 / 2022 WCVA	5,871	1,772	**7,643**	–
Comic Relief Piece by Piece	116,031	19,039	**135,070**	126,825
CYP Wellbeing Ambassadors Project	34,247	3,645	**37,892**	230
DWP Kickstart	11,972	–	**11,972**	60,676
GAVO - Plant a seed	9,145	541	**9,686**	–
Home Office EU Settlement Scheme	64,154	5,927	**70,081**	132,870
Housing	231,460	165,275	**396,735**	329,354
iACT and PEERS	–	–	–	22,208
Lottery community fund	–	–	–	2,900
Mind Co op Resilience Fund	43,112	3,967	**47,079**	53,372
Mind Cymru Active Monitoring	44,191	15,384	**59,575**	31,591
Mind Get Set to Go	–	–	–	2,346
Mind Influence and Participation Development Grant	–	–	–	881
Mind Peer Support Hub Project	–	–	–	6,869
Mind small grants	595	–	**595**	1,405
Mind Wellbeing Advisors 2023/Aneurin Bevan Health Board Information Advice and Assistance 2022	19,165	4,589	**23,754**	–
National Trust HAPPy Project	–	–	–	15,506
Newport City Council - Our Voice Our Choice	–	–	–	1,443
Newport City Council Covid Recovery Grant	–	–	–	19,528
Newport City Council Early Help Support PBP 2023/2022WCVA Youth	35,203	10,194	**45,397**	–
Newport City Council Families First	140,270	40,200	**180,470**	149,672
Newport City Council Housing Support Grant	434,659	63,175	**497,834**	447,171
Newport City Council Skills, training and wellbeing	92,028	17,605	**109,633**	101,878
Newport City Council Summer of Fun	7,689	–	**7,689**	25,772
Paul Hamlyn	–	–	–	39,000
Promo Cymru / National Lottery Mind Our Futures 2023/ 2022 Lottery Community Fund	10,711	4,009	**14,720**	2,900
Property Improvements revenue costs	–	–	–	2,246
Social Care Registration Scheme	–	–	–	14,150
WCVA - VSEF/VSRF Small Grant	–	–	–	54,792
Whole School Approach	137,996	–	**137,996**	92,247
	1,438,620	355,322	**1,793,942**	1,745,191

14. Analysis of support costs

	Home Office EU Settlement Scheme	CYP Wellbeing Ambassadors project	Housing	GAVO	Newport City Council Skills, training & wellbeing	Mind Wellbeing Advisors	Families First	Mind Co-op resilience fund
	£	£	£	£	£	£	£	£
Staff costs	5,927	3,523	137,888	541	5,532	3,784	38,808	3,174
Premises	–	122	14,775	–	12,073	609	564	793
Communications and IT	–	–	5,708	–	–	81	828	–
General office	–	–	6,904	–	–	115	–	–
Governance costs	–	–	–	–	–	–	–	–
Repairs and renewals	–	–	–	–	–	–	–	–
	5,927	3,645	165,275	541	17,605	4,589	40,200	3,967

	Promo Cymru/National Lottery Mind Our Futures	Mind Cymru Active Monitoring	Newport City Council SPPG Housing	Children in Need Youth Section Action fund	Newport City Council Early Help Support PBP	Comic Relief Piece by Piece	**Total 2023**	Total 2022
	£	£	£	£	£	£	**£**	£
Staff costs	2,297	11,744	32,859	1,615	9,522	13,500	**270,714**	133,207
Premises	1,320	3,640	30,316	157	420	5,454	**70,243**	67,865
Communications and IT	392	–	–	–	252	85	**7,346**	9,979
General office	–	–	–	–	–	–	**7,019**	13,463
Governance costs	–	–	–	–	–	–	–	9,440
Repairs and renewals	–	–	–	–	–	–	–	29,584
	4,009	15,384	63,175	1,772	10,194	19,039	**355,322**	263,538

15. Net income

Net income is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation of tangible fixed assets	**36,743**	36,189
Audit fees (including VAT)	**8,910**	8,250

16. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	**1,295,282**	1,233,138
Social security costs	**110,806**	100,109
Employer contributions to pension plans	**60,155**	58,096
	1,466,243	1,391,343

The average head count of employees during the year was 57 (2022: 61). The average number of full-time equivalent employees during the year is analysed as follows:

	2023	2022
	No.	No.
Number of management and administrative staff	**3**	3
Number of staff engaged on charitable activities	**46**	47
	49	50

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

17. Trustee remuneration and expenses

During the year one trustee received £354 (2022: £364) in respect of expenses reimbursed. The trustee also volunteers for the organisation, the expenses were in respect of volunteer expenses. The weekly payments were made in accordance with the volunteering policy of the organisation.

18. Tangible fixed assets

	Land and buildings £	Fixtures and fittings £	Equipment £	Total £
Cost				
At 1 April 2022	790,696	9,160	146,237	**946,093**
Additions	909,386	–	3,414	**912,800**
At 31 March 2023	1,700,082	9,160	149,651	**1,858,893**
Depreciation				
At 1 April 2022	50,118	9,159	94,751	**154,028**
Charge for the year	10,154	–	26,589	**36,743**
At 31 March 2023	60,272	9,159	121,340	**190,771**
Carrying amount				
At 31 March 2023	1,639,810	1	28,311	**1,668,122**
At 31 March 2022	740,578	1	51,486	792,065

19. Debtors

	2023 £	2022 £
Trade debtors	**205,065**	160,466
Prepayments and accrued income	**11,076**	13,061
Other debtors	**9,271**	7,993
	225,412	181,520

20. Creditors: amounts falling due within one year

	2023 £	2022 £
Bank loans and overdrafts	**13,184**	13,185
Trade creditors	**39,352**	236,638
Accruals and deferred income	**34,399**	34,073
Social security and other taxes	**23,575**	18,447
	110,510	302,343

The bank loan is secured by a fixed charge over the assets owned by the charity.

21. Creditors: amounts falling due after more than one year

	2023 £	2022 £
Bank loans and overdrafts	**525,962**	274,449

The bank loan is secured by a fixed charge over the assets owned by the charity.

22. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £60,155 (2022: £58,096).

23. Analysis of charitable funds

Unrestricted funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	**At 31 March 2023 £**
General unrestricted	–	504,652	(470,835)	(33,817)	–
Designated	1,191,298	–	–	33,817	**1,225,115**
	1,191,298	504,652	(470,835)	–	**1,225,115**

The designated unrestricted funds as at 31 March 2023 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £556,298
- Building improvements £668,817

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
General unrestricted	–	500,769	(405,205)	(95,564)	–
Designated	1,093,965	–	–	97,333	1,191,298
	1,093,965	500,769	(405,205)	1,769	1,191,298

The designated unrestricted funds as at 31 March 2022 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £202,298
- Building improvements £989,000

23. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	**At 31 March 2023 £**
Cash 4 U Grant	121	–	(121)	–	–
Children In Need - Youth Social Action Fund	–	26,646	(7,643)	–	19,003
Comic Relief Piece by Piece	47,194	152,392	(135,070)	–	64,516
DWP Kickstart	–	11,972	(11,972)	–	–
GAVO - Plant a seed	–	4,200	(9,686)	–	(5,486)
Home Office EU Settlement Scheme	(33,900)	103,981	(70,081)	–	–
iACT and PEERS	–	–	–	–	–
Lottery Community fund	–	–	–	–	–
Mind Active Monitoring	8,699	50,876	(59,575)	–	–
Mind Co op Resilience fund 'Systems Change'	11,329	35,750	(47,079)	–	–
Mind CYP Wellbeing Ambassadors project	17,653	17,883	(37,892)	–	(2,356)
Mind Get Set to Go	–	–	–	–	–
Mind Influence & participation development grant	–	–	–	–	–
Mind Peer Support Hub Project	6,207	1,000	–	–	7,207
Mind Small Grants	(405)	1,000	(595)	–	–
Mind Wellbeing Advisors Children and Young People	–	56,727	(23,754)	–	32,973
Moondance	–	–	–	–	–
National trust - HAPPy Project	–	–	–	–	–
Newport City Council - Families First	226	180,244	(180,470)	–	–
Newport City Council - Our Voice Our Choice	2,157	–	–	–	2,157
Newport City Council Covid Recovery fund	–	–	–	–	–
Newport City Council Early Help Support PBP	–	45,397	(45,397)	–	–
Newport City Council Housing Support Grant	–	497,834	(497,834)	–	–
Newport City Council Skills, training and wellbeing	902	108,731	(109,633)	–	–
Newport City Council Summer of Fun	–	7,689	(7,689)	–	–
Paul Hamlyn	–	–	–	–	–
Promo Cymru/ National Lottery- Mind Our Futures	–	30,402	(14,720)	–	15,682
Restricted fixed assets	303,521	50,000	(44,359)	–	309,162
Waterloo Foundation	–	–	–	–	–
WCVA – VSEF Small Grant	–	–	–	–	–
Whole School Approach	45,323	195,869	(137,996)	–	103,196
	409,027	1,578,593	(1,441,566)	–	**546,054**

	At 1 April	Income	Expenditure	Transfers	At 31 March

23. Analysis of charitable funds *(continued)*

	2021				2022
	£	£	£	£	£
Cash 4 U Grant	–	1,380	(1,259)	–	121
Children In Need - Youth Social Action Fund	–	–	–	–	–
Comic Relief Piece by Piece	41,744	132,275	(126,825)	–	47,194
DWP Kickstart	–	49,104	(60,676)	11,572	–
GAVO - Plant a seed	–	–	–	–	–
Home Office EU Settlement Scheme	(31,955)	130,926	(132,871)	–	(33,900)
iACT and PEERS	–	22,209	(22,209)	–	–
Lottery Community Fund	–	2,900	(2,900)	–	–
Mind Active Monitoring	2,192	38,098	(31,591)	–	8,699
Mind Co op Resilience fund 'Systems Change'	–	64,701	(53,372)	–	11,329
Mind CYP Wellbeing Ambassadors project	–	17,883	(230)	–	17,653
Mind Get Set to Go	4,714	–	(2,345)	(2,369)	–
Mind Influence & participation development grant	–	1,757	(881)	(876)	–
Mind Peer Support Hub Project	4,592	8,484	(6,869)	–	6,207
Mind Small Grants	(1,000)	2,000	(1,405)	–	(405)
Mind Wellbeing Advisors Children and Young People	–	–	–	–	–
Moondance	–	50,000	–	(50,000)	–
National trust - HAPPy Project	(2)	5,716	(15,505)	9,791	–
Newport City Council - Families First	(1,980)	151,878	(149,672)	–	226
Newport City Council - Our Voice Our Choice	–	3,600	(1,443)	–	2,157
Newport City Council Covid Recovery fund	–	19,529	(19,529)	–	–
Newport City Council Early Help Support PBP	–	–	–	–	–
Newport City Council Housing Support Grant	–	477,597	(461,321)	(16,276)	–
Newport City Council Skills, training and wellbeing	(5,921)	108,701	(101,878)	–	902
Newport City Council Summer of Fun	–	26,528	(25,771)	(757)	–
Paul Hamlyn	(2,021)	39,000	(38,999)	2,020	–
Promo Cymru/ National Lottery- Mind Our Futures	–	–	–	–	–
Restricted fixed assets	10,229	250,000	(11,708)	55,000	303,521
WCVA – VSEF Small Grant	–	59,667	(54,793)	(4,874)	–
Waterloo Foundation	–	5,000	–	(5,000)	–
Whole School Approach	28,145	109,425	(92,247)	–	45,323
	48,737	1,778,358	(1,416,299)	(1,769)	409,027

Children In Need Youth Social Action Fund
An 18 month grant to empower children and young people in Newport to deliver Social Action in their community.

Comic Relief Piece by Piece
Mental health support for young people aged 11-25 and their families who have recently experienced a trauma. Offering 1:1, group and community based support funded until 31st of December 2023.

DWP Kickstart
The Kickstart Scheme provides funding to employers to create jobs for 16 to 24 year olds on Universal Credit. Project proved unviable and ended December 2022.

GAVO Plant a seed
Working with Natural Resources Wales this group will involve people cooking something new or visiting somewhere new and feeling inspired to do that again, with the help of Newport Mind funded until January 2024.

HO EU Settlement Scheme
Service to provide advice and assistance with EU Settlement Scheme funding ended 30th of November 2022.

Mind Active monitoring
Mind Active monitoring has now been retitled to Supported self-help and is a free, 6-week guided programme. We give you the materials to understand and manage your feelings. And we call you regularly to give you support. Funded until 31st of March 2024.

Mind Co-op Resilience fund 'Systems Change'
This project looks to increase the volunteer diversity and representation, particularly from LGBTQIA+ and BAME backgrounds, young men and those living in deprived areas of Newport. This will help us achieve the following four core outcomes:

1 - Young people who previously would not have thought to access wellbeing, mental health services or support from Newport Mind will start to access these provisions.

2 - Young people and the communities they engage in will become more accepting and open to conversations about the mental health and well-being of young people.

3 - Encouraging mental health conversations amongst young men, deprived, BAME and LGBTQ+ communities across Newport, both among young people and with the trusted adults in their lives.

4 - Young People will learn simple tools to self-recognise their own wellbeing to enable preventative steps to build better resilience. Project ended October 2022

Mind CYP Wellbeing Ambassadors project
Volunteering opportunities for young people aged 14-25 to become a Wellbeing Ambassador who feel passionately about making sure young people are supported with their mental health.

Mind Peer Support Hub Project
A Peer Support Hub works to improve capacity of individuals and Community based organisations (CBOs) to lead impactful peer support activity by:

i. Running training and networking events for peer supporters to facilitate shared learning
ii. Providing 1:1 support and advice
iii. Administering a small in-kind grant for peer support groups to support new and existing projects
iv. Promoting the value of community-based peer support to local mental health service providers and commissioners. Funding ended 2022

Mind Small Grants
Small grants from Mind.

Mind Wellbeing Advisors Children and Young People
The wellbeing advisers are here for young people aged 11-24 who are feeling down or worried. They can help young people find the right help. Then they'll catch-up with them further down the line to see how things are going.

NCC - Families First
The Family Wellbeing & Resilience service is part of the Families First scheme in Newport. Our role is to support those aged 0-18 year olds and their families to build and maintain resilience to mental health difficulties, funded until 31st of March 2025.

NCC Early Help Support PBP
Short term funding to support Piece by Piece Project.

NCC Housing support grant
Housing and tenancy support for people living in Newport Mind's supported accommodation and to people in the community, yearly funded.

NCC Skills training and wellbeing
The funding is used to provide information, advice and assistance appointments to people contacting Newport Mind to find out what matters to them and what support they need. In addition the funding supports a wide range of activity and peer support groups, yearly funded.

NCC Summer of fun
Funding to provide Summer activities for young people in Newport over the Summer school holidays 2022.

Promo Cymru / National Lottery - Mind Our Futures
Mind our Future Gwent (MoFG) is a five year until August 2027 £999,888.00 National Lottery Community Funded project delivered by ProMo-Cymru and Newport Mind. Our project partners also include local Minds and youth services in Gwent. The programme aims to empower young people to create and implement a vision for a more resilient and mentally healthy future for young people in their community. Throughout the project, ProMo and Newport Mind will support young people to co-design and develop new solution-focused approaches to young people's mental health and resilience using service design methodology.

Restricted fixed assets
Building work commenced prior to the beginning of the financial year in March 2022 and continued throughout the year.

Whole School Approach
A project providing a range of school-wide and focused mental health interventions to the students, staff, parents and carers of the primary, secondary and alternative school communities in Newport.

24. Analysis of changes in net debt

	Unrestricted Funds	Restricted Funds	**Total Funds 2022**
	£	£	**£**
Tangible fixed assets	1,358,960	309,162	**1,668,122**
Net current (liabilities)/assets	(133,845)	236,892	**103,047**
Net assets	1,225,115	546,054	**1,771,169**

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Tangible fixed assets	488,544	303,521	792,065
Net current assets	702,754	105,506	808,260
Net assets	1,191,298	409,027	1,600,325

25. Analysis of changes in net debt

	At 1 Apr 2022	Cash flows	**At 31 Mar 2023**
	£	£	**£**
Cash at bank and in hand	1,203,532	(689,425)	**514,107**
Debt due within one year	(13,185)	1	**(13,184)**
Debt due after one year	(274,449)	(251,513)	**(525,962)**
	915,898	(940,937)	**(25,039)**

26. Limitation of auditors liability

By way of a members' resolution dated 4 January 2022, the company has agreed to enter into a limited liability agreement with its auditors whereby their exposure to legal claims is limited to £50,000 per claim.

Mind in Gwent

England & Wales - Charity number 1036964

Accounts

COMPANY REGISTRATION NUMBER: 02916027
CHARITY REGISTRATION NUMBER: 1036964

Newport Mind Association

Company Limited by Guarantee

Financial Statements

31 March 2022

WALTER HUNTER & CO LIMITED
Chartered accountants & statutory auditor
24 Bridge Street
Newport
South Wales
NP20 4SF

Newport Mind Association

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2022

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The trustees, who are also the directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31 March 2022.

Reference and administrative details

Registered charity name	Newport Mind Association
Charity registration number	1036964
Company registration number	02916027
Principal office and registered Office	100-101 Commercial Street Newport South Wales NP20 1LU
The trustees	Ms T Beggs - Chair Mrs L Cooper – Vice Chair Ms B T Davies Mr P Felkin Mr C Gough Mr J Jones Mr H Leonard Mr A Sutton Mr N Thorneycroft
Auditor	Mr Jonathan Rhodes BSc BFP FCA (Senior Statutory Auditor) Walter Hunter & Co Limited Chartered accountants & statutory auditor 24 Bridge Street Newport NP20 4SF
Bankers	Royal Bank of Scotland 32-33 Commercial Street Newport NP20 1SS
Solicitors	Harding Evans Queens Chambers 2 North Street Newport NP20 1TE

Structure, governance and management

Nature of the Governing Document and constitution of the charity
The company is limited by guarantee and its governing documents are its Memorandum and Articles of Association.

The methods adopted for the recruitment and appointment of new trustees
New trustees are nominated by the membership and elected at the Annual General Meeting.

The policies and procedures adopted for the induction and training of Directors
Directors are provided with an induction pack and their responsibilities are outlined to them by the Chief Executive Officer. The first Directors meeting of each new year is used to explain the responsibilities and the procedures of their new role. There are occasional training courses provided to Directors on their legal status and responsibilities.

The organisational structure of the charity and how decisions are made
The Directors meetings, when quorate, is the decision making body of the organisation and is responsible for the overall governance and policy direction of the organisation. The Directors delegate operational and day to day management of the organisation to the Chief Executive Officer and staff.

Membership of a wider network
Newport Mind is affiliated to Mind (the National Association for Mental Health), the Gwent Mental Health Alliance, Gwent Association of Voluntary Organisations and the Local Voluntary Sector Compact with Newport City Council. Newport Mind works in partnership with the three other Mind groups in Gwent as Mind in Gwent.

Relationships with other groups, charities and individuals
The charity works closely with other organisations in the field of mental health including other Mind groups and other charities. We also have close partnerships with a variety of departments in the Statutory Sector including Housing Benefit Agencies, Social Services, Probation Service, GP's and hospitals.

The major risks to which the charity is exposed and reviews and systems to mitigate risks
The charity relies almost entirely on grant income, and so continuation of funding and sustainability always has to be considered. In an attempt to mitigate this risk the charity is diversifying its income streams and investigating ways to generate income from the provision of services or through a social enterprise. The Directors receive regular reports on the financial situation of the charity and the operational plan includes measures to begin the process of securing income from sources other than statutory funders or grants.

Structure, governance and management *(Continued)*

The name of the Chief Executive Officer and other senior staff members to whom day to day management of the charity is delegated by the charity trustees

Mr David Bland	Chief Executive Officer
Mrs Hilary Sloan	Operations Manager

Public Benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charities aims and objectives and in planning future activities.

Objectives and activities

A summary of the objects of the charity as set out in its governing document

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of mental distress requiring advice or treatment in Wales.

To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

The charity's aims including the changes or differences it seeks to make through its activities

Our Vision

We won't give up until everyone experiencing a mental health problem gets both support and respect.

Our Purpose

We are Newport Mind.

We connect minds

We bring people together to make change in their communities.

We support minds

We deliver life-changing support.

Objectives and activities *(Continued)*
We change minds

We speak out and demand better from policymakers and the public.

We're here to fight for mental health.

For support. For respect. For you.

Our fundamentals

- Our work will always respond to the needs and preferences of people with mental health problems.
- We put people first. So our work isn't defined by mental health diagnoses.
- We are committed to anti-racism.
- The Mind federation supports people across England and Wales. We also work closely with partners in Scotland and Northern Ireland.
- We're focused on supporting people all people with mental health problems regardless of age, children, young people, adults and older people

Strategic Goals
A: Staying Well Goal
Support the people most likely to develop mental health problems, to stay well.

B: Empowering choice
Empower people who experience a mental health problem to make informed choices about how they live and recover.

C: Improving services and support
Ensure people get the right services and support at the right time to help them recover from/live with a mental health problem.

D: Enabling social participation
Open the doors to people with lived experience participating fully in society.

Objectives and activities (Continued)

E: Removing inequality of opportunity
Gain equality of treatment for people with mental health problems who experience multiple discrimination.

F: Organisational excellence
Our vision is of a thriving Newport Mind which achieves excellence to give people with mental health problems local support and a voice.

The above strategic goals set the framework for the development of more specific aims and objectives for the day to day operations of Newport Mind so that it can deliver:

- High quality services
- Focused on recovery
- Achieving positive outcomes for people with mental health problems
- Services and opportunities to meet the needs of more people from a wider range of backgrounds, ages and communities
- Greater awareness of the services that Newport Mind offers and how to access them

1. Operating Context

1.1. The beginning of this financial year coincided with the gradual easing of COVID 19 restrictions but it was not until after the end of the financial year that all restrictions were lifted.

1.2. Newport Mind staff team responded fantastically to the challenges presented by the pandemic working out imaginative ways to reach out and support people with their mental health.

1.3. Staff adapted to use Zoom, Microsoft Teams, and phones to connect with clients individually and in groups. Producing a range of resources, including booklets, short films and newsletters etc. for people to access. One booklet "Lifting Up in Lockdown" to support young people's mental health and produced by the Whole School Approach Team was among the resources the Children's Commissioner for Wales promoted.

Objectives and activities (Continued)

1.4. To support staff to work from home Newport Mind invested in upgrading all mobile phones, ensured all staff were provided with lap-tops, printers where required, and office furniture if necessary such as chairs and desks.

1.5. Newport City Council (NCC) continued funding Wellbeing and IAA services subject to ongoing discussions about the nature of the services with a view to ensuring they met some of the aims of the Housing Support Grant particularly around information, advice and assistance to reduce people experience housing related problems.

1.6. Newport Mind continued the Counselling service as paid for service with some low-cost places for those on means tested benefits ending the free service that had been in place during the pandemic.

1.7. Newport Mind received similar levels of funding for the Families First service and increased levels of funding for the Supporting People services.

1.8. Newport Mind used the remainder of the funding from Mind the national charity in conjunction with financial support from NCC and direct funding from schools to continue to provide the Whole School Approach project.

1.9. Newport Mind had ongoing funding from Comic Relief and the Paul Hamlyn Foundation for two projects working with Children and Young People.

1.10. The overall context continued to be challenging with a reduction in funding opportunities, a marked increase in the competition for funding, and a reduction in services available to people with mental health problems increasing the demand for Newport Mind services.

1.11. Mind Cymru secured additional funding in partnership with local Minds across Wales to deliver an online version of Active Monitoring a free, six-week guided self-help programme to help you understand and feel more in control of your emotions.

1.12. Newport Mind was successful in being awarded a Community Facilities Grant of £250,000 from the Welsh Government in December of 2021 that was required to be spent by the end of March 2022.

1.13. The grant in conjunction with funding from Newport Mind reserves was to:-

- move the reception to the ground floor and re-orientate the lift so that access is via reception rather than through the planned for community restaurant,

Objectives and activities *(Continued)*

- upgrade the first floor to have high quality and fit for purpose counselling rooms, one to one meeting rooms, a training room, an activity room and a sanctuary space,
- clear the ground floor ready for redevelopment to a community restaurant.
- make the lift and the electrics ready for the addition of the new floor as well as for the needs of the community restaurant.

1.14. Newport Mind managed to tender for the work, appoint a contractor, start the work and spend the grant prior to the end of the financial year, however the bulk of the work will take place in the next financial year.

2. Organisation (Goal F)

2.1. The staff, to a lesser extent volunteers, are organised in five service areas supported by the Chief Executive Officer and the Finance Manager. The Receptionist and the Caretaker are now part of the Community Wellbeing Team.

1. Community Wellbeing Team

2. Counselling

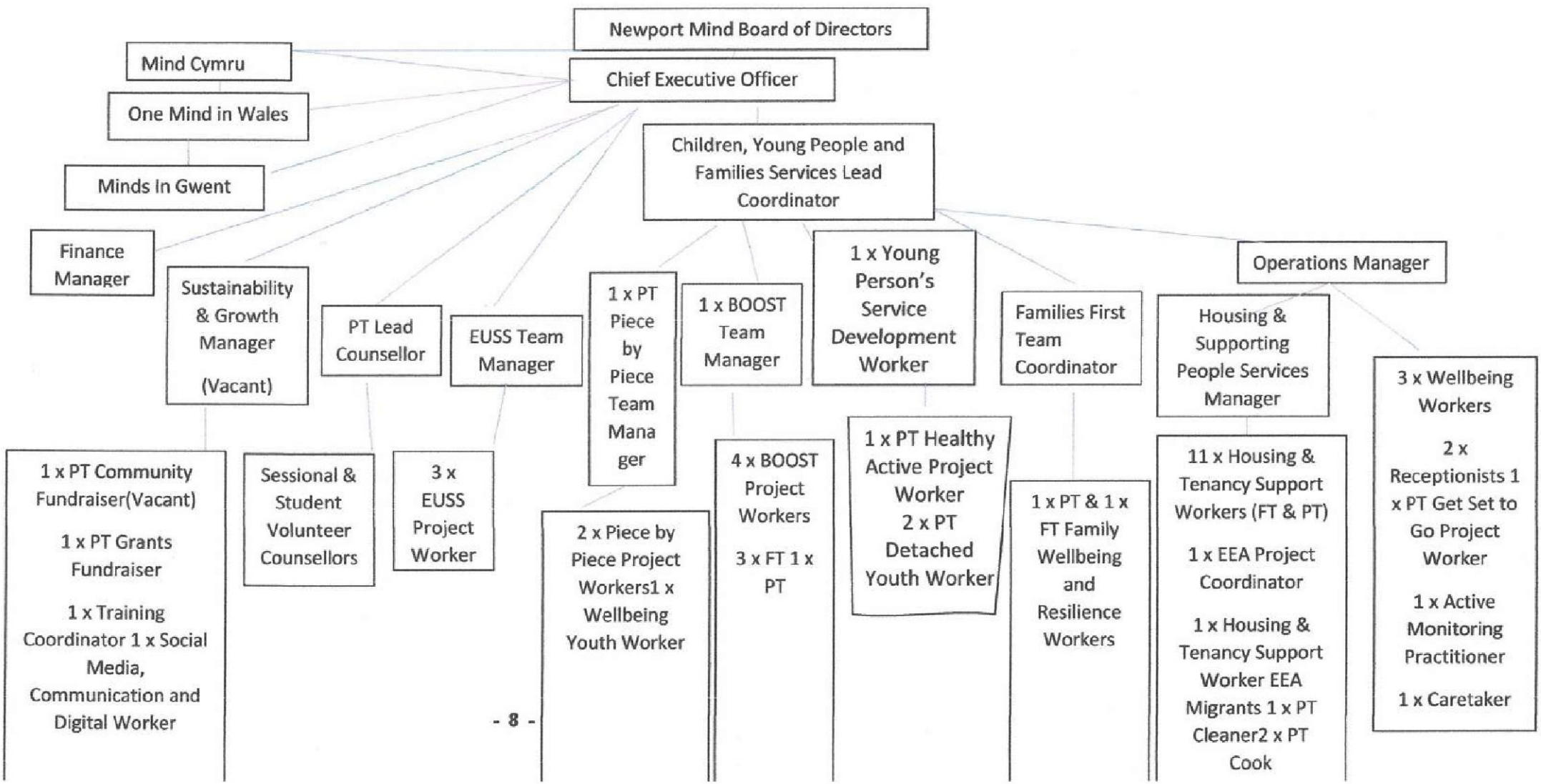
3. Housing and Tenancy Support

4. Children, Young People and Families

5. Sustainability and Growth

2.2. Community Wellbeing Team is led by the Operations Manager. The Lead Counsellor for the counselling service left and the remaining part-time Counsellor took on the role of Lead Counsellor and increased their hours. The Housing and Tenancy Support and Children, Young People and Families services have a designated managers or lead coordinators. See organisational chart page 12 for further details.

Newport Mind Organisational Chart 2022



Objectives and activities *(continued)*

3. Community Wellbeing Services incorporating IAA (Goals A, B,C, D, E and F)

3.1. The plan from April was to try and get back into the building and invite people to return to groups in person. The wellbeing team continued to do IAA appointments but started to wind down on one to one work provided during the pandemic. As the government 'rule of six' came in we began a few groups of five during the week with one worker, in a room with masks screens, distancing, hand gel and a one-way system.

3.2. As the year progressed, we had some hours to employ a former volunteer and he helped to restart 'Together for Wellbeing,' a group for people who are new to Newport or from another culture. We also had some involvement from a PWP who could offer support and language skills. This group was well attended.

3.3. By the Autumn we had more staff trained to deliver Active Monitoring part time and they spent the remainder of our hours running groups. We were able to start offering a fuller timetable and attendance gradually improved. We still offered some groups on zoom and also self-management courses on YouTube.

3.4. The older person's course 'moving forward' was run for six weeks in September. The same group attended throughout but interest was low. Feedback from older people we approached indicated that older people wanted a social group to prevent isolation and loneliness rather than a course with speakers and information. We will try a social group with Support in Autumn 2022.

3.5. Through ASICs we had money to run a Jolly Joggers group with a member of staff being trained and the provision of running shoes. This was well attended and everybody improved their distance and fitness levels but most managed to complete 5K on a regular basis.

3.6. The volunteers who had been available on line, moved on to other opportunities. Some of them lived outside of Newport. Over the year we recruited new volunteers and they are now an important part of every group we run. This allows for people to have one to one support from the support worker where necessary while to volunteer continues with the group activity.

3.7. We continued to keep people updated on services. After lockdown ended we returned to making newsletters that could be picked up and taken home or sent them via email. Post became too expensive and unreliable so we use post as a last resort for people without email.

Objectives and activities *(continued)*

3.8. During the months when our we were working from home we worked hard on our waiting list for IAA appointments and so by the end of the year we were up to date and people could have an appointment within a few days of contacting us.

3.9. The service users who received mobile phones have been able to attend more groups and have a network of support. Later in 2022 we hope to have a training course for Digital Inclusion.

3.10. For the coming financial year, we have plans for

- a nature group,
- better use of produce from our allotment
- an extra walking group which can be accessed in the town centre.
- Digital inclusion

4. Housing and Tenancy Support (Goals B, C, D, & F)

4.1. The Housing and Tenancy Support Service for both mental health and EU citizens, is delivered in line with the requirements of Supporting People funding contract. The service is delivered within the current budget. The focus of the team and their supervision remains on ensuring contract compliance for the delivery of housing related support to people with mental health problems. This is measured by Supporting People through the production of monthly monitoring figures, 6 monthly outcomes and monthly meetings with Supporting People and a review of service. Supporting People have consistently given positive feedback on the way the service delivers its targets, and stakeholders are also generally very happy with the service. Our pick up time from referral has extended to 2 months at the moment for non-urgent cases due to the high level of referrals outstripping the service, but with a triage system that means people with urgent need are picked up straight away.

4.2. The pandemic changed the way support is delivered, with a significant number of people being supported using the phone, and using WhatsApp. We have returned to more face to face work as more people are vaccinated. We still maintain precautions before meeting following the guidelines devised to protect support workers and clients from unnecessary risk of infection. Supporting People have funded 2 projects for hard to reach groups, people who access accident and emergency frequently with an emphasis on mental health, and working alongside Preventions team, providing tenancy support for vulnerable families. With the high levels of mental distress people have experienced increasing because of social isolation during the pandemic, there will be a need for support for mental health across all groups.

Objectives and activities *(continued)*

4.3. Support workers have developed hybrid working practices, so doing administration, calling clients and other professionals and training from home, and working in the community with clients when this is needed. We have found our service has been more responsive to the varying needs of clients, delivering support in the way that best suits the client. The investment of laptops, printers and office equipment to support workers to work from home has been essential in this . Extensive risk assessments have continued to be followed, and staff have continued to visit the supported accommodation to ensure the tenants in the supported houses continue to have safely delivered face to face support when needed.

4.4. We have also been delivering food parcels throughout Newport, and the need for this has increased, we are delivering around 3 times as many food parcels as pre pandemic, with no sign of a reduction in these numbers, and we are finding people coming forward for financial support who have never needed help before. A lot of services are now back doing face to face work, for example DWP, but access to GP's can be problematic although this is slowly improving.

4.5. The Housing and Supporting People Service Manager has responsibility for supervising the Housing and Tenancy Support service which is part funded by Housing Benefit and part funded by Supporting People. Voids in supported accommodation have been kept to a minimum, and active support to minimise rent debt has been put in place.

4.6. The Housing and Supporting People Services Manager as part of the role supervises the cooks and cleaners in the houses as well as dealing with a variety of other practical issues, managing tenancies, dealing with housing benefit, maintenance issues and problems in the houses.

4.7. The four supported houses that are owned by Pobl and managed by the Housing and Tenancy manager with support from housing and tenancy support workers, a cleaner and two cooks who are based in the only long-term property. The properties need upgrading by Pobl, they have a number of issues including single glazed windows in 2 properties, and damp issues in 2 of the houses. Tenants are encouraged to report maintenance issues, but for the issues which are being investigated by surveyors, and need an identified budget, the housing manager organises access and site meetings.

4.8. Pobl has a long term strategy which includes selling off costly to maintain older properties moving to more self-contained supported accommodation.

Objectives and activities *(continued)*

4.9. Melin Housing Association in conjunction with Newport City Council has been allocated grant funding from the Welsh Government purchase and convert a building that was previously a bed breakfast into supported accommodation for six tenants with Newport Mind taking on the role of the support provider and manager of the property.

4.10. The completion of this project has been delayed due to planning issues including resistance from local residents who are concerned about an increase of traffic and anti-social behaviour. Newport Mind has been involved with providing information around the nature of the project to allay the fears brought forward. When the project is close to completion the manager and staff will work to integrate the project into the community. Increasing our supported housing fits in with the demand for Temporary Accommodation for people with mental health difficulties. Supporting People have identified this group is by far the largest asking for Housing and Tenancy support, with some 70% of all applicants for tenancy support having mental health as a lead need.

4.11. Newport Mind developed its own supported housing project by purchasing a property of 2 flats with 2 beds and 2 tenants in each flat in February 2019 with tenants moving in in April 2019 following a refurbishment, including roof repairs. We have improved the property, replacing a bathroom, and will look for other improvements as necessary.

4.12. This has proved successful both in acquiring a property which has increased in value, and in bringing in revenue which contributes to management and central teams' costs. It also provides supported accommodation for 4 people who would otherwise have had use Temporary accommodation or hostels. As a long term strategy increasing the property owned by Newport Mind makes sound financial sense as well as providing a much needed resource for people who are vulnerably housed, or homeless with mental health difficulties

4.13. Supporting People have given additional funding for another worker to provide housing and tenancy support, which now brings the team up to 11 full time workers, working with 20 people in supported housing and at least 100 people in the community. The pandemic has seen an increase in these numbers, and we expect to be working with around 120 people every week. There have also been team changes with staff leaving or obtaining new roles within the organisation. We have also recruited 2 additional staff to cover the two new services by promoting within our service for experienced staff, and then recruited 2 new support workers which bring the team up to 11, although the 2 staff placed within Preventions and accident and emergency will be largely managed by that service.

Objectives and activities *(continued)*

4.14. The Housing and Supporting People Services Manager, since January 2019, as part of the role supervises the European Economic Migrant Support Service. This was placed with Newport Mind following the closure of SEWREC, and is a Supporting People funded service for EU citizens with housing and tenancy support needs. This service has been very creative in delivering support, working alongside schools who have a significant number of the children of EU migrants attending the school.

4.15. The EEA Migrant support service now has three workers, a coordinator and 2 support workers. We have had to recruit for a new support worker and a new coordinator since Newport Mind took on the service. The new coordinator has worked hard to promote the service and widen the support to EU migrants. The service is very busy and now exceeding the targets set by NCC. NCC have provided extra hours to recruit a part time worker at 25 hours a week, and we have secured a Romania/Hungarian/ Italian speaker and provided them with all the necessary training around benefits.

4.16. Both the workers have language skills in Czech, Slovakian and some German. There is a significant Romanian community in Newport, as identified by the EU Settled Status project and to support this community we had to use language line. This is a hard-to-reach community with significant barriers to seeking help, and language line does not always allow effective communication or build trust. Since the Romanian speaking worker has been recruited, we have seen our Romanian speaking families pass the service by word of mouth within the community, and the 25 hours we provide are fully occupied in meeting the service needs of this hard to reach group.

5. Children, Young People & Family Service

From April 2020 - March 2021, the Children, Young People & Family Services at Newport Mind widened their offer...

5.1. Referrals

- During this year, the Children, Young People & Family Services received a total of 635 referrals into our various services. This averages at 53 referrals per month.

5.2. Service Delivery

- Support has been provided consistently to children, young people & families from April 21- April 22.

5.3. Family Wellbeing & Resilience Service (FWRS)

Objectives and activities *(continued)*

One of the aims of the Early Help Project was to employ one full-time family Wellbeing and Resilience worker, to support existing work on our Family Wellbeing & Resilience Support (FW&R) project.

We recruited a member of staff at the end of November which included induction, training and the Christmas period. Having this investment increased the capacity of the existing workforce. The extra worker in the Family Wellbeing & Resilience team, enabled the team to engage with another **9 families**, between the months of January 2022 - to the end of March 2022.

This has help reduce the waiting time to be seen by our service and enabled our service to further develop bespoke intervention to meet our young people's individual needs. Plus our Children, Young People and Families team has also benefited by receiving funding for individual projects like the Whole School Approach and the Youth Engagement Workers, there intervention has been very fluid, as they have been able to offer 6 weeks sessions which has helped reduced the waiting list for the Family Wellbeing and Resilience service which has a waiting time of 12/14 weeks due to the increase complexities of cases with families and young person or persons within the family unit requiring longer interventions.

The CYPF team continue to be part of the SPACE wellbeing panel, which includes outside agencies and statuary services.

FWRS team adapted extremely well to working from home, offering families support via telephone, text messages, email and video messaging platforms. Some higher need families were supported via doorstep visits and/or walk-and-talk sessions.

The team has had an influx of previous clients contacting for advice / crisis support. We suspect this was due to the 3rd national lockdown that took place in Q3 / Q4. We feel this demonstrates that families felt they can trust our services and are well equipped to enlist support / guidance when needed.

This is a fundamental principal of Resilience Theory, which we practice in our delivery. Those who have accessed our services in crisis have been given 1-to-1 support and signposted to crisis services, with us providing handover sessions. We anticipate that the longer-term impacts of the pandemic will continue into next years and years to come.

This Year, our service has supported 77 families, through 1-to-1 support and providing 3 joint groups (Stronger Together) support.

9 families / young people were escalated to a statutory service, in relation to deterioration within their mental health.

Objectives and activities *(continued)*

33.3% did not engage with our services. We suspect that the impact of the COVID-19 pandemic has affected families' abilities to engage with prevention services.

Kith and Kin a parallel course for young people and their parent/carers to promote improved mental wellbeing and relationships was not delivered throughout April'2021- March'2022 due to social distancing rules. Families who were referred were instead offered 1-to-1 support.

FWRS strengthened their relationship with the FF Preventions Team by creating a joint online parent/carers wellbeing group, offering parent/carers a safe space to nurture their own wellbeing. The need arose when a number of parent/carers reported struggling with their own MH whilst trying to navigate at home learning and working during the pandemic.

We continue to offer our parent / Carers Bounce course online, which is a strengths-based rolling self-management course designed whose children and/or young people are struggling with their mental health.

In quarter 4 we had one member of staff going onto maternity leave, and a handover period for maternity leave. Due to a FW&R member of staff going onto maternity leave. There was a dip in support offer due to the member of staff unable to offer any face-to-face intervention in their 3rd trimester, due to COVID-19 regulations.

We also took a cautious approach to accepting referrals towards the end of March, as we were still waiting to hear if our funding will continue on.

Staff have been re-developing a 6 weeks kith and kin course for young people to access, and we also started in re-branding the Bounce course aiming to offer face-to-face sessions for both courses in the new financial year.

As previously mentioned, we took a cautious approach to accepting new referrals towards the end of March however we have now been successful in securing additional funding for our present posts until December'2022. We will be able to continue to offer this service to young people & families in Newport.

5.4 Youth Engagement Project: (YEW)

The aim of the additional youth support grant was to employ two additional full-time workers for 5 months (Novemeber'2021 - March'2022 allowing for recruitment). We recruited staff members at the end of November which included handing in notice, DBS checks, induction training and the Christmas period the Youth Engagement workers launch their service in January'2021.

Objectives and activities *(continued)*

We have supported 20 young people via 1-to-1 support from January'2022 to the end of March '22. We have found using the WEMWBS to measure young people's mental health and wellbeing, a useful tool. By using this tool, it has highlighted an average score of 4.12% increase from their initial assessment score to their final score of completion due to receiving 1-to-1 interventions with the Youth Engagement Workers.

Some of the scores were slightly lower and often this is the case due to the young people continuing to work on their challenges whilst incorporating new strategies which they can use on a daily basis. However, if we did follow ups in 6 months, often the young people's Wellbeing has improved due to them having the time to apply the new strategies and put them into their daily routine(s).

We will be considering additional measures to be included in the young people's experiences of the service.

Detached youth work:-
We have been providing 2 4-hour detached youth work sessions per week in Newport Community (per worker).
We've used these sessions to raise awareness of mental health within the community in the hope to reduce stigma and reach those individuals who may need further 1-to-1 support but for whatever reason, cannot access in the traditional way.

We have been approaching young people within the community to encourage conversation and provide further support where needed for
example:

- Providing information on Mental Health & Wellbeing Support Services for Children, Young people & families and Safety Cards.

- Games and activities have been used as a way to reconnect with individuals and increase re-engagement.

Since the project started in January, we have engaged with over 163 individuals

Objectives and activities *(continued)*

The project continues to develop connections with in-house projects / groups, external agencies and individuals, including social services, various community centres, hubs, schools and alternative education provides.

In March our Youth Engagement Workers took 18 days which was due to sickness and them taking their Annual Leave entitlement before the end of the financial year.

We took a cautious approach to accepting referrals towards the end of March however we have now been successful in securing an additional year's funding for these posts and so we will be able to continue to offer this service to young people in Newport.

The Youth Engagement Workers have also supported 2 days event for A' Level (6 forms) students at CrossKeys college and

They supported the 'Time to Talk Day' event which was a Mental Health Awareness Day. To increase the general public awareness of mental Health and to help reduce any barriers in accessing appropriate services.

Both these events were successful not just for young people but for teachers and the general public to reduce the stigma in accessing mental health services to address their own mental health and wellbeing. These two events helped to disseminate information on what projects and individual support Mind as an organisation can provide.

We were successful in receiving funding from the Early Help Funding for the next 12 months April 2022 - 2023.

The project will continue to connect with the local community via delivering 2 community detached sessions per work within the local areas of Newport and providing one to one sessions, for young people aged between 11 - 25 years of age.

5.5 Wellbeing Ambassadors

- From April 2021 to March 2022, 21 new Wellbeing Ambassadors were recruited and trained to volunteer on the CYPF projects.

- The PEERS training, a training for professionals, delivered by young people, was attended by 94 professionals online.

- 16 presentations to communities were also delivered online by Wellbeing Ambassadors.

Objectives and activities *(continued)*

- 1,132 of volunteering hours, 126 different sessions
- Delivered 2 rounds of social activity group sessions lasting 6 consecutive weeks each and one round of peer support online with a total of 13 YP.
- Development began for a podcast, which will be created and hosted by a group of Wellbeing Ambassadors. This is in partnership with Newport City Radio and Jo Tyler, from So Niche (a contact from Act for Change).

5.6 Branch Out

- The funding for the Branch Out project ended in March 2022.
- Total number of participants supported by the project was 96, with 159 sessions completed with young people.
- Between April 2021- March 2022, 114 sessions took place, with 62 different people and a total of 113 hours of support delivered.
- The project enabled learning around engaging young people in nature and how we can work in partnership with the National Trust at Tredegar House as part of our existing CYPF services.
- We have continued to use Tredegar House as a venue for delivering peer support and social activity groups as part of the Wellbeing Ambassadors project.

5.7 Piece by Piece

- In July 2020, Newport Mind was awarded a grant towards a 3 year project aiming to support families who had experienced recent trauma, with a particular focus on engaging BAME and LGBTQ communities.
- Between April 2021 and April 2022 the Piece by Piece project received a total of 136 referrals to support young people/ families.
- From those referrals 112 family support sessions, 31 youth work sessions and 17 Literature Wales/ creative workshops were delivered to young people.

Objectives and activities *(continued)*

- Part of this projects development has been about engaging marginalised young people communities who were not already known to our services, particularly those from BAME communities and deprived areas. Previously this has been challenging due to COVID restrictions as we were not able to go into community buildings, faith groups, small community groups etc. Since April 2021, project workers have placed themselves at local youth clubs, activity clubs and religious groups to have Newport Mind presence there with the aim of providing mental health information, support and signposting. In particular, we worked with a local group called ROOTS, which is an all-girls Islamic group that we engaged with mental health workshops that incorporated teachings from the Quran.

- From April 2021 to April 2022 we the Piece by Piece project engaged 318 young people out in the community; talking with them about mental health, Newport Mind and our services which has resulted in an increase in relationships and referrals from other organisations.

- Since the loosening of lockdown restrictions, we were able to begin delivering creative workshops for young people who were engaging with the Piece-by-Piece project. We also opened this group out to other young people who were on waiting lists for other services at Newport Mind. This provided them a space to learn about mental health, use creative methods to express their experiences and receive peer support from the other young people attending.

5.8 Whole School Approach/BOOST

- In April 2021 the Whole School Approach team was operating on the remaining funding from WCVA Voluntary Services Recover Fund which was used to fund 1 x FTE Project Coordinator and 4.4 x FTE Project Workers between Jan - Jul 2021.

- This funding was used to delivery a range of targeted and universal interventions to primary, secondary and alternative education provisions across Newport. Outcomes

Objectives and activities *(continued)*

- for this project are included in the table below for the full delivery period (6 months):

Intervention	Total Engagements	Target Engagements
CYP Targeted	1,703	1,637
CYP Universal	All schools in Gwent	
Staff Targeted	293	500
Staff Universal	All schools in Newport	
PCG Targeted	1,157	200
PCG Universal	All schools in Newport	
Community Groups	100	40
Total	3,250	2,477

- In Jun/Jul 2021, Newport High School (NHS) became the first school to directly fund a part-time WSA project worker to delivery 1-2-1 support to young people for a 6 week period. Following its success, NHS funded this 3 day post for the full academic year from Sept-Jul 2022.

- From 1st September 2021 to 31st March 2022, the WSA team has comprised 7 members of staff equivalent to 6.8 WTE. This team has been funded through various funding streams as outlined below:
    - 1 FTE WSA Project Coordinator
        - 0.2 FTE funded via Welsh Government Whole School Approach Development Fund via Newport City Council
        - 0.8 FTE unfunded/ management charges/other funding.
    - 0.8 FTE Emotionally Based Schools Avoidance (EBSA) Training and Intervention Worker
        - Funded from Welsh Government Whole School Approach Development Fund via Newport City Council.

Objectives and activities *(continued)*

- School-based Mental Health Practitioners
  - 1 FTE funded by Newport High School (0.6 FTE) and Bridge Achievement Centre (0.4 FTE)
  - 1 FTE funded by Bassaleg School (0.6 FTE)
- WSA Intervention Project Workers
  - 1 FTE part funded from Welsh Government Whole School Approach Development Fund via Newport City Council, part unfunded
  - 1 FTE part funded from the COVID Recovery Early Help fund via Newport City Council, part unfunded
  - 1.4 FTE unfunded

- Outcomes for this project between Sept 21 and March 22 are included in the table below for the full delivery period:

Intervention	Total Engagements
CYP Targeted	254
CYP Universal	755 + All schools in Gwent
Staff Interventions	41
Parent/Carer Interventions	27
Newport High School: 0.6 FTE funded (Sept - Mar)	394
Bassaleg School: 0.6 FTE funded (Dec - Mar)	33
Bridge Achievement Centre: 0.4 FTE funded (Jan – Mar)	88
Total	1592

5.8.1 Systems Change

- Between April 2021 and March 2022, we engaged 55 young people in the research phase of the project. These young people were engaged in a range of ways, from group workshops to individual interviews.
- We engaged 9 adults as 'Youth Leaders' in the research and prototyping phases of the project to co-produce a pilot approach that would work for both adults and young people in the community.

Objectives and activities *(continued)*

- We successfully recruited a total of 3 young people as lived experience designers to inform the project and advocate for the voice of young people during the creation and implementation of the pilot project.
- The Systems Change project successfully engaged 8 young people in a recruitment event - 4 of these young people went on to be trained as Youth Engagement Volunteers during this time period.
- We successfully engaged with 9 community organisations between April 2021 and March 2022 to conduct research and prepare to launch the pilot project.

Kickstart

- This project began in June 2021, funded by the Department of Work and Pensions, as part of the Kickstart scheme.

- From April 2021 to the end of March 2022, 10 placements were coordinated for young people aged 16-24 to work with us within the Newport Mind organisation.

- This project expanded our understanding of how to support apprenticeships and enabled the innovation of our recruitment processes to be more inclusive.

Word on the Street

- This project, funded by the Youth Endowment Fund and in partnership with Community Youth Project, delivered detached youth work sessions in Newport between July 2020 - August 2021.

- Newport Mind recruited 1 x Youth Worker part time (22.5 hours a week) to facilitate the project in partnership with a Youth Worker at Community Youth Project (also a 22.5 position).

- The project engaged 1023 young people, with 430 young people re-engaging with workers on detached sessions. 254 of the 1023 were young people from marginalised communities (BAME).

- The project was successful in developing skills and approaches to facilitating detached youth work sessions in the community of Newport, the legacy of which has been incorporated into the Youth Engagement project.

Objectives and activities *(continued)*

5.8.2. Funding

- During April 2021 and March 2022, the CYPF team applied for 10 CYPF specific grants, 7 of which were successful
- 47 Wellbeing Ambassadors were involved in co-producing these bids
- Successful bids have contributed to the continuation of projects and 2 staff members' contracts, and the creation of 8 CYPF roles within the CYPF team.

5.9 CYPF Strategy

Over the next year, we intend to work towards the three Golden Threads in the following ways.

5.9.1. Fighting for the Mental Health of People in Poverty:

- We will continue to engage in the Single Point of Access to Childrens Emotional (SPACE) Wellbeing Panel, a cross Newport multi-organisational partnership between Aneurin Bevan University Health Board and Newport's Families First scheme partners, which assess needs and refers children, young people and families to the right organisation to suit their needs at the right time. This panel benefits from focusing on supporting families who live within poverty, and is attended by organisations who specialise in support children, young people and families in poverty, and provides information on how partnership organisations can do the same.
- We will work to secure future funding for the Families First and Whole School Approach projects, to continue to reach the most deprived young people in Newport, and source funding that will allow us to grow and expand this work across other projects
- We will work to ensure that organisations across Newport are aware of our services, and understand the referral process for their young people

5.9.2. Becoming a Proudly Anti-Racist Organisation:

- We will work to diversify the Wellbeing Ambassadors, ensuring it is accessible to all, and encourage Wellbeing Ambassador driven social action to address mental health stigma

Objectives and activities *(continued)*

- We will build links with organisations which support BAME specifically across Newport, such as EYST

- We will adjust our recruitment strategies and materials to make roles more accessible and targeted to communities that are underrepresented in our workforce

- Internally, we will work as a team to ensure that staff members from all cultures feel recognised and celebrated by ensuring we celebrate different religious holidays and celebrations

5.9.3. Supporting Young People, with a Focus on Trauma:

- We will look to expand the Piece by Piece project, due to the interest we're already seeing, to cover more age-ranges and widen the impact

- We will continually keep a record of referrals and make a note of trauma related referrals, and continue to be aware of the impact of Covid-19 as a trauma for young people

- We will continue to increase the awareness of mental health for adults working with young people through Wellbeing Ambassador delivered PEERS training

- We hope to build trauma informed training into the induction process for all CYPF staff

- We hope to create a model for an ages 18-30 volunteering cohort who are able to provide support on projects and to young people, increasing our peer support basis

6. Counselling

6.1. Counselling In Mind

6.1.1. 'Counselling In Mind' service has been running for a year now. Is if fully self-funded however and it will take time to generate revenue streams and break even. The service has expanded to offering counselling for children and young people. We have been able to slowly transition from Zoom session to face-to-face session with some availability for Zoom option.

6.1.2. Having researched and considered other service models we established a model charging £40/session and a discounted £10 for clients receiving means-tested benefits. The service is staffed by two part-time permanent counsellors and 2 bank counsellors and clearly £10 sessions would not fund the counsellors' salaries. Hence we continued the employment

Objectives and activities *(continued)*

of volunteer trainee placement counsellors. Clients paying the discounted rate saw placement counsellors and clients paying full fees saw one of the qualified counsellors. Children and young people's counselling sessions are charger at £40 per session and delivered by one of the qualified bank counsellors.

6.2. Placements

6.2.1. The majority of the team is staffed by volunteer counsellors so this needs major resourcing and managing. On average we have approx. 7 volunteers on placement at any one time. There is a constant turnover of placement counsellors as volunteers graduate and new trainees apply. So we usually interview one applicant per month. An ongoing role is to provide line management and support with risk management for volunteers.

6.3. Local Employer

6.3.1. We continued our contract with a large local employer, where we deliver in-house time-limited counselling (8 weeks) to their staff. This is charged at £40 per weekly client session. We averaged 37 client sessions per month. Like many activities, this work was severely impacted by Covid, i.e. we are only able to provide telephone/zoom counselling sessions due to safety precautions of the local employer.

6.4. Covid

6.4.1. With Covid restrictions reducing, the service's capacity was expanding through the year, which generated more income.

Objectives and activities *(continued)*

6.4.2. From April, the number of paid sessions slowly grew exponentially month by month. Monthly breakdown:

Month	Number of paid client sessions
April	120
May	131
June	141
July	134
August	128
September	121
October	115
November	242
December	122
January	124
February	131
March	157

6.4.3. A significant challenge of managing the payments for online sessions, was still struggle with this, approx. 20% of client sessions are unpaid. When sessions started taking place in the building, 99% payments were made as clients arrived in the reception. We still have the issue of reclaiming DNA sessions.

6.4. Marketing

6.4.1. The growth of the service has been with very little marketing, mainly referrals from existing networks and through current brand awareness. Our web-site information about counselling service was better developed and clear. Next year we aim to invest in more proactive marketing to continue increasing revenue.

6.5. Children and Young People (CYP)

6.5.1. Through the year we have developed a small CYP counselling service and the aim for the next year is to expand it further. We aim to lever existing knowledge and experience from the CYPF department and fill the significant gap in local statutory CYP services. The Lead Counsellor managed the self-funded counselling service. The Lead Counsellor is a BACP accredited counsellor and UKCP accredited psychotherapist. The counselling service offered counselling at two different rates to local residents and employers. The service ran five days per week and clients received between 12 and 52 weekly sessions. Within the GMHC, Newport Mind received the most counselling referrals and offered the most counselling sessions. There were usually between 5 and 9 placement counsellors at any one time, with placement counsellors seeing a minimum three clients weekly.

Objectives and activities *(continued)*

7. EU Settled Status Project (Goals B, C, D, E, F)

7.1. The EUSS project is a whole of Wales service to support vulnerable EU citizens to apply for Settled Status in the UK. The project works to support and engage with vulnerable people from the following groups:

- People with disabilities and/or serious health conditions (e.g. physical or mental impairments)
- Victims of domestic abuse
- Elderly
- Children in Care
- Adults in Care
- Young adults who have left care
- Vulnerability due to communication, language, literacy and social disadvantage issues that link to poor mental and physical health plus awareness and access to digital services

Funding agreement for 1st April - 30th September 2021

In March 2021 the Home Office asked Newport Mind to submit a revised project plan and budget proposal for continuation funding to cover the Q1 and Q2 periods. Both the plan and budget proposal reflected previous application activity and expenditure for the previous two quarters.

After some negotiation, the Home Office agreed to provide further total funding allocation of £71,885.16. The split as Q1 £36,255.08 and Q2 £35630.08. As outlined in the plan the funding will continue to fund 3 project workers and a team manager.

The funding for this project is an allocated budget and Newport Mind only receive the reimbursement of the actual cost of the project, which we report and claim in the quarterly monitoring reports.

Objectives and activities *(continued)*

Actual claim submitted for Q1 £30,889.76

Period	Planned expenditure	Actual
Q1 1st April – 30th June	£36,255.08	£30,889.76

Cost saving in Q1 of £5365.32
The project had reduced expenditure as a newly recruited project worker started on a part-time basis.

Because of cost savings made in Q1 the Home Office requested the submission of a revised budget for Q2. This new budget had planned expenditure of £40,995.58, Total revised budget allocation was £71, 885.16 across the two quarters.

The actual claim submitted for the period Q2 £35,764.21

Period	Planned expenditure	Actual
Q2 1st July – 30th Sept	£40995.58	£ 35,764.21

Total project expenditure claimed for Q1 and Q2 £66,653.97 giving the Home Office a saving of £5231.37.

For Q3 and Q4 2021/22 the Home Office required the submission of yet another project plan and budget proposal before the allocation of any further funding. Newport Mind submitted another revised plan with a proposed budget of £68,000 split as follows Q3 £34,451.35 and Q4 £33,548.65.

The uncertainty around continuation funding for the project unfortunately resulted in the most recently recruited member of the team leaving to take up a post with the CYP team. The project was fortunate to be able secure funding to allow recruitment into the vacant post.

Newport Mind had reduced expenditure in some cost headings resulting in reduced payments to Newport Mind as shown below giving the Home Office a saving of £2,540.71

Period	Planned expenditure	Actual expenditure
Q3	£34,451.35	£32,946.59
Q4	£33,548.65	£32,512.70
Total	£68,000.00	£65,459.29

Objectives and activities *(continued)*

The most frustrating issue for the project team is lack of understanding by the Home Office that the impact of uncertainty on longer term funding creates. The whole team have indicated that this lack of clarity has affected both wellbeing and mental health. In addition it has also resulted in valued, experienced team members leaving the project, which in-turn has increased the staff costs of the project. The project offers much needed support to EU citizens and it is only thanks to the teams' resilience and dedication to the project that has ensured that Newport Mind has continued to deliver this much needed project.

8. Central Team

8.1. The Finance Manager managed the Finance, IT, facilities management, Human Resources and the Caretaker for part of the year. Following an external review the Finance Manager role. A number of recommendations were made however, in light of the merger talks, some of these are on hold pending the outcome of the merger.

8.2. IT, Facilities Management and the administration of the HR software were moved from the Finance Manager to the Reception and Admin team to enable the Finance Manager to focus on the delivery and development of the financial processes and reporting.

8.3. The management of the Caretaker was taken over by the Operations Manager and was incorporated into the Wellbeing Team.

8.4. The main phone system is now a model that fully embodies home and remote working.

8.5. Risk assessments were carried out and regularly reviewed throughout the year in respect of social distancing, safe working practises, limiting numbers within the building and upgraded cleaning regimes.

8.6. The Finance Manager has continued to develop systems and processes to ensure that the organisation is exercising sound financial management of its funding and as provided information and expertise to assist, along with others, in reducing costs where possible and appropriate.

8.7. Payroll processes have been reviewed including updating the New Starter procedures to ensure we are in line with the new Right To Work legislation.

8.8. Central Team staff are partly funded from all of the current grants and contracts we have in place. Any shortfall comes from unrestricted income, e.g., housing.

Objectives and activities (Continued)

9. Sustainability and Growth

9.1. At the beginning of the financial year the team consisted of a full-time Sustainability and Growth Manager appointed September 2020, a full-time Training Coordinator, a full-time Community Fundraising Coordinator, who for part of the year was furloughed part-time and a Social Media, Communications and Digital Worker.

9.2. The Sustainability and Growth Manager resigned in May 2021 and the attempt to recruit a replacement was eventually unsuccessful and in light of the possible merger, which it was hoped would happen soon, the post was left vacant with the CEO taking on line management of the team on an interim temporary basis.

9.3. The Community Fundraising Coordinator after periods of sickness absence and time working under the flexible furlough scheme resigned in June 2021, the post was left vacant for a period to see how the situation would change as the pandemic restrictions were relaxed.

9.4. The decision was made to split the Community Fundraising Coordinator role into two half-time roles one remaining as Community Fundraising Coordinator and creating a new role of Trusts and Grants Fundraising Coordinator. Recruitment was successful for both roles with the part-time Community Fundraising Coordinator starting in October and starting in November.

9.5. The Trusts and Grants Fundraising Coordinator resigned in January and finished work in February. The decision was taken to leave the post vacant in light of the merger.

9.6. The Training Coordinator continued to work full-time as the demand and opportunity for online mental health training alongside suitable delivery products such as I-Act increased over time.

9.7. The COVID pandemic increased the need for effective social media communications as well as the provision of services digitally. Historically the receptionist and administration worker was responsible for social media postings, however the postholder had resigned and a new post holder commenced work in April during the full lockdown from home.

9.8. The Board of Directors agreed to the continued employment of the Social Media, Communications and Digital Worker and changed the post to a coordinator effective from the date the Sustainability and Growth Manager left to reflect the responsibility for the development of the website that the Social Media, Communications and Digital Coordinator had taken on.

9.9. The redesigned and updated Newport Mind Website went live during the year and has proved to be a great success.

10. Finances and Budgets

10.1. Finances
Newport Mind is currently in a relatively secure financial position with total reserves of £1,600,325 at the end of 2021 - 2022.

10.2. Reserves
The reserves policy has been updated to allow for significant investment in the building and is based on 3 months running costs as opposed to six months. The Directors have indicated that over time the organisation should return to having reserves to reflect six months running costs.

10.3. Reporting
Newport Mind directors receive a regular finance report at their meetings. The finance report provides up to date information on income and expenditure on all projects against their budgets allowing Directors to exercise their financial responsibilities. The report was developed within the financial year to include forecasting. An ongoing project to develop the financial management information is being undertaken. This is looking to improve the quality of the information whilst automating it to reduce the time the Finance Manager spends on the preparation.

10.4. Budgets
Budgets have been set for all services currently provided in line with the funding provided and contractual obligations.

10.5. Income Generation
The proposed development of the premises provides the opportunity to develop a number of revenue streams, from the social enterprise, paid for services, room rental and, if it proves feasible, from the accommodation on additional floor. The timescales on the funding for developing the building and the actual development of the building means that income is likely to only be generated from 2023.

11. Review Of Charitable Activities Undertaken By The Charity.

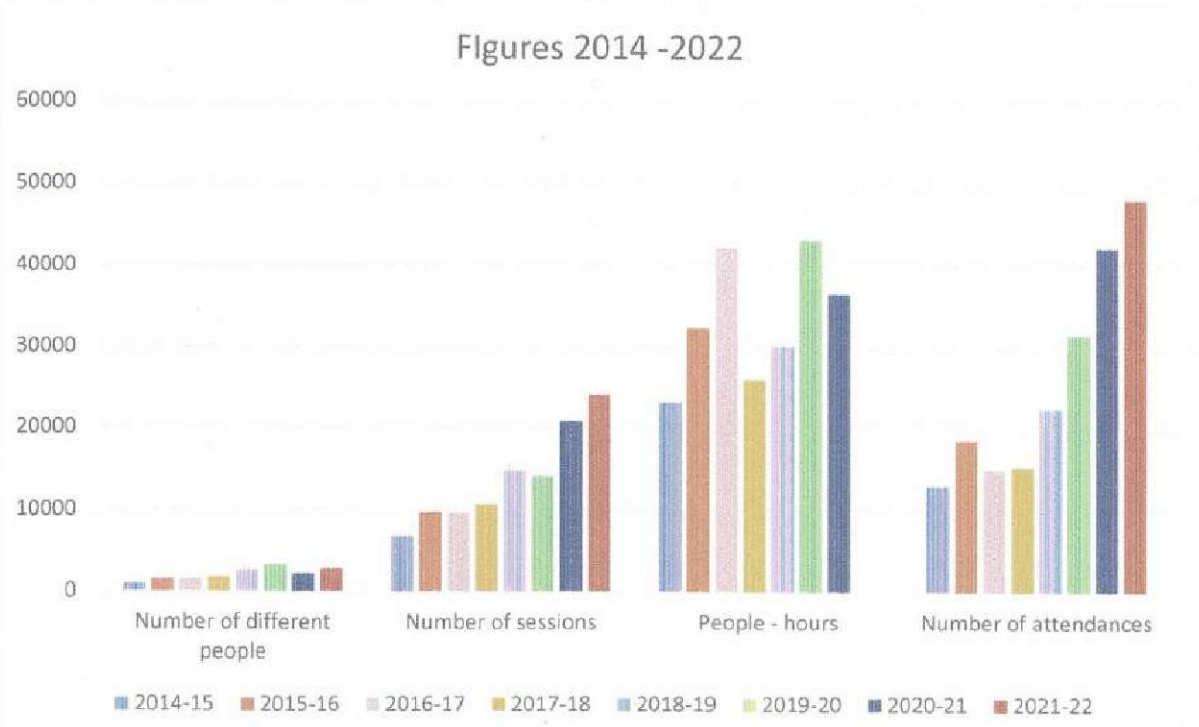
11.1. The table below shows the total work completed by Newport Mind in the last year compared to the previous seven years.

11.2. The figures are only indicative as there are so many changes year to year that it makes comparison difficult and that is particularly true over the last couple of years due to the pandemic which has affected different services in different ways.

11.3. The number of people seen has increased by 25% over last year but is still down compared to the figure prior to the pandemic although this could, in part, be accounted for the loss of Health Board Funded services at the end of March 2020.

11.4. All the figures have increased this year but the increases are less than last year suggesting that this may be as a result of continuing to provide services and support digitally as well as in person. Measure Number of different people Number of sessions People - hours Number of attendances.

Measure	Number of different people	Number of sessions	People - hours	Number of attendances
2014-15	952	6752	23121.37	12937
2015-16	1621	9688	32338.49	18560
2016-17	1637	9621	42214.6	14994
2017-18	1844	10613	25978.04	15337
2018-19	2606	14835	30129.25	22352
2019-20	3343	14134	43198.15	31569
2020-21	2211	20756	36415.02	42196
2021-22	2760	24086	46341:57	48044
% Difference	25%	16%	27%	14%



12. Fundraising Activities

12.1. The charity relies on grant aid from the donors identified in the accounts, whose support is valued. Newport Mind had invested in a Sustainability and Growth Manager and a Community Fundraising Coordinator to increase income generation and fundraising particularly in relation to the proposed developments of the premises.

12.2. Investment performance achieved against investment objectives set

12.3. Investment income disclosed in the accounts is interest received on the charity's bank accounts. The charity has no other investments.

13. Factors Relevant To The Achievement Of The Charity's Objectives

13.1. Most of the organisation's income is currently received in the form of grants or contracts which are the subject of service level agreements or other restrictions governing the related expenditure. It has therefore been necessary to ensure that each project has a clear trail which includes an element of core costs and general management.

14. Financial Review

14.1. Policies on reserves

14.2. Over the years the charity has sought to achieve reserves of:-

14.2.1. Six months continuation of service amount required £787,989, calculated using current year income.

14.2.2. Redundancy payments for staff should the charity cease to continue to provide an individual service or ceases to provide any services £97,222, calculation does not include payments in lieu of notice as the financial situation means that the organisation will provide notice instead of pay.

14.2.3. 'Pump Priming' of new projects to allow emergency funds, pending new funding being arranged £10,000.

14.2.4. The total figure required would be £895,211 however the directors have decided that in order to invest in the building the reserves policy can be altered to having 3 months running costs, so the figure reduces to £393,995.

14.2.5. The Directors have indicated that over time the organisation should return to having reserves to reflect six months running costs

14.3. Restricted Reserves

14.4. The principal funding sources of the charity are by way of grant and contract income from a number of agencies and are summarised as follows:

14.4.1. Newport City Council Housing Support Grant	£463,447
14.4.2. Newport City Council Social Services SLA	£108,701
14.4.3. Newport City Council Families First Project	£151,878

14.5. A detailed analysis is shown in note 6 to the accounts.

15. The charity also received rental income in respect of its housing projects of £339,510 (2021: £342,400).

16. All sources of funding were expended to meet the charity's objectives to support and inform people with mental health problems.

17. Availability and adequacy of assets of each of the funds
17.1. The board of Directors is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

18. Transactions and Financial position
18.1. These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

18.2. The Statement of Financial Activities show net incoming resources for the year of a revenue nature of £457,623 (2021: £54,533).

18.3. The total reserves at the year-end stand at £1,600,325 (2021: £1,142,702).

19. Specific changes in fixed assets
19.1. Changes in fixed assets are shown in detail in the note 20 to the accounts.

Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Auditor

Each of the persons who is a trustee at the date of approval of this report confirms that:

- so far as they are aware, there is no relevant audit information of which the charity's auditor is unaware; and

- they have taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

The auditor is deemed to have been re-appointed in accordance with section 487 of the Companies Act 2006.

The trustees' annual report and the strategic report were approved on 13.1.2023 and signed on behalf of the board of trustees by:

Ms T Beggs
Trustee
T Beggs
13/1/2023

Mrs L Cooper
Trustee
L E Cooper

Newport Mind Association

Company Limited by Guarantee

Independent Auditor's Report to the Members of Newport Mind Association

Year ended 31 March 2022

Opinion

We have audited the financial statements of Newport Mind Association (the 'charity') for the year ended 31 March 2022 which comprise the statement of financial activities (including income and expenditure account), statement of financial position, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.
Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and

- the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or

- the financial statements are not in agreement with the accounting records and returns; or

- certain disclosures of trustees' remuneration specified by law are not made; or

- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- By enquiring with senior management and those charged with governance all area of risk identified were considered and any potential litigation or claim, if any, were noted
- Ensuring by enquiry that there were no issues of non-compliance with laws and regulations relating to tax and compliance
- By obtaining an understanding of the company's policies and procedures on compliance with laws and regulations, and with best accounting practice
- Noting issues discussed with Directors and the Senior Management Team as this

relates to risks faced by the company

- Reviewing information received from the company's solicitors, if any and discussing their contents with the Directors
- Reviewing disclosures in the financial statements and testing to supporting documentation to assess compliance with applicable laws and regulations
- Auditing the risk of management overrides of controls including testing journal entries and other adjustments for appropriateness and evaluating the business rationale of significant transactions outside the normal course of business
- Considering the effect on risk to the company of the Covid-19 pandemic and the UK's departure from the EU. In particular to note whether any such issues would affect the company's ability to continue to trade.

Through these procedures, we did not become aware of actual or suspected non-compliance.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.

- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

Mr Jonathan Rhodes BSc BFP FCA (Senior Statutory Auditor)

For and on behalf of
Walter Hunter & Co Limited
Chartered accountants & statutory auditor
24 Bridge Street
Newport
South Wales
NP20 4SF

13 July 2023

Newport Mind Association

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2022

	Note	Unrestricted funds £	2022 Restricted funds £	Total funds £	2021 Total funds £
Income and endowments					
Donations and legacies	5	108,264	–	**108,264**	66,218
Charitable activities	6	349,710	1,778,358	**2,128,068**	1,569,041
Other trading activities	7	42,426	–	**42,426**	28,226
Investment income	8	369	–	**369**	425
Other income	9	–	–	–	13,298
Total income		500,769	1,778,358	**2,279,127**	1,677,208
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	10	24,543	–	**24,543**	43,583
Costs of other trading activities	11	51,770	–	**51,770**	68,023
Expenditure on charitable activities	12,13	328,892	1,416,299	**1,745,191**	1,492,979
Other expenditure	15	–	–	–	18,090
Total expenditure		405,205	1,416,299	**1,821,504**	1,622,675
Net income		95,564	362,059	**457,623**	54,533
Transfers between funds		1,769	(1,769)	–	–
Net movement in funds		97,333	360,290	**457,623**	54,533
Reconciliation of funds					
Total funds brought forward		1,093,965	48,737	**1,142,702**	1,088,169
Total funds carried forward		1,191,298	409,027	**1,600,325**	1,142,702

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

The notes on pages 45 to 69 form part of these financial statements.

Newport Mind Association

Company Limited by Guarantee

Statement of Financial Position

31 March 2022

	Note	2022 £	2022 £	2021 £
Fixed assets				
Tangible fixed assets	20		792,065	582,791
Current assets				
Debtors	21	181,520		76,025
Cash at bank and in hand		1,203,532		950,230
		1,385,052		1,026,255
Creditors: amounts falling due within one year	22	302,343		179,619
Net current assets			1,082,709	846,636
Total assets less current liabilities			1,874,774	1,429,427
Creditors: amounts falling due after more than one year	23		274,449	286,725
Net assets			1,600,325	1,142,702
Funds of the charity				
Restricted funds			409,027	48,737
Unrestricted funds			1,191,298	1,093,965
Total charity funds	26		1,600,325	1,142,702

These financial statements were approved by the board of trustees and authorised for issue on 13.1.2023, and are signed on behalf of the board by:

Ms T Beggs
Trustee
T Beggs
13/1/23.

Mrs L Cooper
Trustee
L Cooper 13th Jan 2023

The notes on page 45 to 69 form part of these financial statements.

Newport Mind Association

Company Limited by Guarantee

Statement of Cash Flows

Year ended 31 March 2022

	2022 £	2021 £
Cash flows from operating activities		
Net income	**457,623**	54,533
Adjustments for:		
Depreciation of tangible fixed assets	**36,189**	29,843
Other interest receivable and similar income	**(369)**	(425)
Interest payable and similar charges	**16,044**	14,092
Loss on disposal of tangible fixed assets	**–**	18,090
Accrued (income)/expenses	**(52,940)**	329
Changes in:		
Trade and other debtors	**(105,495)**	61,634
Trade and other creditors	**174,960**	42,614
Cash generated from operations	**526,012**	220,710
Interest paid	**(16,044)**	(14,092)
Interest received	**369**	425
Net cash from operating activities	**510,337**	207,043
Cash flows from investing activities		
Purchase of tangible assets	**(245,463)**	(102,208)
Net cash used in investing activities	**(245,463)**	(102,208)
Cash flows from financing activities		
Proceeds from borrowings	**(11,572)**	(14,092)
Net cash used in financing activities	**(11,572)**	(14,092)
Net increase in cash and cash equivalents	**253,302**	90,743
Cash and cash equivalents at beginning of year	**950,230**	859,487
Cash and cash equivalents at end of year	**1,203,532**	950,230

The notes on pages 45 to 69 form part of these financial statements.

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 100-101 Commercial Street, Newport, Gwent, NP20 1LU.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity, rounded to the nearest pound.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

Any proposed transfer between funds would be considered on the particular circumstances.

3. **Accounting policies** *(continued)*

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

3. **Accounting policies** *(continued)*

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

All fixed assets are initially recorded at cost.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Improvements to property	-	2% p.a. straight line
Housing equipment	-	33% p.a. straight line
Head office equipment	-	20% to 33% p.a. straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

3. **Accounting policies** *(continued)*

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4. **Limited by guarantee**

The charity is incorporated under the Companies Act 2006 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter.

There are 9 members of the company (2021: 37)

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2022 £**
Donations	49,158	–	**49,158**
Training income	59,106	–	**59,106**
	108,264	–	**108,264**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations	36,025	–	36,025
Training income	30,193	–	30,193
	66,218	–	66,218

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2022 £**
Rental income (including Housing Benefit)	339,510	–	**339,510**
Aneurin Bevan University Health Board Information, advice and assistance	–	–	**–**
Blue light Project	9,000	–	**9,000**
Cash 4 U Grant	–	1,380	**1,380**
Comic Relief - Piece by Piece	–	132,275	**132,275**
Covid-19 digital grant	–	–	**–**
CYP Wellbeing Ambassadors Project	–	17,883	**17,883**
Digital Transformation Fund	1,200	–	**1,200**
DWP Kickstart	–	49,104	**49,104**
Home Office EU Settlement Scheme Grant	–	130,926	**130,926**
iACT and PEERS	–	22,209	**22,209**
Lottery Community Fund Grant	–	2,900	**2,900**
Mind Influence & participation development grant	–	1,757	**1,757**
Mind Get Set To Go	–	–	**–**
Mind small grants	–	2,000	**2,000**
Mind Active Monitoring	–	38,098	**38,098**
Mind Peer Support Hub Project	–	8,484	**8,484**
Mind Co-op Resilience Fund 'Systems Change'	–	64,701	**64,701**
Moondance Foundation	–	50,000	**50,000**
National trust - HAPPy Project	–	5,716	**5,716**
Newport City Council - Housing Support Grant	–	463,447	**463,447**
Newport City Council - Our Voice Our Choice	–	3,600	**3,600**
Newport City Council - Skills training and wellbeing	–	108,701	**108,701**
Newport City Council Covid Recovery Fund	–	19,529	**19,529**
Newport City Council - Families First	–	151,878	**151,878**
Newport City Council Summer of Fun	–	26,528	**26,528**
Paul Hamlyn Foundation	–	39,000	**39,000**
Social Care Registration Scheme	–	14,150	**14,150**
WCVA - VSEF Small Grant	–	59,667	**667**
WCVA – Youth	–	–	**–**
Waterloo Foundation	–	5,000	**5,000**
Welsh Government Capital project	–	250,000	**250,000**
Whole School Approach	–	109,425	**109,425**
Woolfson Foundation	–	–	**–**
	349,710	1,778,358	**2,128,068**

During the year the charity released £117,000 of deferred income brought forward this is included within income from charitable activities.

6. Charitable activities *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Rental income (including Housing Benefit)	342,400	–	342,400
Aneurin Bevan University Health Board Information, advice and assistance	–	5,960	5,960
Blue light Project	–	–	–
Cash 4 U Grant	–	–	–
Comic Relief - Piece by Piece	–	137,468	137,468
Covid-19 digital grant	2,257	–	2,257
CYP Wellbeing Ambassadors Project	–	–	–
Digital Transformation Fund	–	–	–
DWP Kickstart	–	–	–
Home Office EU Settlement Scheme Grant	–	114,795	114,795
iACT and PEERS	–	–	–
Lottery Community Fund Grant	–	–	–
Mind Influence & participation development grant	–	–	–
Mind Get Set To Go	–	5,450	5,450
Mind small grants	–	–	–
Mind Peer Support Hub Project	–	2,605	2,605
Mind Co-op Resilience Fund 'Systems Change'	–	–	–
Mind Active monitoring	–	36,448	36,448
Moondance Foundation	–	–	–
National trust - HAPPy Project	–	19,600	19,600
Newport City Council - Housing Support Grant	–	404,617	404,617
Newport City Council - Our Voice Our Choice	–	–	–
Newport City Council - Skills training and wellbeing	–	109,000	109,000
Newport City Council Covid Recovery Fund	–	–	–
Newport City Council - Families First	–	89,144	89,144
Newport City Council Summer of Fun	–	–	–
Paul Hamlyn Foundation	–	44,000	44,000
Social Care Registration Scheme	–	–	–
WCVA - VSEF Small Grant	–	118,909	118,909
WCVA – Youth	–	24,388	24,388
Waterloo Foundation	–	–	–
Welsh Government Capital project	–	–	–
Whole School Approach	–	47,000	47,000
Woolfson Foundation	65,000	–	65,000
	409,657	1,159,384	1,569,041

7. Other trading activities

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2022 £**
Private counselling	42,426	–	**42,426**
	42,426	–	**42,426**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Private counselling	28,226	–	28,226
	28,226	–	28,226

8. Investment income

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Bank interest received	369	**369**	425	425

9. Other income

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Secondment of staff	–	–	598	598
Independence grant	–	–	298	298
Job Retention Scheme - Furlough Government Grant	–	–	12,402	12,402
	–	–	13,298	13,298

10. Costs of raising donations and legacies

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Fundraising & Donations	24,543	**24,543**	43,583	43,583

11. Costs of other trading activities

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Training & services	12,504	**12,504**	33,194	33,194
Private Counselling	39,266	**39,266**	34,829	34,829
	51,770	**51,770**	68,023	68,023

12. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2022 £**
Housing	205,571	11,708	**217,279**
Aneurin Bevan University Health Board			
Information, advice and assistance	–	–	–
Blue Light Project	9,000	–	**9,000**
Cash 4 U Grant	–	1,259	**1,259**
Comic Relief Piece by Piece	–	107,325	**107,325**
CYP Wellbeing Ambassadors Project	–	230	**230**
DWP Kickstart	–	60,676	**60,676**
Paul Hamlyn	–	39,000	**39,000**
Home Office EU Settlement Scheme	–	122,870	**122,870**
iACT and PEERS	–	22,208	**22,208**
Lottery Community Fund	–	2,900	**2,900**
Mind Influence and Participation Development Grant	–	881	**881**
Mind Get Set to Go	–	2,346	**2,346**
Mind Cymru Active Monitoring	–	20,718	**20,718**
Mind Peer Support Hub Project	–	6,098	**6,098**
Mind Co op Resilience Fund	–	53,372	**53,372**
Mind small grants	–	1,405	**1,405**
National Trust HAPPy Project	–	12,806	**12,806**
Newport City Council Housing Support Grant	–	392,838	**392,838**
Newport City Council - Our Voice Our Choice	–	1,443	**1,443**
Newport City Council Skills, training and wellbeing	–	84,273	**84,273**
Newport City Council Covid Recovery Grant	–	19,528	**19,528**
Newport City Council Families First	–	118,908	**118,908**
Newport City Council Summer of Fun	–	20,855	**20,855**
Property improvements revenue costs	2,246	–	**2,246**
Social Care Registration Scheme	–	14,150	**14,150**
WCVA - VSEF/VSRF Small Grant	–	54,792	**54,792**
WCVA	–	–	–
WCVA Youth	–	–	–
Whole School Approach	–	92,247	**92,247**
Support costs	112,075	151,463	**263,538**
	328,892	1,416,299	**1,745,191**

12. Expenditure on charitable activities by fund type *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Housing	288,769	–	288,769
Aneurin Bevan University Health Board			
Information, advice and assistance	–	5,528	5,528
Blue Light Project	–	–	–
Cash 4 U Grant	–	–	–
Comic Relief Piece by Piece	–	81,089	81,089
CYP Wellbeing Ambassadors Project	–	–	–
DWP Kickstart	–	–	–
Home Office EU Settlement Scheme	–	134,750	134,750
iACT and PEERS	–	–	–
Lottery Community Fund	–	–	–
Mind Influence and Participation Development Grant	–	–	–
Mind Get Set to Go	–	16,140	16,140
Mind Cymru Active Monitoring	–	19,976	19,976
Mind Peer Support Hub Project	–	8,896	8,896
Mind Co op Resilience Fund	–	–	–
Mind small grants	–	10,000	10,000
National Trust HAPPy Project	–	14,716	14,716
Newport City Council Housing Support Grant	–	313,058	313,058
Newport City Council - Our Voice Our Choice	–	–	–
Newport City Council Skills, training and wellbeing	–	97,316	97,316
Newport City Council Covid Recovery Grant	–	–	–
Newport City Council Families First	–	71,360	71,360
Newport City Council Summer of Fun	–	–	–
Paul Hamlyn	–	46,021	46,021
Property improvements revenue costs	–	–	–
Social Care Registration Scheme	–	–	–
WCVA - VSEF/VSRF Small Grant	–	85,456	85,456
WCVA	–	33,453	33,453
WCVA Youth	–	23,675	23,675
Whole School Approach	–	33,254	33,254
Support costs	60,959	148,563	209,522
	349,728	1,143,251	1,492,979

13. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	**Total funds 2022**	Total fund 2021
	£	£	£	£
Housing	217,279	112,075	**329,354**	349,728
Aneurin Bevan University Health Board				
Information, advice and assistance	–	–	–	5,528
Blue Light Project	9,000	–	**9,000**	–
Cash 4 U Grant	1,259	–	**1,259**	–
Comic Relief Piece by Piece	107,325	19,500	**126,825**	95,714
CYP Wellbeing Ambassadors Project	230	–	**230**	–
DWP Kickstart	60,676	–	**60,676**	–
Home Office EU Settlement Scheme	122,870	10,000	**132,870**	146,750
iACT and PEERS	22,208	–	**22,208**	–
Lottery Community Fund	2,900	–	**2,900**	–
Mind Influence and Participation Development Grant	881	–	**881**	–
Mind Get Set to Go	2,346	–	**2,346**	19,278
Mind Cymru Active Monitoring	20,718	10,873	**31,591**	34,255
Mind Peer Support Hub Project	6,098	771	**6,869**	12,376
Mind Co op Resilience Fund	53,372	–	**53,372**	–
Mind small grants	1,405	–	**1,405**	10,000
National Trust HAPPy Project	12,806	2,700	**15,506**	17,416
Newport City Council Housing Support Grant	392,838	54,333	**447,171**	360,584
Newport City Council - Our Voice Our Choice	1,443	–	**1,443**	–
Newport City Council Skills, training and wellbeing	84,273	17,605	**101,878**	114,921
Newport City Council Covid Recovery Grant	19,528	–	**19,528**	–
Newport City Council Families First	118,908	30,764	**149,672**	91,124
Newport City Council Summer of Fun	20,855	4,917	**25,772**	–
Paul Hamlyn	39,000	–	**39,000**	46,021
Property improvements revenue costs	2,246	–	**2,246**	–
Social Care Registration Scheme	14,150	–	**14,150**	–
WCVA - VSEF/VSRF Small Grant	54,792	–	**54,792**	85,456
WCVA	–	–	–	33,453
WCVA Youth	–	–	–	29,295
Whole School Approach	92,247	–	**92,247**	41,080
	1,481,653	263,538	**1,745,191**	1,492,979

14. Analysis of support costs

	Housing	Comic Relief Piece by Piece	Home Office EU Settlement Scheme	Mind Cymru Active Monitoring	Mind Peer Support Hub	National Trust HAPPy Project
	£	£	£	£	£	£
Staff costs	32,510	13,500	9,750	7,386	771	2,700
Premises	17,118	6,000	250	3,487	–	–
Communications and IT	9,979	–	–	–	–	–
General office	13,444	–	–	–	–	–
Governance costs	9,440	–	–	–	–	–
Travel	–	–	–	–	–	–
Repairs and renewals	29,584	–	–	–	–	–
	112,075	19,500	10,000	10,873	771	2,700

14. Analysis of support costs *(continued)*

	Newport City Council Housing Support Grant	Newport City Council Skills, training & wellbeing	Newport City Council Families First	Newport City Council Summer of Fun	**Total 2022**	Total 2021
	£	£	£	£	**£**	£
Staff costs	26,751	5,532	30,764	3,543	**133,207**	131,902
Premises	27,563	12,073	–	1,374	**67,865**	41,498
Communications and IT	–	–	–	–	**9,979**	29,082
General office	19	–	–	–	**13,463**	5,579
Governance costs	–	–	–	–	**9,440**	–
Travel	–	–	–	–	**–**	152
Repairs and renewals	–	–	–	–	**29,584**	1,309
	54,333	17,605	30,764	4,917	**263,538**	209,522

15. Other expenditure

	Unrestricted Funds	**Total Funds 2022**	Unrestricted Funds	Total Funds 2021
	£	**£**	£	£
Loss on disposal of tangible fixed assets held for charity's own use	–	**–**	18,090	18,090

16. Net income

Net income is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation of tangible fixed assets	**36,189**	29,843
Loss on disposal of tangible fixed assets	**–**	18,090
Audit fees (including VAT)	**8,250**	7,710
Government Grant – Job Retention Scheme Furlough grant	**–**	(12,402)

17. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2022	2021
	£	£
Wages and salaries	**1,233,138**	1,035,102
Social security costs	**100,109**	87,354
Employer contributions to pension plans	**58,096**	49,725
	1,391,343	1,172,181

The average head count of employees during the year was 61 (2021: 53). The average number of full-time equivalent employees during the year is analysed as follows:

	2022	2021
	No.	No.
Number of management and administrative staff	**3**	3
Number of staff engaged on charitable activities	**47**	39
	50	42

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

18. Trustee remuneration and expenses

During the year one trustee received £364 (2021: £431) in respect of expenses reimbursed. The trustee also volunteers for the organisation, the expenses were in respect of volunteer expenses. The weekly payments were made in accordance with the volunteering policy of the organisation.

19. Transfers between funds

Net transfers detailed in note 26 relate to deficits made on certain projects during the year.

20. Tangible fixed assets

	Land and buildings £	Fixtures and fittings £	Equipment £	**Total £**
Cost				
At 1 April 2021	559,749	9,160	131,721	**700,630**
Additions	230,947	–	14,516	**245,463**
At 31 March 2022	790,696	9,160	146,237	**946,093**
Depreciation				
At 1 April 2021	38,410	9,159	70,270	**117,839**
Charge for the year	11,708	–	24,481	**36,189**
At 31 March 2022	50,118	9,159	94,751	**154,028**
Carrying amount				
At 31 March 2022	740,578	1	51,486	**792,065**
At 31 March 2021	521,339	1	61,451	582,791

21. Debtors

	2022	2021
	£	£
Trade debtors	**160,466**	71,515
Prepayments and accrued income	**13,061**	4,510
Other debtors	**7,993**	–
	181,520	76,025

22. Creditors: amounts falling due within one year

	2022	2021
	£	£
Bank loans and overdrafts	**13,185**	12,481
Trade creditors	**236,638**	5,582
Accruals and deferred income	**34,073**	144,317
Social security and other taxes	**18,447**	17,239
	302,343	179,619

The bank loan is secured by a fixed charge over the assets owned by the charity.

23. Creditors: amounts falling due after more than one year

	2022	2021
	£	£
Bank loans and overdrafts	**274,449**	286,725

The bank loan is secured by a fixed charge over the assets owned by the charity.

24. Deferred income

	2022	2021
	£	£
Amount deferred in year	–	57,304

25. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £58,096 (2021: £49,725).

26. Analysis of charitable funds

Unrestricted funds

	At 1 April 2021	Income	Expenditure	Transfers	**At 31 March 2022**
	£	£	£	£	**£**
General unrestricted	–	500,769	(405,205)	(95,564)	–
Designated	1,093,965	–	–	97,333	**1,191,298**
	1,093,965	500,769	(405,205)	1,769	**1,191,298**

The designated unrestricted funds as at 31 March 2022 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £202,298
- Building improvements £989,000

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
General unrestricted	188,494	517,824	–	(226,894)	–
Designated	838,000	–	(479,424)	255,965	1,093,965
	1,026,494	517,824	(479,424)	29,071	1,093,965

The designated unrestricted funds as at 31 March 2021 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £458,906
- Repayment of mortgage £168,639
- Building improvements £989,000

26. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Aneurin Bevan University Health Board					
Information Advice & Assistance	–	–	–	–	–
Cash 4 U Grant	–	1,380	(1,259)	–	**121**
Comic Relief Piece by Piece	41,744	132,275	(126,825)	–	**47,194**
DWP Kickstart	–	49,104	(60,676)	11,572	–
Home Office EU Settlement Scheme	(31,955)	130,926	(132,871)	–	**(33,900)**
iACT and PEERS	–	22,209	(22,209)	–	–
Lottery Community Fund	–	2,900	(2,900)	–	–
Mind Active Monitoring	2,192	38,098	(31,591)	–	**8,699**
Mind Get Set to Go	4,714	–	(2,345)	(2,369)	–
Mind Influence & participation development grant	–	1,757	(881)	(876)	–
Mind Peer Support Hub Project	4,592	8,484	(6,869)	–	**6,207**
Mind Co op Resilience fund	–	64,701	(53,372)	–	**11,329**
Mind CYP Wellbeing Ambassadors project	–	17,883	(230)	–	**17,653**
Mind Small Grants	(1,000)	2,000	(1,405)	–	**(405)**
Moondance	–	50,000	–	(50,000)	–
National trust - HAPPy Project	(2)	5,716	(15,505)	9,791	–
Newport City Council - Families First	(1,980)	151,878	(149,672)	–	**226**
Newport City Council Skills, training and wellbeing	(5,921)	108,701	(101,878)	–	**902**
Newport City Council Housing Support	–	477,597	(461,321)	(16,276)	–
Newport City Council - Our Voice Our Choice	–	3,600	(1,443)	–	**2,157**
Newport City Council Covid Recovery fund	–	19,529	(19,529)	–	–
Newport City Council Summer of Fun	–	26,528	(25,771)	(757)	–
Paul Hamlyn	(2,021)	39,000	(38,999)	2,020	–
Restricted fixed assets	10,229	250,000	(11,708)	55,000	**303,521**
WCVA - VSEF Small Grant	–	59,667	(54,793)	(4,874)	–
WCVA Youth	–	–	–	–	–
Waterloo Foundation	–	5,000	–	(5,000)	–
Whole School Approach	28,145	109,425	(92,247)	–	**45,323**
	48,737	1,778,358	(1,416,299)	(1,769)	**409,027**

26. Analysis of charitable funds *(continued)*

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
Aneurin Bevan University Health Board					
Information Advice & Assistance	(4,908)	5,960	(5,528)	4,476	–
Cash 4 U Grant	–	–	–	–	–
Comic Relief Piece by Piece	–	137,468	(95,724)	–	41,744
DWP Kickstart	–	–	–	–	–
Home Office EU Settlement Scheme	–	114,795	(146,750)	–	(31,955)
iACT and PEERS	–	–	–	–	–
Lottery Community Fund	–	–	–	–	–
Mind Active Monitoring	–	36,448	(34,256)	–	2,192
Mind Get Set to Go	18,542	5,450	(19,278)	–	4,714
Mind Influence & participation development grant	–	–	–	–	–
Mind Peer Support Hub Project	14,363	2,605	(12,376)	–	4,592
Mind Co op Resilience fund	–	–	–	–	–
Mind CYP Wellbeing Ambassadors project	–	–	–	–	–
Mind Small Grants	–	–	(10,000)	9,000	(1,000)
Moondance	–	–	–	–	–
National trust - HAPPy Project	(2,186)	19,600	(17,416)	–	(2)
Newport City Council - Families First	–	89,144	(91,124)	–	(1,980)
Newport City Council Skills, training and wellbeing	–	109,000	(114,921)	–	(5,921)
Newport City Council Housing Support	–	404,617	(360,573)	(44,044)	–
Newport City Council - Our Voice Our Choice	–	–	–	–	–
Newport City Council Covid Recovery fund	–	–	–	–	–
Newport City Council Summer of Fun	–	–	–	–	–
Paul Hamlyn	–	44,000	(46,021)	–	(2,021)
Restricted fixed assets	13,639	–	–	(3,410)	10,229
WCVA - VSEF Small Grant	–	118,909	(118,906)	–	–
WCVA Youth	–	24,388	(29,295)	4,907	–
Waterloo Foundation	–	–	–	–	–
Whole School Approach	22,225	47,000	(41,080)	–	28,145
	61,675	1,159,384	(1,143,251)	(29,071)	48,737

26. Analysis of charitable funds *(continued)*

Comic Relief Piece by Piece Project
The Piece-by-Piece project offers mental health support to young people and families who have recently experienced a trauma, using restorative and resilience approaches to support individuals in processing their mental and emotional experiences, enhance relationships within the family and explore new coping strategies to reduce any further impact of poor mental health.

The Piece-by-Piece project works in partnership with Maindee Youth project and Literature Wales, who in addition to Newport Mind services offer a variety of youth-based groups and creative workshops to young people and their families.

DWP Kickstart Scheme
The Kickstart Scheme provided funding to create new jobs for 16 to 24 year olds on Universal Credit who are at risk of long term unemployment.

Home Office EUSS Project
The project offers advice and practical support for any vulnerable EU EEA or Swiss national who need support with applications for settled status.

iACT and Peers Training
Newport Mind was provided with funding from Newport City Council to provide i-ACT and PEERS Training to Newport Schools. i-Act is accredited specialist evidence based mental health training for senior managers, line managers and front line workers and PEERS Training is training delivered by Newport Mind Wellbeing Ambassadors for professionals who work with young people around talking to them about their mental health.

Mind Active Monitoring
Mind Cymru secured funding from the Welsh Government for local Minds across Wales to deliver Active Monitoring which is a free, six-week guided self-help programme to help you understand and feel more in control of your emotions. We provide you with all the tips and tools you'll need to understand yourself better, and support you through the course with regular phone calls.

Mind Co-op Resilience Fund
Newport Mind was successful in securing grant funding from National Mind from funds provided by the Co-op to deliver a one year coproduced systems design investigation into mental health support for young people.

Mind CYP Wellbeing Ambassadors project
Wellbeing Ambassadors are volunteers aged 14-25 who feel passionately about making sure young people are supported with their mental health. There are a number of different roles

26. Analysis of charitable funds *(continued)*

that Wellbeing Ambassadors get involved with:-

PEERS Training – we create and deliver training to professionals who work with young people around talking to them about their mental health

- Peer Mentoring – we providing other young people with support and tools for their mental health
- Social Media – we plan and create social media posts and campaigns which are posted on our Newport Mind social media account, to raise awareness and provide information to other young people
- Social Action – learn how to raise awareness of young people's mental health and needs via campaigning
- Funding Bids – get involved in coming up with new projects, and be part of applying for funds, learning new skills and shaping future services
- Fundraising – in the past we have raised funds for Newport Mind at local sports events (Football / Rugby matches) in Rodney Parade, we have also raised funds at our own Wellbeing Ambassador planned events
- Young Person's Interview Panel – have your say in recruiting new workers to the Children & Young Persons team, and have your thoughts counted in the final decision
- Youth Voice Group – a sub-group for the board of directors, we have our say on the matters that the Board of Directors discuss
- Training Opportunities – there are so many opportunities to get involved and attend various training (e.g. i – act training, detached youth work, social action, Mental Health First Aid, Connect 5, resilience framework and peer mentoring).

National trust - HAPPy Project

A partnership between Newport Mind, the National Trust, Growing Space and Duffryn Community Link to support young people to get active and improve their wellbeing using the Tredegar House to facilitate this.

Newport City Council Families First

Newport Mind is part of the delivery of Newport's Families First Family Wellbeing Strand employing two full time equivalent Family Wellbeing and Resilience Workers to provide support to children, young people and their families on emotional and mental wellbeing.

Newport City Council Skills, Training and Wellbeing

Newport Mind provides information, advice and assistance, wellbeing groups, such as singing, allotment, art, photography, walking etc. peer support groups, men and women's group, new to Newport group and self-management courses, such as anxiety management, understanding anger etc.

26. Analysis of charitable funds *(continued)*

Newport City Council Housing Support Grant
Housing and Tenancy related support to people with mental health and wellbeing difficulties includes support to 16 tenants in four shared houses, four tenants in two two bedroomed flats and support top 120 people in their own homes in the community whether that be social housing, privately rented or owner occupier.

Newport City Council Covid Recovery fund and Summer of Fun
One off funding for Covid Recovery activities and activities for young people during the Summer.

Paul Hamlyn
Funding to support the work of the Wellbeing Ambassadors particularly around social action and campaigning, see above for more information.

WCVA - VSEF Small Grant
Emergency COVID funding from the Welsh Government administered by Wales Council for Voluntary Action (WCVA) and used to provide support to young people in schools.

27. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2022 £**
Tangible fixed assets	488,544	303,521	**792,065**
Net current assets	702,754	105,506	**808,260**
Net assets	1,191,298	409,027	**1,600,325**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	572,562	10,229	582,791
Net current assets	521,403	38,508	559,911
Net assets	1,093,965	48,737	1,142,702

28. Analysis of changes in net debt

	At 1 Apr 2021 £	Cash flows £	**At 31 Mar 2022 £**
Cash at bank and in hand	950,230	253,302	**1,203,532**
Debt due within one year	(12,481)	(704)	**(13,185)**
Debt due after one year	(286,725)	12,276	**(274,449)**
	651,024	264,874	**915,898**

29. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2022 £	2021 £
Not later than 1 year	**1,464**	844

30. Limitation of auditors liability

By way of a members' resolution dated 4 January 2022, the company has agreed to enter into a limited liability agreement with its auditors whereby their exposure to legal claims is limited to £50,000 per claim.

Mind in Gwent

England & Wales - Charity number 1036964

Accounts

COMPANY REGISTRATION NUMBER: 02916027
CHARITY REGISTRATION NUMBER: 1036964

Newport Mind Association

Company Limited by Guarantee

Financial Statements

31 March 2021

WALTER HUNTER & CO LIMITED
Chartered accountants & statutory auditor
24 Bridge Street
Newport
South Wales
NP20 4SF

Newport Mind Association

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2021

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Newport Mind Association

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2021

The trustees, who are also the directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31 March 2021.

Reference and administrative details

Registered charity name	Newport Mind Association
Charity registration number	1036964
Company registration number	02916027
Principal office and registered office	100-101 Commercial Street Newport Gwent NP20 1LU

The trustees

Ms T Beggs	
Mrs L Cooper	
Mr P Felkin	
Mr J Jones	
Mr A Sutton	
Ms B T Davies	(Appointed 21 April 2020)
Mr C Gough	(Appointed 15 June 2020)
Mr H Leonard	(Appointed 19 October 2020)
Mr N Thorneycroft	(Appointed 19 October 2020)

Auditor	Walter Hunter & Co Limited Chartered accountants & statutory auditor 24 Bridge Street Newport South Wales NP20 4SF
Bankers	Royal Bank of Scotland 32-33 Commercial Street Newport Gwent NP20 1SS
Solicitors	Harding Evans Queens Chambers 2 North Street Newport NP20 1TE

Structure, governance and management

Nature of the Governing Document and constitution of the charity

The company is limited by guarantee and its governing documents are its Memorandum and Articles of Association.

The methods adopted for the recruitment and appointment of new trustees

New trustees are nominated by the membership and elected at the Annual General Meeting.

The policies and procedures adopted for the induction and training of Directors

Directors are provided with an induction pack and their responsibilities are outlined to them by the Chief Executive Officer. The first Directors meeting of each new year is used to explain the responsibilities and the procedures of their new role. There are occasional training courses provided to Directors on their legal status and responsibilities.

The organisational structure of the charity and how decisions are made

The Directors meetings, when quorate, is the decision making body of the organisation and is responsible for the overall governance and policy direction of the organisation. The Directors delegate operational and day to day management of the organisation to the Chief Executive Officer and staff.

Membership of a wider network

Newport Mind is affiliated to Mind (the National Association for Mental Health), the Gwent Mental Health Alliance, Gwent Association of Voluntary Organisations and the Local Voluntary Sector Compact with Newport City Council. Newport Mind works in partnership with the three other Mind groups in Gwent as Mind in Gwent.

Relationships with other groups, charities and individuals

The charity works closely with other organisations in the field of mental health including other Mind groups and other charities. We also have close partnerships with a variety of departments in the Statutory Sector including Housing Benefit Agencies, Social Services, Probation Service, GP's and hospitals.

Structure, governance and management *(continued)*

The major risks to which the charity is exposed and reviews and systems to mitigate risks

The charity relies almost entirely on grant income, and so continuation of funding and sustainability always has to be considered. In an attempt to mitigate this risk the charity is diversifying its income streams and investigating ways to generate income from the provision of services or through a social enterprise. The Directors receive regular reports on the financial situation of the charity and the operational plan includes measures to begin the process of securing income from sources other than statutory funders or grants.

The name of the Chief Executive Officer and other senior staff members to whom day to day management of the charity is delegated by the charity trustees

Mr David Bland	Chief Executive Officer
Mrs Hilary Sloan	Operations Manager

Public Benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charities aims and objectives and in planning future activities.

Objectives and activities

A summary of the objects of the charity as set out in its governing document

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of mental distress requiring advice or treatment in Wales.

To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

The charity's aims including the changes or differences it seeks to make through its activities.

Objectives and activities *(continued)*

The charity's aims including the changes or differences it seeks to make through its activities

Our Vision
We won't give up until everyone experiencing a mental health problem gets both support and respect.

Our Mission
We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Our Values

- Open. We reach out to anyone who needs us
- Together. We're stronger in partnership
- Responsive. We listen, we act
- Independent. We speak out fearlessly
- Unstoppable. We never give up

Strategic Goals
A: Staying Well Goal
Support the people most likely to develop mental health problems, to stay well.

B: Empowering choice
Empower people who experience a mental health problem to make informed choices about how they live and recover.

C: Improving services and support
Ensure people get the right services and support at the right time to help them recover from/live with a mental health problem.

D: Enabling social participation
Open the doors to people with lived experience participating fully in society.

E: Removing inequality of opportunity
Gain equality of treatment for people with mental health problems who experience multiple discrimination.

F: Organisational excellence
Our vision is of a thriving Newport Mind which achieves excellence to give people with mental health problems local support and a voice.

The above strategic goals set the framework for the development of more specific aims and objectives for the day to day operations of Newport Mind so that it can deliver:

- High quality services
- Focused on recovery
- Achieving positive outcomes for people with mental health problems
- Services and opportunities to meet the needs of more people from a wider range of backgrounds, ages and communities " Greater awareness of the services that Newport Mind offers and how to access them

Objectives and activities *(continued)*

1. Operating Context

1.1. The beginning of this financial year started one week after the country went into lockdown as a result of the COVID 19 pandemic which meant that the building closed, all staff were working from home and we moved quickly to providing services remotely.

1.2. Newport Mind staff team responded fantastically to the challenges presented by the pandemic working out imaginative ways to reach out and support people with their mental health.

1.3. Staff adapted to use Zoom, Microsoft Teams, and phones to connect with clients individually and in groups. Producing a range of resources, including booklets, short films and newsletters etc. for people to access. One booklet "Lifting Up in Lockdown" to support young people's mental health and produced by the Whole School Approach Team was among the resources the Children's Commissioner for Wales promoted.

1.4. To support staff to work from home Newport Mind invested in upgrading all mobile phones, ensured all staff were provided with lap-tops, printers where required, and office furniture if necessary such as chairs and desks.

1.5. Aneurin Bevan University Health Board (ABUHB) recommissioned all of the third sector services they funded to a different model and only one of the lots fitted with the ethos of the local Minds. Mind Monmouthshire submitted a tender on behalf of the four local Minds in Gwent for this lot but were unfortunately it was unsuccessful.

1.6. The result was that Newport Mind would from April 1st 2020 receive no funding from the ABUHB for:-

1.6.1. Information, Advice and Assistance, (IAA)
1.6.2. Counselling,
1.6.3. Skills, Training and Wellbeing,

1.7. Newport City Council (NCC) had jointly funded the Skills, Training and Wellbeing services with ABUHB. NCC agreed to continue funding the services subject to ongoing discussions about the nature of the services with a view to ensuring they met some of the aims of the Housing Support Grant particularly around information, advice and assistance to reduce people experience housing related problems.

1.8. ABUHB as a result of discussions with NCC and Monmouthshire Council agreed to fund the IAA service for a further three months until the end of June 2020.

1.9. Newport Mind made the decision to continue the Counselling service as paid for service with some low-cost places for those on means tested benefits. Charging for sessions was due to start at the same time all sessions had to be delivered online due to the pandemic, due to the uncertainty of the situation it was decided to continue to provide counselling for free.

1.10. Newport Mind received similar levels of funding for the Families First service and increased levels of funding for the Supporting People services and the addition from January of Supporting People funded EEA Migrant housing related support service.

Objectives and activities *(continued)*

1.11. Newport Mind received project funding via Mind the national charity for the Whole School Approach Pilot until July 2020, the Get Set to Go project and the Peer Support Hubs project.

1.12. Newport Mind had ongoing funding from Comic Relief and the Paul Hamlyn Foundation for two projects working with Children and Young People.

1.13. The overall context continued to be challenging with a reduction in funding opportunities, a marked increase in the competition for funding, and a reduction in services available to people with mental health problems increasing the demand for Newport Mind services.

1.14. Newport Mind managed to secure additional funding to deliver modified and enhanced support to schools and young people through additional funding made available to respond to the demands of the pandemic.

1.15. Mind Cymru secured additional funding in partnership with local Minds across Wales to deliver an online version of Active Monitoring a free, six-week guided self-help programme to help you understand and feel more in control of your emotions.

1.16. Newport Mind was allocated a grant of £560,000 in conjunction with Newport City Council from the Welsh Government via its Homelessness Phase 2 funding to develop six one bedroomed flats on a new floor on top of the building based on an estimated cost of £930,000 with Newport Mind providing the balance of the funds.

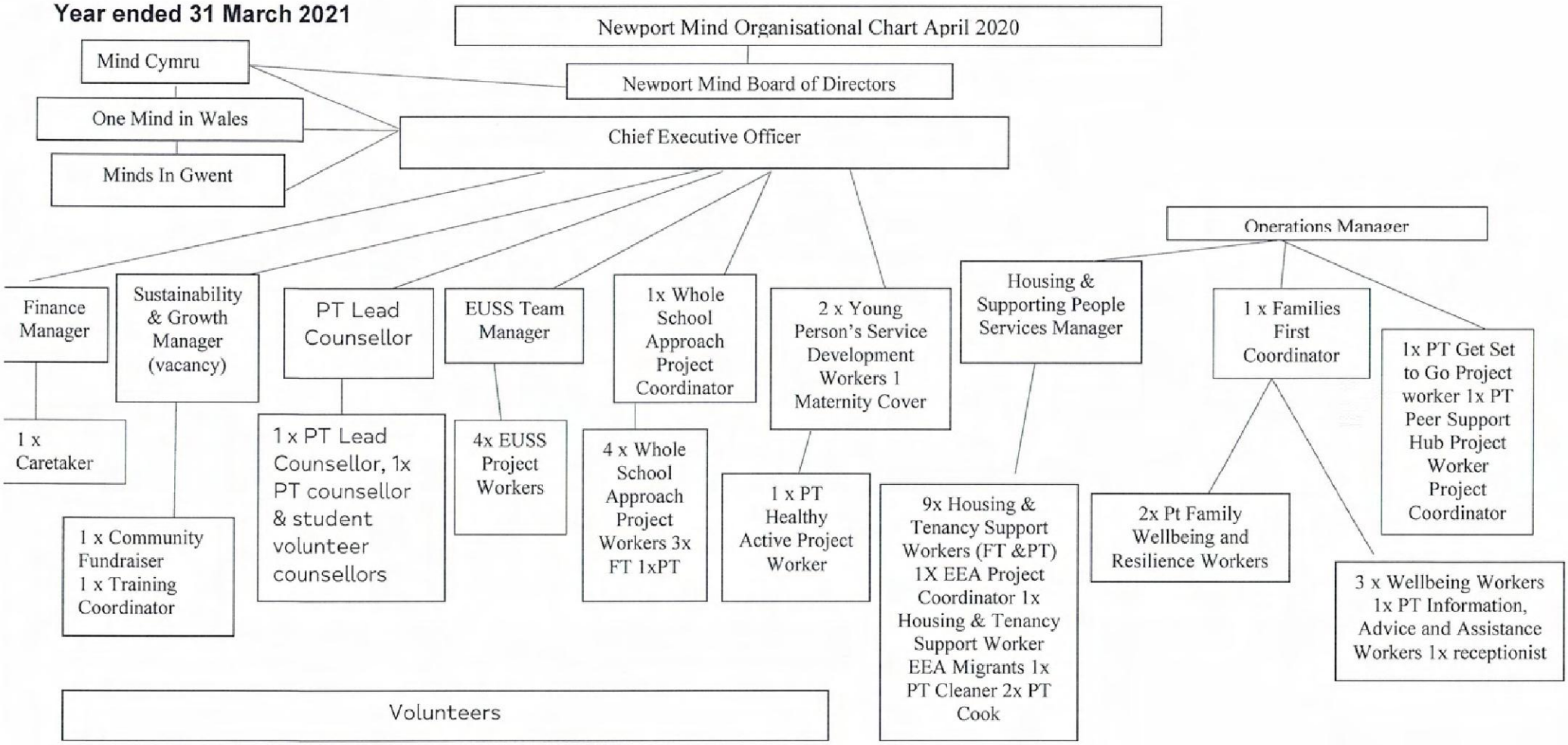
1.17. The project was put out to tender and the costs were significantly higher than the estimate and although there was a potential route to finance the project the board decided that the balance of risk to reward was not sufficient to move forward with the project.

2. Organisation (Goal F)

2.1. The staff, to a lesser extent volunteers, are organised in four service areas, a reduction from the previous year as IAA has been incorporated into the renamed Community Wellbeing Team supported by a small central team comprising the Chief Executive Officer, the Finance Manager, the Receptionist and the Caretaker with the employment of a Sustainability and Growth Manager this forms a fifth work area:-

1. Community Wellbeing Team
2. Counselling
3. Housing and Tenancy Support
4. Children, Young People and Families
5. Sustainability and Growth

2.2. Community Wellbeing Team is led by the Operations Manager, previously the Community Wellbeing Lead. The Counselling Service is led by the full time Lead Counsellor who recruits and manages the student counsellors. The Housing and Tenancy Support and Children, Young People and Families services have a designated managers. See organisational chart page 7 for further details.


Newport Mind Organisational Chart April 2020
Mind Cymru
Newport Mind Board of Directors
One Mind in Wales
Chief Executive Officer
Minds In Gwent
Operations Manager
Finance Manager
Sustainability & Growth Manager (vacancy)
PT Lead Counsellor
EUSS Team Manager
1x Whole School Approach Project Coordinator
2 x Young Person's Service Development Workers 1 Maternity Cover
Housing & Supporting People Services Manager
1 x Families First Coordinator
1x PT Get Set to Go Project worker 1x PT Peer Support Hub Project Worker Project Coordinator
1 x Caretaker
1 x Community Fundraiser 1 x Training Coordinator
1 x PT Lead Counsellor, 1x PT counsellor & student volunteer counsellors
4x EUSS Project Workers
4 x Whole School Approach Project Workers 3x FT 1xPT
1 x PT Healthy Active Project Worker
9x Housing & Tenancy Support Workers (FT &PT) 1X EEA Project Coordinator 1x Housing & Tenancy Support Worker EEA Migrants 1x PT Cleaner 2x PT Cook
2x Pt Family Wellbeing and Resilience Workers
3 x Wellbeing Workers 1x PT Information, Advice and Assistance Workers 1x receptionist
Volunteers

Objectives and activities *(continued)*

3. Community Wellbeing Services incorporating IAA (Goals A, B,C, D, E and F)

3.1. The plan from April for the Community Wellbeing Service was to continue to offer a range of wellbeing activities and self-management courses with IAA appointments being covered by the team to take account of the loss of the remaining dedicated part time IAA worker in June.

3.2. The challenge was to do this with reduced capacity alongside an ambition to look at providing additional groups particularly for people from Black and Asian Minority Ethnic groups who are under-represented in the people who use our services. This was an issue highlighted at the Staff Away Day as needing work as part of our reflections and response to the Black Lives Matter movement.

3.3. The team had been reduced to three designated full-time Community Wellbeing Workers and the Operations Manager but was bolstered by two part-time workers on the Get Set to Go and Peer Support Hubs projects.

3.4. All three workers were undertaking IAA appointments, providing one to one support, working in the groups and providing self-management courses. Initially two of the workers took on specific responsibilities one recruiting, training and overseeing volunteers and a second delivering training, attending events. The worker later in the year specialised for half of her time in providing Active Monitoring.

3.5. The volunteers provided one to one support as well as supporting in some of the groups.

3.6. On 23rd March 2020 all these plans came to a halt as the country went into Lockdown. At this stage we all thought this would be short term. As a team we tried to get all our existing groups onto zoom so that people were not isolated including the singing. This was successful in most cases and for the months up until Autumn we ran them is this way. Attendance was good once we supported people to join. It was also important to support staff, some of whom had been affected by Covid 19.

3.7. We circulated a newsletter for all service users to keep them up to date, and also provided materials for activities by visiting service users at their front doors with masks and distancing. One to one work was stepped up. Our part time worker began supporting people to take walks with her one to one. Our GSTG worker used her last weeks on the project to get people out walking individually by giving them a topic.

3.8. A grant was made available for us to purchase mobile phones and so we were able to get some isolated people onto groups. For others we did extra one to one support to avoid anybody being isolated. We also managed to keep on top of the IAA waiting list by doing calls while working from home.

3.9. We still involved service users, volunteers and staff in planning for new groups. At Christmas we managed to open the building for a new group called take 5. This was only for five people and one staff member so that rules could be observed around distancing. It was offered to those who were most isolated.

3.10. The group met once and then Lockdown came again. Once again we returned to the previous format with groups on zoom and lots of one to one work. The newsletter was delivered by email and some special projects were worked on around Spring.

3.11. We prepared to reopen the building within the new eased restriction mitigating the risks from COVID 19 by using screens, individually wrapped equipment, arrows guiding people through a one way system, booking of places, sanitizer, masks and a temperature checking camera at the entrance.

Objectives and activities *(continued)*

3.12. When restrictions eased sufficiently our part time worker started to form the walking group again with people walking in twos at a distance. We also encouraged other groups to meet up in the park.

3.13. Plans for the future include:

- Starting a group for young adults 18-30
- An interest group with monthly speakers.
- Rebuilding the multicultural 'Together for Wellbeing group.'
- Starting a course for over 50s called 'moving forward'

4. Housing and Tenancy Support (Goals B, C, D, & F)

4.1. The Housing and Tenancy Support Service for both mental health and EU citizens, is delivered in line with the requirements of Supporting People funding contract. The service is delivered within the current budget. The focus of the team and their supervision remains on ensuring contract compliance for the delivery of housing related support to people with mental health problems. This is measured by Supporting People through the production of monthly monitoring figures, 6 monthly outcomes and monthly meetings with Supporting People and a review of service. Supporting People have consistently given positive feedback on the way the service delivers its targets, and stakeholders are also generally very happy with the service. Our pick up time from referral is generally under a month, with a triage system that means people with urgent need are picked up straight away.

4.2. The pandemic changed the way support is delivered, with a significant number of people being supported using the phone, and using WhatsApp, which makes it likely the number of people supported will go up above expectations, with support workers adding on average 2 clients each to their client list. The strategy for developing the service is to look for opportunities from Supporting People to deliver high quality support to different groups. With the high levels of mental distress people have experienced increasing because of social isolation during the pandemic, there will be a need for support for mental health across all groups.

4.3. The pandemic and managing to deliver high quality support presented a challenge throughout the year with Newport investing in lap-tops, printers and office equipment so workers are supported to work from home. Extensive risk assessments have been needed, and staff who have no health issues have continued to visit the supported accommodation to ensure the tenants in the supported houses continue to have safely delivered face to face support when needed.

4.4. We have also been delivering food parcels throughout Newport, and the need for this has increased, we are delivering around 3 times as many food parcels as pre pandemic, with no sign of a reduction in these numbers. The Supporting People team have been flexible to allow delivery of food and purchasing on the client's behalf, to ensure those people who have no support, and cannot leave their property do not suffer. A lot of services are no longer doing face to face work, for example DWP and NCC, so workers used creative ways to enable assessments and access to services to continue.

4.5. The Housing and Supporting People Service Manager has responsibility for supervising the Housing and Tenancy Support service which is part funded by Housing Benefit and part funded by Supporting People. Voids in supported accommodation have been kept to a minimum, and active support to minimise rent debt has been put in place.

4.6. The Housing and Supporting People Services Manager as part of the role supervises the cooks and cleaners in the houses as well as dealing with a variety of other practical issues, managing tenancies, dealing with housing benefit, maintenance issues and problems in the houses.

Objectives and activities *(continued)*

4.7. The four supported houses that are owned by Pobl and managed by the Housing and Tenancy manager with support from housing and tenancy support workers, a cleaner and two cooks who are based in the only long-term property. The properties need upgrading by Pobl, they have a number of issues including single glazed windows in 2 properties, and damp issues in 2 of the houses. Tenants are encouraged to report maintenance issues, but for the issues which are being investigated by surveyors, and need an identified budget, the housing manager organisers access and site meetings.

4.8. Pobl has a long term strategy which includes selling off costly to maintain older properties moving to more self-contained supported accommodation. Newport Mind was allocated grant funding from the Welsh Government to build 7 self-contained flats on top of our current building. Increasing our supported housing fits in with the demand for Temporary Accommodation for people with mental health difficulties. Supporting People have identified this group is by far the largest asking for Housing and Tenancy support, with some 70% of all applicants for tenancy support having mental health as a lead need.

4.9. Newport Mind developed its own supported housing project by purchasing a property of 2 flats with 2 beds and 2 tenants in each flat in February 2019 with tenants moving in in April 2019 following a refurbishment, including roof repairs.

4.10. This has proved successful both in acquiring a property which has increased in value, and in bringing in revenue which contributes to management and central teams' costs. It also provides supported accommodation for 4 people who would otherwise have had use Temporary accommodation or hostels. As a long term strategy increasing the property owned by Newport Mind makes sound financial sense as well as providing a much needed resource for people who are vulnerably housed, or homeless with mental health difficulties

4.11. Supporting People have given additional funding for another worker to provide housing and tenancy support, which now brings the team up to 8 full time workers, working with 20 people in supported housing and at least 80 people in the community. The pandemic has seen an increase in these numbers, and we expect to be working with around 120 people every week. Supporting People have also funded a part time post to cover a complex needs service user, and an agency worker has covered those hours. This has meant recruitment and a change of team members, and additional costs of needing agency cover to ensure sufficient staff hours were provided for the Supporting people contract. There have also been team changes with staff leaving or obtaining new roles within the organisation.

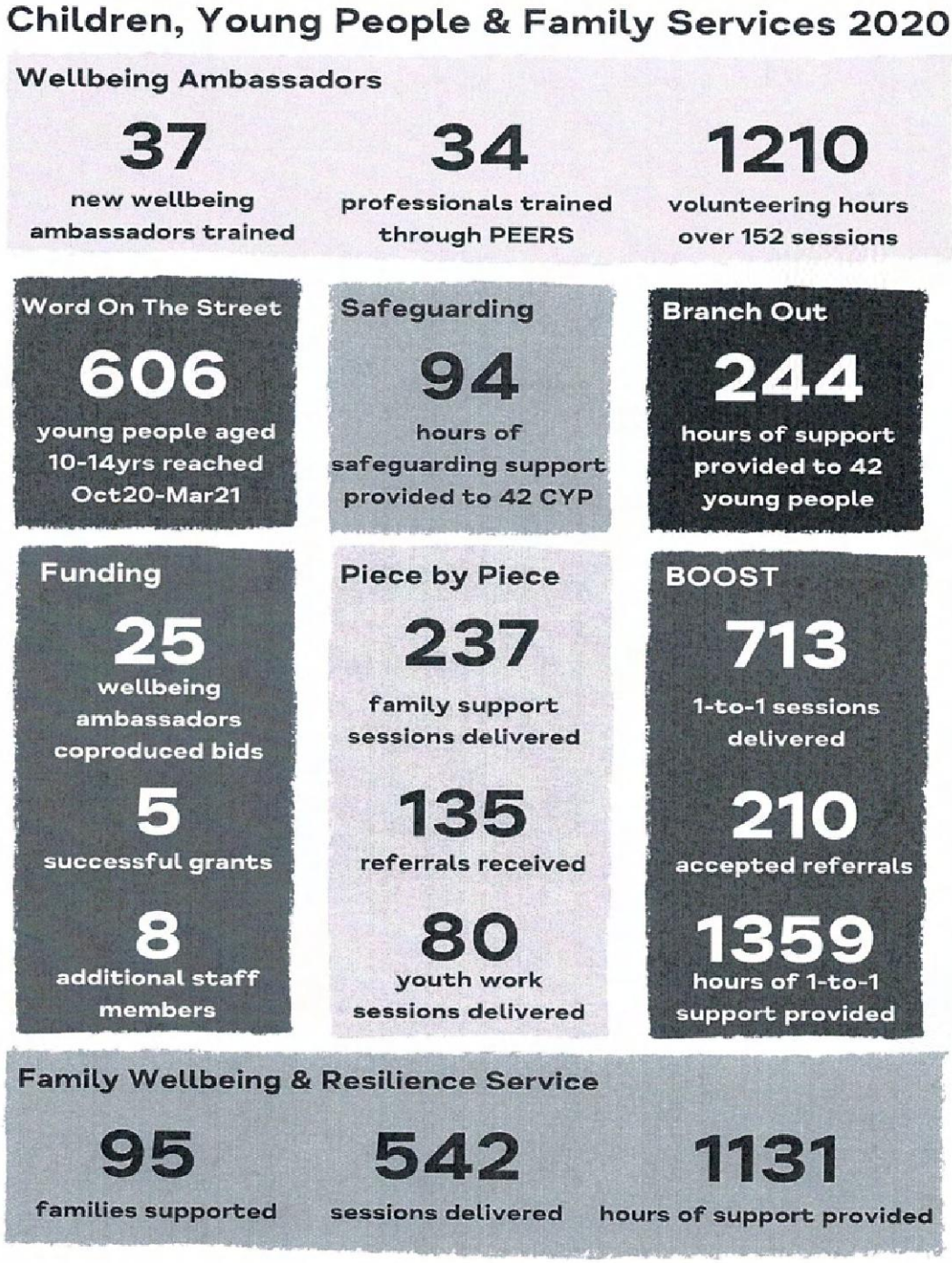
4.12. The Housing and Supporting People Services Manager, since January 2019, as part of the role supervises the European Economic Migrant Support Service. This was placed with Newport Mind following the closure of SEWREC, and is a Supporting People funded service for EU citizens with housing and tenancy support needs.

4.13. The EEA Migrant support service has two workers, a coordinator and a support worker. We have had to recruit for a new support worker and a new coordinator since Newport Mind took on the service. The new coordinator has worked hard to promote the service and widen the support to EU migrants. The service is very busy and now exceeding the targets set by NCC.

4.14. Both the workers have language skills in Czech, Slovakian and some German. There is a significant Romanian community in Newport, as identified by the EU Settled Status project and to support this community we currently use language line. This is a hard-to-reach community with significant barriers to seeking help, and language line does not always allow effective communication or build trust.

Objectives and activities *(continued)*

4.15. The strategy for the service following a planning meeting with the EU migrant coordinator, will be to seek additional funding for a part time post, and to actively recruit for additional language skills, specifically Romanian.



Objectives and activities *(continued)*

5.1. Referrals

- During this year, the Children, Young People & Family Services received a total of 437 referrals into our various services. This averages at 36 referrals per month.
- In the 4 months since March 2021, we have received 240 referrals, which averages at 60 referrals per month.

Since April 2020, 2 mental health focused services shut their waiting lists, as demand was too high. This, along with an average of 5 months wait for mental health support from NHS services, demand on the CYPF team has increased exponentially.

5.2. Impact of Covid-19

- Support continued for all children, young people and families once lockdown began. All projects took to working remotely from home and adapted services in line with restrictions, ensuring that the much-needed support for all clients continued.
- All safeguarding policies and procedures were updated to reflect the new working processes and mechanisms, including the use of online engagement tools such as Zoom and Microsoft teams.
- Closures of schools and other support agencies created a spike in referral rates, where we saw a demand for young people to access 1:1 support to manage the stress and anxiety created by the COVID-19 pandemic. This was also reflected when schools reopened, as the impact of COVID began to manifest in the presence of anxiety for the majority of young people. This has now resulted in specific projects that are targeting the impact of COVID related anxiety, the Emotional Based Schools Avoidance project being one of them.
- All staff were encouraged to attend additional training to manage their workloads and an adapted supervision policy was implemented to ensure that each team member was supported through the difficult time.

5.3. Family Wellbeing & Resilience Service (FWRS)

- 2020-21 was the first year Newport Mind were not part of a consortium within the SPACE Wellbeing Partnership and acted as a stand alone service within the SPACE Wellbeing Partnership
- CYPF Team offering through SPACE Wellbeing panel was widened to include all CYPF services, not just FF commissioned project
- FWRS team adapted extremely well to working from home, offering families support via telephone, text messages, email and video messaging platforms. Some higher need families were supported via doorstep visits and/or walk-and-talk sessions
- Kith and Kin a parallel course for young people and their parent/carers to promote improved mental wellbeing and relationships was not delivered throughout 2020-21 due to social distancing rules. Families who were referred were instead offered 1-to-1 support

Objectives and activities *(continued)*

- FWRS supported 95 families over the course of 2020-21, of which 74 engaged positively and reported improved mental health and wellbeing and family cohesion
- FWRS strengthened their relationship with the FF Preventions Team by creating a joint online parent/carers wellbeing group in Q4, offering parent/carers a safe space to nurture their own wellbeing. The need arose when a number of parent/carers reported struggling with their own MH whilst trying to navigate at home learning and working during the pandemic
- Delivered 542 sessions - 1131 hours of face-to-face work

5.4. Word on the Street

- Word on the Street, a project in partnership with Community Youth Project, launched in September 2020 having being successful in receiving funding from the Youth Endowment Fund, and started delivering 3 detached youth work sessions a week from October 2020
- This project aims to reach 800 young people, aged 10-14 by the end of July 2021, providing them with an innovation on traditional mental health support in bite sized, accessible chunks
- Despite restrictions around Covid, we have managed to continue delivery relatively uninterrupted throughout the year, with support from Gwent Police to ensure that young people did not miss out on support during lockdown
- Workers have reached 606 young people aged 10-14 as of the end of March 2021
- The project has worked with 15 external agencies and individuals, including Gwent Police, Social Services, various community centres, hubs, schools and alternative education providers.

5.5. Wellbeing Ambassadors

- From April 2020 to March 2021, 37 new Wellbeing Ambassadors were recruited and trained to volunteer on the CYPF projects.
- The PEERS training, a training for professionals, delivered by young people, was developed and launched, training 34 professionals online.
- To meet the needs of the young people being referred to Newport Mind, the Wellbeing Ambassadors launched online Write with you, an updated version of the pen pal scheme.
- 3 presentations to professionals were also delivered online.
- Developed social action training for young people, Campaigning 101
- 1210 of volunteering hours, 152 different sessions
- Delivered 7 peer support sessions with 5 YP- online- adapted this from in person format
- Created a social media campaign to celebrate Pride in August 2020, and a social media wellbeing advent calendar throughout December 2020
- Co-produced the launch of the Word on the Street, BOOST and Piece by Piece projects as well as numerous funding bids

Objectives and activities *(continued)*

5.6. Branch Out

- 244 hours of support delivered, 38 sessions with 42 different people
- 72 engagements online during the lockdown.
- Closure of the Tredegar house grounds, and restrictions, meant that the Branch out project was unable to deliver the planned interventions during this period.
- In addition to this, staffing changed during this time, which had an impact on the delivery of support.
- Groups are now up and running and an adaptation of the project is being considered to meet the demand for 1:1 work with young people.

5.7. Piece by Piece

- In July 2020, Newport Mind was awarded a grant towards a 3 year project aiming to support families who had experienced recent trauma, with a particular focus on engaging BAME and LGBTQ communities.
- In July we delivered an online launch to professionals and agencies across Newport resulting in referrals from 37 different agencies.
- Between the launch of the project and March 2021 we received a total of 135 referrals to support young people/ families. We delivered 237 family support sessions, 80 youth work sessions and 3 group work sessions to young people.
- We excelled in delivering family support and youth work sessions, as we were able to adapt and deliver these sessions online and over the phone whereas this was more challenging with group work. Young people were reluctant to take part in group work online due to the anxiety around this and when trying to restart groups in person we have also found this challenging due to people's fears around COVID. In order to adapt we organized 1:1 sessions with young people and Literature Wales artists so that young people had the opportunity to express how they felt in a creative way without having to engage with a group.
- An important focus of the project was to engage communities who were not already known to our services, particularly those from BAME communities and deprived areas. This has been difficult due to COVID restrictions as we were not able to go into community buildings, faith groups, small community groups etc. as they were either not running or had very limited numbers. We also thought that an online event to engage with community members would not be sufficient due to access to online equipment being an issue for many families.
- Where we have struggled with engaging these communities as a result of COVID-19 restrictions, we have excelled with our partner working relationships with organizations such as 'EYST' Ethnic Minorities and Youth Support Team Wales who acknowledged our work as good practice and a good example of partner working. We spoke at their conference in April 2021 about the impact we have had working with BAME families this year.

Objectives and activities *(continued)*

5.8. Whole School Approach/BOOST

- In March 2020 the Whole School Approach was operating on the remaining funding from National Mind to deliver interventions to students, staff and parents/carers to 4 secondary schools across Newport.
- Newport Mind received funding from the VSEF award from the WCVA on 20/08/2020 and a further grant from the WCVA Voluntary Services Recovery Fund (VSRF) in November 2020. This enabled us to recruit 2 additional full time staff members which meant we could expand our support by reaching out to 10 secondary schools and offer support to primary schools in Newport for the remaining academic year.
- We were then met by a high demand for our service when schools returned from the summer holidays. Staffing capacity allowed us to provide at least one full day of delivery to each secondary school, yet we had some schools who shared that they would have enough students for 5 full days of BOOST delivery.
- We were able to manage the expectations of staff by explaining our staffing capacity and reach, and supported schools to make referrals into other services where appropriate, but it is clear that there is an overwhelming need for additional support for mental health and wellbeing of children and young people as a direct result of the pandemic.
- Due to fluctuating Government Covid-19 restrictions, schools have not been open for the large majority of 2021 so far. This has an impact on Newport Mind's delivery of the VSRF project, with interventions have to be adapted to meet the delivery needs and capacity of school communities across Newport
- To reflect the changes, we have merged our target engagements for each stakeholder group and presented our current engagements as 'Targeted' (delivered to a specific stakeholder group) and 'Universal' (delivered to all in a stakeholder group).
- Between April 2020 and March 2021 we accepted 210 referrals for delivery of up to 6 sessions of 1-2-1 support for young people aged 10-18.

5.9. Funding

- Applied for 10 CYPF specific grants, 5 of which were successful
- 25 Wellbeing Ambassadors were involved in co-producing these bids
- Successful projects have resulted in 4 additional full-time, and 4 additional part time positions in the CYPF team

5.10. Social Media

- 25,536 separate individuals saw content on our Facebook page, up 176.8% from the year before
- 764 separate individuals saw content on our Instagram page, up 95.9% from the year before
- 140 additional likes to the Changing Minds Facebook Page
- Currently have 885 people who have liked our Facebook page, and 391 followers on Instagram

Objectives and activities *(continued)*

5.11. CYP Strategy

Over the next year, we intend to work towards the three Golden Threads in the following was.

5.11.1. Fighting for the Mental Health of People in Poverty:

- We will continue to engage in the Single Point of Access to Childrens Emotional (SPACE) Wellbeing Panel, a cross Newport multi-organisational partnership between Aneurin Bevan University Health Board and Newport's Families First scheme partners, which assess needs and refers children, young people and families to the right organisation to suit their needs at the right time. This panel benefits from focusing on supporting families who live within poverty, and is attended by organisations who specialise in support children, young people and families in poverty, and provides information on how partnership organisations can do the same.
- We will work to secure future funding for Word on the Street, to continue to reach the most deprived young people in Newport, and source funding that will allow us to grow and expand this work across other projects
- We will work to ensure that organisations across Newport are aware of our services, and understand the referral process for their young people

5.11.2. Becoming a Proudly Anti-Racist Organisation:

- We will work to diversify the Wellbeing Ambassadors, ensuring it is accessible to all, and encourage Wellbeing Ambassador driven social action to address mental health stigma
- We will build links with organisations which support BAME specifically across Newport, such as EYST
- We will adjust our recruitment strategies and materials to make roles more accessible and targeted to communities that are underrepresented in our workforce
- Internally, we will work as a team to ensure that staff members from all cultures feel recognised and celebrated by ensuring we celebrate different religious holidays and celebrations

5.11.3. Supporting Young People, with a Focus on Trauma:

- We will look to expand the Piece by Piece project, due to the interest we're already seeing, to cover more age-ranges and widen the impact
- We will continually keep a record of referrals and make a note of trauma related referrals, and continue to be aware of the impact of Covid-19 as a trauma for young people
- We will continue to increase the awareness of mental health for adults working with young people through Wellbeing Ambassador delivered PEERS training
- We hope to build trauma informed training into the induction process for all CYPF staff
- We hope to create a model for an ages 18-30 volunteering cohort who are able to provide support on projects and to young people, increasing our peer support basis

Objectives and activities *(continued)*

6. Counselling

6.1. Counselling In Mind

6.1.1. Our Counselling Service has been through a huge period of change this year aside from the pandemic. Up until the start of this financial year, we had developed a large adult counselling service which was funded by the ABUHB. This funding came to an end at the end of the previous financial year so we had a challenge to develop a new adult counselling service without any direct funding. We named this service, 'Counselling In Mind', and our plan was to start a new self-funded service which would take time to generate revenue streams and break even.

6.1.2. Having researched and considered other service models we established a model charging £40/session and a discounted £10 for clients receiving means-tested benefits. The service is staffed by two part-time permanent counsellors and clearly £10 sessions would not fund the counsellors' salaries. Hence we continued the employment of volunteer trainee placement counsellors. Clients paying the discounted rate saw placement counsellors and clients paying full fees saw one of the two qualified counsellors.

6.2. Placements

6.2.1. The majority of the team is staffed by volunteer counsellors so this needs major resourcing and managing. On average we have approx. 7 volunteers on placement at any one time. There is a constant turnover of placement counsellors as volunteers graduate and new trainees apply. So we usually interview one applicant per month. An ongoing role is to provide line management and support with risk management for volunteers.

6.3. Local Employer

6.3.1. We continued our contract with a large local employer, where we deliver in-house time-limited counselling (8 weeks) to their staff. This is charged at £40 per weekly client session. We averaged 37 client sessions per month. Like many activities, this work was severely impacted by Covid, i.e. for the first 3 months of lockdown we averaged 13 client sessions per month due to the main counsellor on this contract being furloughed.

6.4. Covid

6.4.1. The major challenge of the already daunting task of creating a new counselling service was the pandemic. The service's capacity was initially reduced due to staff's individual challenges with the pandemic and one of the two permanent counsellors being furloughed. There were new challenges and policies to be established with online counselling but eventually it became our and the world's 'new normal'.

Objectives and activities *(continued)*

6.4.2. The launch of the new service was planned for April but the impact of Covid delayed this until July. Until July we delivered free counselling to continue to meet the needs of the local community while they and us adapted to the pandemic. From July, the number of paid sessions slowly grew exponentially month by month. Monthly breakdown:

Month	Number of paid client sessions
July	17
August	27
September	36
October	36
November	40
December	35
January	69
February	82
March	80

6.4.3. Managing the new boundaries of working online was a new challenge. A significant challenge was managing payments, we still struggle with this, approx. 30% of client sessions are unpaid. When sessions take place in the building next year, then we can ensure about 80/90% payment as clients arrive in reception. We would still have the issue of reclaiming DNA sessions.

6.5. Marketing

6.5.1. The growth of the service has been with very little marketing, mainly referrals from existing networks and through current brand awareness. Next year we aim to invest in more proactive marketing to continue increasing revenue.

6.6. Children and Young People (CYP)

6.6.1. For next year, our aim is to develop a new CYP counselling service. We aim to lever existing knowledge and experience from the CYPF department and fill the significant gap in local statutory CYP services. The Lead Counsellor managed a funded counselling service which was part of the GMHC and funded by the ABUHB. The Lead Counsellor is a BACP accredited counsellor and UKCP accredited psychotherapist. The counselling service offered free time-limited counselling to local residents. The service ran five days per week and clients received between 8 and 12 weekly sessions. Within the GMHC, Newport Mind received the most counselling referrals and offered the most counselling sessions. There were usually between 5 and 9 placement counsellors at any one time, with placement counsellors seeing a minimum three clients weekly.

7. EU Settled Status Project (Goals B, C, D, E, F)

7.1. The EUSS project is a whole of Wales service to support vulnerable EU citizens to apply for Settled Status in the UK. The specific vulnerable groups that the project is focussed on are people with mental health problems, elderly or victims of domestic abuse.

7.2. Initial Funding for the EUSS project was provided by the Home Office for one year until 31st of March 2020 and it seemed likely that funding would continue but without confirmation planning had to be based on assumptions. Newport Mind's main assumption was that the project would be funded at the same level for the next year. After reviewing the budget figures it was decided that only 4 project staff and a team manager could be funded from April 2020. In the 2019-2020 funding cycle we

employed additional staff due to the fact that the project started later than expected.

Objectives and activities *(continued)*

7.3. The geographical areas for the 4 project worker posts were redrawn and would cover North Wales, West Wales, Cardiff and South Wales and Newport and East Wales. After consultations with three staff, two were offered redundancy, the two posts based in Merthyr and the Valleys Mind and Swansea Mind. Almost at the same time this decision was implemented Wales went into its first lockdown.

7.4. The Home Office finally provided confirmation of continuation funding with an announcement on 6th March 2020 giving Newport Mind funding for Q1 20/21 April -June. Confirmation for further funding was provided on 22nd April giving the project funding until September 2020. A revised budget plan was submitted to the Home Office. The Home Office agreed to provide funding of £40,349.41 for both Q1 and Q2 periods in 2020

7.5. The project was severely impacted by the all the lockdowns and the inability of the team to travel around Wales to engage face to face with local communities. However, during the first lockdown the staff responded brilliantly working together from home. The team created weekly Facebook live events, an online virtual application process. In addition Newport Mind worked in partnership with TGP Cymru, CAB Cymru, Settled, EYST and Newfields Law to develop a number of different teaching and information sessions which were delivered to agencies across Wales via Zoom and Teams.

7.6. In May of 2020 the Home Office announced that there would be a new bid process for projects to start in October 2020. Newport Mind submitted a new proposal called EUSS project 2 to cover the period October 2020 - end of March 2021. In July 2020 the West Wales project worker resigned and it was decided not to advertise to replace this post due to the uncertainty around ongoing project funding after September 2020.

7.7. The new bid proposal allowed Newport Mind to build on the success of previous project. The new project proposal included a provision for 3 project workers and a team manager. The proposal was for a whole of Wales project to make it more attractive to the Home Office. The budget was £71,972.82 for the 6 month period of the project Oct 2020 to April 2021.

7.8. Newport were successful in securing funding for the new project. The Home Office announced the results of the bids on 28th September 2020, 3 days before the start of the new project. The new project had a much wider brief and works to support and engage with vulnerable people from the following groups:

- People with disabilities and/or serious health conditions (e.g. physical or mental impairments)
- Victims of domestic abuse
- Elderly
- Children in Care
- Adults in Care
- Young adults who have left care
- Vulnerability due to communication, language, literacy and social disadvantage issues that link to poor mental and physical health plus awareness and access to digital services

7.9. The plan proposal provided for 1100 bookable appointments slots with a target of 1400 applications over 6 months. As part of it its contractual agreement with the Home Office both monthly KPI reports and detailed quarterly reports were submitted using contact data gathered from Lamplight.

7.10. The project is proud of its inclusivity we have a diverse team who have been very successful in reaching out to the most vulnerable EU nationals living in communities across Wales. One of the reasons for the projects success has been that the team have invested time and energy to work with other third sector organisations to help promote the need to apply for settled status. In particular we have worked in collaboration with the Welsh Government, a number of local councils and health boards as well as specific charities who work with the most vulnerable in our society.

Objectives and activities *(continued)*

7.11. The team's resilience and dedication to the project has been truly remarkable over the last 12 months. The repeated uncertainties with funding as well as the covid-19 restrictions have stretched everyone, but Newport Minds team have continued to offer a much-valued service to EU nationals living in Wales.

8. Central Team

8.1. The Finance Manager continues to manage the Finance, IT, facilities management, Human Resources and the Caretaker.

8.2. Due to financial impact of the pandemic, additional costs directly associated with Covid have been separated out within the accounts to enable any specific funding to be allocated against them. The purchase of additional IT equipment (laptops, printers) has enabled staff to work effectively from home. These purchases were made early in the financial year to ensure that disruption to services was limited as much as possible. In additional to hardware, software has also been purchased that has enabled services to continue.

8.3. All staff have had their mobile phone upgraded in May 2020 as the existing handsets were proving problematic.

8.4. Provision of the main phone system was also reviewed during the year and offers to tender for a replacement system send out in March 2021. This has ensured that the organisation can operate remotely more efficiently with the introduction of soft phones.

8.5. Risk assessments were carried out and regularly reviewed throughout the year in respect of social distancing, safe working practises, limiting numbers within the building and upgraded cleaning regimes.

8.6. The Finance Manager has continued to develop systems and processes to ensure that the organisation is exercising sound financial management of its funding and as provided information and expertise to assist, along with others, in reducing costs where possible and appropriate.

8.7. Central Team staff are partly funded from all of the current grants and contracts we have in place. Any shortfall comes from unrestricted income, e.g. housing.

Strategic report

The following sections for achievements and performance and financial review form the strategic report of the charity.

Achievements and performance

9. Sustainability and Growth

9.1. At the beginning of the financial year the role of Sustainability and Growth Manager remained vacant. The Community Fundraising Coordinator had been in post since December 2019. The Training Coordinator had been in post since 2016 but had only recently focused solely on training previously undertaking a number of roles within the organisation including with the Wellbeing Team and CYP Team.

9.2. The COVID pandemic initially had a significant effect on the activities of the Sustainability and Growth Team and the initial response was for the Community Fundraising Coordinator to take on other activities in support of Newport Mind's response to the pandemic, such as updating the website and helping with other activities. The Training Coordinator helped develop online materials and resources for the CYP team as well as supporting clients of the Team.

9.3. When it became apparent that the situation was longer term and the impact on Community Fundraising and Training was profound discussions were had with both members of staff about the Government's Furlough scheme. The outcome of those discussions was that Community Fundraising Coordinator was furloughed and the Training Coordinator would continue supporting the CYP team with their delivery as well as keeping an eye on the training situation but this would be kept under review.

9.4. The Community Fundraising Coordinator returned to work for three days a month from January 2021 under the flexible furlough scheme to keep abreast of Community Fundraising and prepare for the anticipated relaxation in restrictions which hopefully would have a positive effect on Community Fundraising.

9.5. The Training Coordinator remained in work full-time and gradually focussed more and more on their substantive role as the demand and opportunity for online mental health training alongside suitable delivery products such as I-Act.

9.6. The COVID pandemic increased the need for effective social media communications as well as the provision of services digitally. Historically the receptionist and administration worker was responsible for social media postings, however the postholder had resigned and a new post holder commenced work in April during the full lockdown from home.

9.7. The decision was taken to recruit to initially for three months to a dedicated social media, communications and digital worker post filling the role internally, if possible, given the need to know and understand the services of Newport Mind. The candidate that was appointed in July 2020 had formerly worked on reception on a temporary basis as well as covering for the IAA role. The post was extended for the whole year subject to ongoing reviews.

9.8. The redesign of the Newport Mind Website had been put out tender with the shortlisted companies scheduled to make presentations in late March due to the pandemic these were put on hold finally taking place in September. The successful supplier was CREO and work commenced on the redesign.

9.9. A Sustainability and Growth Team Manager was recruited and commenced in post on the 7th of September 2020 in time to be part of the website decision and to take this piece of work on. The new manager forged links with a number of organisations, submitted and assisted in the submission of a number of grant applications.

10. Finances and Budgets

10.1. **Finances** Newport Mind is currently in a relatively secure financial position with total reserves of £1,142,702 at the end of 2020 - 2021.

10.2. **Reserves** The reserves policy has been updated to allow for significant investment in the building and is based on 3 months running costs as opposed to six months. The Directors have indicated that over time the organisation should return to having reserves to reflect six months running costs.

10.3. **Reporting** Newport Mind directors receive a regular finance report at their meetings. The finance report provides up to date information on income and expenditure on all projects against their budgets allowing Directors to exercise their financial responsibilities. The report was developed within the financial year to include forecasting. An ongoing project to develop the financial management information is being undertaken. This is looking to improve the quality of the information whilst automating it to reduce the time the Finance Manager spends on the preparation.

10.4. **Budgets** Budgets have been set for all services currently provided in line with the funding provided and contractual obligations.

10.5. **Income Generation** The proposed development of the premises provides the opportunity to develop a number of revenue streams, from the social enterprise, paid for services, room rental and, if it proves feasible, from the accommodation on additional floor. The timescales on the funding for developing the building and the actual development of the building means that income is likely to only be generated from 2021. The appointment of the Sustainability and Growth Manager has already increased income for Newport Mind, see report above.

11. Review Of Charitable Activities Undertaken By The Charity.

11.1. The table below shows the total work completed by Newport Mind in the last year compared to the previous six years.

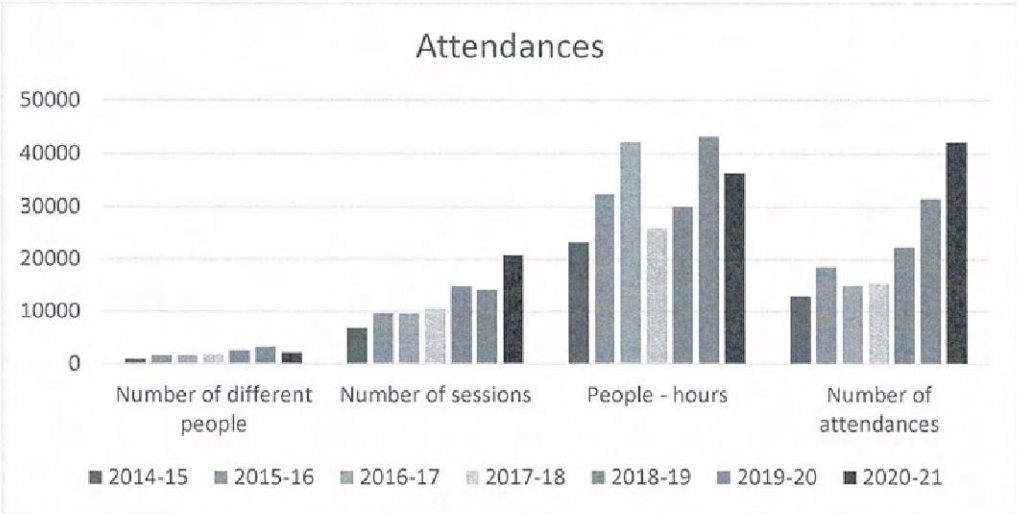
11.2. The figures are only indicative as there are so many changes year to year that it makes comparison difficult and that is particularly true this year due to the pandemic which has affected different services in different ways. For example the EUSS services is heavily dependent on face to face interviews and engagement events both of which were severely curtailed by the pandemic. In addition services have started such as the Piece by Piece project and other services have reduced such as Wellbeing because of the cessation of funding.

11.3. The reduction in the number of people seen is mainly due to the impact of the pandemic on the EUSS project and the reduction of staff on the project which meant the project saw 930 less people than the previous year.

11.4. The number of attendances has increased significantly 34% and the number of sessions provided has increased by 47% and this likely to be due to two factors. Firstly the increase in the number of services that we offer and an increase in the number of staff on services, such as Housing and Tenancy Support. The second factor has been the changes in working practices in response to the pandemic, people being provided with support over the phone or online and being provided with that support more frequently but for shorter periods of time.

Achievements and performance *(continued)*

Measure	Number of different people	Number of sessions	People - hours	Number of attendances
2014-15	952	6752	23121.37	12937
2015-16	1621	9688	32338.49	18560
2016-17	1637	9621	42214.6	14994
2017-18	1844	10613	25978.04	15337
2018-19	2606	14835	30129.25	22352
2019-20	3343	14134	43198.15	31569
2020-21	2211	20756	36415.02	42196
% Difference	-34%	47%	-16%	34%



12. Fundraising Activities

12.1. The charity relies on grant aid from the donors identified in the accounts, whose support is valued. Newport Mind has invested in a Sustainability and Growth Manager and a Community Fundraising Coordinator to increase income generation and fundraising particularly in relation to the proposed developments of the premises.

12.2. Investment performance achieved against investment objectives set

12.3. Investment income disclosed in the accounts is interest received on the charity's bank accounts. The charity has no other investments.

13. Factors Relevant To The Achievement Of The Charity's Objectives

13.1. Most of the organisation's income is currently received in the form of grants or contracts which are the subject of service level agreements or other restrictions governing the related expenditure. It has therefore been necessary to ensure that each project has a clear trail which includes an element of core costs and general management.

14. Financial Review

14.1. Policies on reserves

14.2. Over the years the charity has sought to achieve reserves of:-

14.2.1. Six months continuation of service amount required £672,505.51, calculated using current year income.

14.2.2. Redundancy payments for staff should the charity cease to continue to provide an individual service or ceases to provide any services £112,653.61, calculated to include payments in lieu of notice for all staff with over two years service.

14.2.3. 'Pump Priming' of new projects to allow emergency funds, pending new funding being arranged £10,000.

14.2.4. The total figure required would be £795,159.12 however the directors have decided that in order to invest in the building the reserves policy can be altered to having 3 months running costs, so the figure reduces to £458,906.37.

14.2.5. The Directors have indicated that over time the organisation should return to having reserves to reflect six months running costs

14.3. Restricted Reserves

14.4. The principal funding sources of the charity are by way of grant and contract income from a number of agencies and are summarised as follows:

14.4.1. Newport City Council Supporting People Programme Grant	£404,617
14.4.2. Comic Relief Piece by Piece	£137,468
14.4.3. Home Office EU Settlement Scheme	£114,795

14.5. A detailed analysis is shown in note 6 to the accounts.

15. The charity also received rental income in respect of its housing projects of £342,400 (2020: £328,831).

16. All sources of funding were expended to meet the charity's objectives to support and inform people with mental health problems.

17. Availability and adequacy of assets of each of the funds
17.1. The board of Directors is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

18. Transactions and Financial position
18.1. The financial statements are set out on pages 31 to 33. The financial statements have been prepared implementing the 2005 Revision of the Statement of Recommended Practice for Accounting and Reporting by Charities issued by the Charity Commission for England and Wales (effective April 2005) and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008). As stated in the introduction to this report, the Directors consider the financial performance by the charity during the year to have been satisfactory.

18.2. The Statement of Financial Activities show net incoming resources for the year of a revenue nature of £1,677,208 (2020: £1,676,719).

18.3. The total reserves at the year-end stand at £1,142,702 (2020: £1,088,169).

19. Specific changes in fixed assets
19.1. Changes in fixed assets are shown in detail in the note 20 to the accounts.

Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Auditor

Each of the persons who is a trustee at the date of approval of this report confirms that:

- so far as they are aware, there is no relevant audit information of which the charity's auditor is unaware; and
- they have taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

The auditor is deemed to have been re-appointed in accordance with section 487 of the Companies Act 2006.

The trustees' annual report and the strategic report were approved on 4/1/22 and signed on behalf of the board of trustees by:

Ms T Beggs
Trustee

Mrs L Cooper
Trustee

Newport Mind Association

Company Limited by Guarantee

Independent Auditor's Report to the Members of Newport Mind Association

Year ended 31 March 2021

Opinion

We have audited the financial statements of Newport Mind Association (the 'charity') for the year ended 31 March 2021 which comprise the statement of financial activities (including income and expenditure account), statement of financial position, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- By enquiring with senior management and those charged with governance all area of risk identified were considered and any potential litigation or claim, if any, were noted
- Ensuring by enquiry that there were no issues of non-compliance with laws and regulations relating to tax and compliance
- By obtaining an understanding of the company's policies and procedures on compliance with laws and regulations, and with best accounting practice
- Noting issues discussed with Directors and the Senior Management Team as this relates to risks faced by the company
- Reviewing information received from the company's solicitors, if any and discussing their contents with the Directors
- Reviewing disclosures in the financial statements and testing to supporting documentation to assess compliance with applicable laws and regulations
- Auditing the risk of management overrides of controls including testing journal entries and other adjustments for appropriateness and evaluating the business rationale of significant transactions outside the normal course of business
- Considering the effect on risk to the company of the Covid-19 pandemic and the Uk's departure from the EU. In particular to note whether any such issues would affect the company's ability to continue to trade.

Through these procedures, we did not become aware of actual or suspected non-compliance.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.

- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.



Mr Jonathan Rhodes BSc BFP FCA (Senior Statutory Auditor)

For and on behalf of
Walter Hunter & Co Limited
Chartered accountants & statutory auditor
24 Bridge Street
Newport
South Wales
NP20 4SF

Newport Mind Association

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2021

	Note	2021 Unrestricted funds £	2021 Restricted funds £	2021 **Total funds** £	2020 Total funds £
Income and endowments					
Donations and legacies	**5**	66,218	–	**66,218**	108,563
Charitable activities	**6**	409,657	1,159,384	**1,569,041**	1,533,930
Other trading activities	**7**	28,226	–	**28,226**	12,650
Investment income	**8**	425	–	**425**	340
Other income	**9**	13,298	–	**13,298**	21,236
Total income		517,824	1,159,384	**1,677,208**	1,676,719
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	**10**	43,583	–	**43,583**	48,400
Costs of other trading activities	**11**	68,023	–	**68,023**	38,929
Expenditure on charitable activities	**12,13**	349,728	1,143,251	**1,492,979**	1,467,990
Other expenditure	**15**	18,090	–	**18,090**	–
Total expenditure		479,424	1,143,251	**1,622,675**	1,555,319
Transfers between funds	**19**	29,071	(29,071)	–	–
Net income and net movement in funds		67,471	(12,938)	**54,533**	121,400
Reconciliation of funds					
Total funds brought forward		1,026,494	61,675	**1,088,169**	966,769
Total funds carried forward		1,093,965	48,737	**1,142,702**	1,088,169

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

Newport Mind Association

Company Limited by Guarantee

Statement of Financial Position

31 March 2021

	Note	2021 £	£	2020 £
Fixed assets				
Tangible fixed assets	20		582,791	528,516
Current assets				
Debtors	21	76,025		137,659
Cash at bank and in hand		950,230		859,487
		1,026,255		997,146
Creditors: amounts falling due within one year	22	179,619		150,768
Net current assets			846,636	846,378
Total assets less current liabilities			1,429,427	1,374,894
Creditors: amounts falling due after more than one year	24		286,725	286,725
Net assets			1,142,702	1,088,169
Funds of the charity				
Restricted funds			48,737	61,675
Unrestricted funds			-	188,494
Unrestricted designated funds			1,093,965	838,000
Total charity funds	26		1,142,702	1,088,169

These financial statements were approved by the board of trustees and authorised for issue on 6/11/22 and are signed on behalf of the board by:

Ms T Beggs
Trustee

Mrs L Cooper
Trustee

The notes on pages 34 to 52 form part of these financial statements.

Newport Mind Association

Company Limited by Guarantee

Statement of Cash Flows

Year ended 31 March 2021

	2021 £	2020 £
Cash flows from operating activities		
Net income	**54,533**	121,400
Adjustments for:		
Depreciation of tangible fixed assets	**29,843**	20,750
Other interest receivable and similar income	**(425)**	(340)
Interest payable and similar charges	**14,092**	15,149
Loss on disposal of tangible fixed assets	**18,090**	–
Accrued expenses	**329**	12,747
Changes in:		
Trade and other debtors	**61,634**	(39,022)
Trade and other creditors	**42,614**	16,266
Cash generated from operations	**220,710**	146,950
Interest paid	**(14,092)**	(15,489)
Interest received	**425**	340
Net cash from operating activities	**207,043**	131,801
Cash flows from investing activities		
Purchase of tangible assets	**(102,208)**	(27,681)
Net cash used in investing activities	**(102,208)**	(27,681)
Cash flows from financing activities		
Proceeds from borrowings	**(14,092)**	(11,784)
Net cash used in financing activities	**(14,092)**	(11,784)
Net increase in cash and cash equivalents	**90,743**	92,336
Cash and cash equivalents at beginning of year	**859,487**	767,151
Cash and cash equivalents at end of year	**950,230**	859,487

The notes on pages 34 to 52 form part of these financial statements.

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 100-101 Commercial Street, Newport, Gwent, NP20 1LU.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Foreign currencies

Foreign currency transactions are initially recorded in the functional currency, by applying the spot exchange rate as at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are translated at the exchange rate ruling at the reporting date, with any gains or losses being taken to the statement of financial activities.

Fund accounting

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

Any proposed transfer between funds would be considered on the particular circumstances.

3. **Accounting policies** *(continued)*

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

All fixed assets are initially recorded at cost.

3. Accounting policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Improvements to property	-	2% p.a. straight line
Housing equipment	-	33% p.a. straight line
Head office equipment	-	20% to 33% p.a. straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4. Limited by guarantee

The charity is incorporated under the Companies Act 2006 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter.

There are 37 members of the company.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2021 £**
Donations	36,025	–	**36,025**
Members' subscriptions	–	–	**–**
Training income	30,193	–	**30,193**
	66,218	–	**66,218**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Donations	88,916	–	88,916
Members' subscriptions	37	–	37
Training income	19,610	–	19,610
	108,563	–	108,563

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2021 £**
Rental income (including Housing Benefit)	342,400	–	**342,400**
Covid-19 digital grant	2,257	–	**2,257**
Tesco grant for Changing minds	–	–	**–**
Woolfson Foundation	65,000	–	**65,000**
Aneurin Bevan University Health Board Counselling	–	–	**–**
Aneurin Bevan University Health Board Information, advice and assistance	–	5,960	**5,960**
Aneurin Bevan University Health Board Skills, training and wellbeing	–	–	**–**
Comic Relief - Piece by Piece	–	137,468	**137,468**
GAVO	–	–	**–**
Home Office EU Settlement Scheme Grant	–	114,795	**114,795**
Mind Active monitoring	–	36,448	**36,448**
Mind Blue Light project	–	–	**–**
Mind Get Set To Go	–	5,450	**5,450**
Mind Cymru my generation project	–	–	**–**
Minds in Gwent Connector grant	–	–	**–**
Mind Peer Support Hub Project	–	2,605	**2,605**
Mind Whole School Approach	–	47,000	**47,000**
National trust – HAPPy Project	–	19,600	**19,600**
Newport City Council - Families First	–	89,144	**89,144**
Newport City Council - Skills training and wellbeing	–	109,000	**109,000**
Newport City Council - SPPG Supported Housing	–	404,617	**404,617**
Paul Hamlyn Foundation	–	44,000	**44,000**
WCVA Volunteering in Wales	–	–	**–**
WCVA – VSEF Small Grant	–	85,456	**85,456**
WCVA – VSRF Small Grant	–	33,453	**33,453**
WCVA - Youth	–	24,388	**24,388**
Welsh Government supporting EU citizens grant	–	–	**–**
	409,657	1,159,384	**1,569,041**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Rental income (including Housing Benefit)	328,831	–	328,831
Covid-19 digital grant	–	–	–
Tesco grant for Changing minds	3,000	–	3,000
Woolfson Foundation	–	–	–
Aneurin Bevan University Health Board Counselling	–	44,672	44,672
Aneurin Bevan University Health Board Information, advice and assistance	–	23,841	23,841
Aneurin Bevan University Health Board Skills, training and wellbeing	–	79,774	79,774
Comic Relief - Piece by Piece	–	–	–
GAVO	–	800	800
Home Office EU Settlement Scheme Grant	–	198,536	198,536
Mind Active monitoring	–	–	–
Mind Blue Light project	–	7,000	7,000
Mind Get Set To Go	–	30,850	30,850
Mind Cymru my generation project	–	2,535	2,535
Minds in Gwent Connector grant	–	9,000	9,000
Mind Peer Support Hub Project	–	28,629	28,629
Mind Whole School Approach	–	137,411	137,411
National trust HAPPy Project	–	6,875	6,875
Newport City Council Families First	–	106,093	106,093
Newport City Council Skills training and wellbeing	–	109,756	109,756
Newport City Council - SPPG Supported Housing	–	361,827	361,827
Paul Hamlyn Foundation	–	19,500	19,500
WCVA Volunteering in Wales	–	20,000	20,000
WCVA – VSEF Small Grant	–	–	–
WCVA – VSRF Small Grant	–	–	–
WCVA - Youth	–	–	–
Welsh Government supporting EU citizens grant	–	15,000	15,000
	331,831	1,202,099	1,533,930

7. Other trading activities

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2021 £**
Private counselling	28,226	–	**28,226**
	28,226	–	**28,226**

7. Other trading activities *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Private counselling	12,650	–	12,650
	12,650	–	12,650

8. Investment income

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Bank interest received	425	**425**	340	340

9. Other income

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Other income	–	–	360	360
Job Retention Scheme – Furlough Government Grant	12,402	**12,402**	–	–
Secondment of staff	598	**598**	20,876	20,876
Independence grant	298	**298**	–	–
	13,298	**13,298**	21,236	21,236

10. Costs of raising donations and legacies

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Fundraising & Donations	43,583	**43,583**	48,400	48,400

11. Costs of other trading activities

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Training & services	33,194	**33,194**	36,701	36,701
Private Counselling	34,829	**34,829**	2,228	2,228
	68,023	**68,023**	38,929	38,929

12. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2021 £**
Housing	288,769	–	**288,769**
Aneurin Bevan University Hospital Health Board Counselling	–	–	**–**
Aneurin Bevan University Health Board Information, advice and assistance	–	5,528	**5,528**
Aneurin Bevan University Health Board Skills, training and wellbeing	–	–	**–**
Big Lottery	–	–	**–**
Comic Relief Piece by Piece	–	81,089	**81,089**
GAVO	–	–	**–**
Home Office EU Settlement Scheme	–	134,750	**134,750**
Mind Cymru Active Monitoring	–	19,976	**19,976**
Mind Cymru my generation	–	–	**–**
Mind Blue Light Project	–	–	**–**
Mind Get Set to Go	–	16,140	**16,140**
Mind Peer Support Hub Project	–	8,896	**8,896**
Mind small grants	–	10,000	**10,000**
Mind Whole School Approach	–	33,254	**33,254**
National Trust HAPPy Project	–	14,716	**14,716**
Newport City Council Families First	–	71,360	**71,360**
Newport City Council Skills, training and wellbeing	–	97,316	**97,316**
Newport City Council SPPG Housing	–	313,058	**313,058**
Paul Hamlyn	–	46,021	**46,021**
WCVA Volunteering in Wales	–	–	**–**
WCVA – VSEF Small Grant	–	85,456	**85,456**
WCVA – VSRF Small Grant	–	33,453	**33,453**
WCVA Youth	–	23,675	**23,675**
Welsh Government supporting EU citizens	–	–	**–**
Support costs	60,959	148,563	**209,522**
	349,728	1,143,251	**1,492,979**

12. Expenditure on charitable activities by fund type *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Housing	211,397	–	211,397
Aneurin Bevan University Hospital Health Board Counselling	–	39,091	39,091
Aneurin Bevan University Health Board Information, advice and assistance	–	27,282	27,282
Aneurin Bevan University Health Board Skills, training and wellbeing	–	71,645	71,645
Big Lottery	28,381	–	28,381
Comic Relief Piece by Piece	–	–	–
GAVO	–	800	800
Home Office EU Settlement Scheme	–	176,879	176,879
Mind Cymru Active Monitoring	–	–	–
Mind Cymru my generation	–	2,259	2,259
Mind Blue Light Project	–	7,000	7,000
Mind Get Set to Go	–	8,124	8,124
Mind Peer Support Hub Project	–	26,128	26,128
Mind small grants	–	46	46
Mind Whole School Approach	–	105,165	105,165
National Trust HAPPy Project	–	7,486	7,486
Newport City Council Families First	–	83,410	83,410
Newport City Council Skills, training and wellbeing	–	80,647	80,647
Newport City Council SPPG Housing	–	289,259	289,259
Paul Hamlyn	–	19,500	19,500
WCVA Volunteering in Wales	–	15,567	15,567
WCVA – VSEF Small Grant	–	–	–
WCVA – VSRF Small Grant	–	–	–
WCVA Youth	–	–	–
Welsh Government supporting EU citizens	–	6,412	6,412
Support costs	120,297	141,215	261,512
	360,075	1,107,915	1,467,990

13. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	**Total funds 2021**	Total fund 2020
	£	£	**£**	£
Housing	288,780	60,959	**349,739**	330,932
Aneurin Bevan University Hospital Health Board Counselling	–	–	–	44,779
Aneurin Bevan University Health Board Information, advice and assistance	5,528	–	**5,528**	29,743
Aneurin Bevan University Health Board Skills, training and wellbeing	–	–	–	79,772
Big Lottery	–	–	–	28,381
Comic Relief Piece by Piece	81,089	14,625	**95,714**	–
GAVO	–	–	–	800
Home Office EU Settlement Scheme	134,750	12,000	**146,750**	190,879
Mind Cymru Active monitoring	19,976	14,279	**34,255**	–
Mind Cymru my generation	–	–	–	2,259
Mind Blue Light Project	–	–	–	7,000
Mind Get Set to Go	16,140	3,138	**19,278**	12,308
Mind Peer Support Hub Project	8,896	3,480	**12,376**	31,242
Mind small grants	10,000	–	**10,000**	46
Mind Whole School Approach	33,254	7,826	**41,080**	120,816
National Trust HAPPy Project	14,716	2,700	**17,416**	9,061
Newport City Council Families First	71,360	19,764	**91,124**	102,490
Newport City Council Skills, training and wellbeing	97,316	17,605	**114,921**	97,791
Newport City Council SPPG Housing	313,047	47,526	**360,573**	336,785
Paul Hamlyn Trust	46,021	–	**46,021**	19,500
WCVA – VSEF Small Grant	85,456	–	**85,456**	–
WCVA – VSRF Small Grant	33,453	–	**33,453**	–
WCVA Youth	23,675	5,620	**29,295**	–
WCVA Volunteering in Wales	–	–	–	16,994
Welsh Government supporting EU citizens	–	–	–	6,412
	1,283,457	209,522	**1,492,979**	1,467,990

14. Analysis of support costs

	Housing	Comic Relief Piece by Piece	Home Office EU Settlement Scheme	Mind Active monitoring	Mind Get Set to Go	Mind Peer support hub project	Mind Whole School Approach
	£	£	£	£	£	£	£
Staff costs	24,837	10,125	11,000	12,959	3,138	3,480	7,826
Premises	–	4,500	1,000	1,320	–	-	–
Communications and IT	29,082	–	–	–	–	–	–
General office	5,579	–	–	–	–	–	–
Governance costs	–	–	–	–	–	–	–
Travel	152	–	–	–	–	–	–
Repairs and renewals	1,309	–	–	–	–	–	–
	60,959	14,625	12,000	14,279	3,138	3,480	7,826

14. Analysis of support costs *(continued)*

	National Trust HAPPy project	Newport City Council Families First	Newport City Council Skills, training & wellbeing	Newport City Council SPPG Housing	WCVA Youth	**Total 2021**	Total 2020
	£	£	£	£	£	**£**	£
Staff costs	2,700	19,764	5,532	26,492	4,049	**131,902**	104,962
Premises	–	–	12,073	21,034	1,571	**41,498**	64,230
Communications and IT	–	–	–	–	–	**29,082**	29,676
General office	–	–	–	–	–	**5,579**	7,931
Governance costs	–	–	–	–	–	**–**	24,383
Travel	–	–	–	–	–	**152**	4,070
Repairs and renewals	–	–	–	–	–	**1,309**	26,260
	2,700	19,764	17,605	47,526	5,620	**209,522**	261,512

15. Other expenditure

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Loss on disposal of tangible fixed assets held for charity's own use	18,090	**18,090**	–	–

16. Net income

Net income is stated after charging/(crediting):

	2021 £	2020 £
Depreciation of tangible fixed assets	**29,843**	20,750
Loss on disposal of tangible fixed assets	**18,090**	–
Audit fees (including VAT)	**7,710**	7,560
Government Grant – Job Retention Scheme Furlough grant	**(12,402)**	–

17. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021 £	2020 £
Wages and salaries	**1,035,102**	984,037
Social security costs	**87,354**	76,501
Employer contributions to pension plans	**49,725**	43,163
	1,172,181	1,103,701

The average head count of employees during the year was 53 (2020: 51). The average number of full-time equivalent employees during the year is analysed as follows:

	2021 No.	2020 No.
Number of management and administrative staff	**3**	3
Number of staff engaged on charitable activities	**39**	40
	42	43

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

18. Trustee remuneration and expenses

During the year one trustee received £431 (2020: £514) in respect of expenses reimbursed. The trustee also volunteers for the organisation, the expenses were in respect of volunteer expenses. The weekly payments were made in accordance with the volunteering policy of the organisation.

19. Transfers between funds

Net transfers detailed in note 26 relate to deficits made on certain projects during the year.

20. Tangible fixed assets

	Land and buildings £	Fixtures and fittings £	Equipment £	**Total £**
Cost				
At 1 April 2020	515,716	9,160	92,966	**617,842**
Additions	63,453	–	38,755	**102,208**
Disposals	(19,420)	–	–	**(19,420)**
At 31 March 2021	559,749	9,160	131,721	**700,630**
Depreciation				
At 1 April 2020	29,267	9,159	50,900	**89,326**
Charge for the year	10,473	–	19,370	**29,843**
Disposals	(1,330)	–	–	**(1,330)**
At 31 March 2021	38,410	9,159	70,270	**117,839**
Carrying amount				
At 31 March 2021	521,339	1	61,451	**582,791**
At 31 March 2020	486,449	1	42,066	528,516

21. Debtors

	2021 £	2020 £
Trade debtors	**74,771**	126,502
Prepayments and accrued income	**1,254**	11,157
	76,025	137,659

22. Creditors: amounts falling due within one year

	2021 £	2020 £
Bank loans and overdrafts	**12,481**	26,573
Trade creditors	**5,582**	17,860
Accruals	**32,013**	31,684
Deferred Income	**112,304**	55,000
Social security and other taxes	**17,239**	19,651
	179,619	150,768

The bank loan is secured by a fixed charge over the assets owned by the charity.

23. Deferred income

	2021 £	2020 £
At 1 April 2020	**55,000**	55,000
Amount released to income	**–**	–
Amount deferred in year	**57,304**	–
At 31 March 2021	**112,304**	55,000

24. Creditors: amounts falling due after more than one year

	2021	2020
	£	£
Bank loans and overdrafts	**286,725**	286,725

The bank loan is secured by a fixed charge over the assets owned by the charity.

25. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £49,725 (2020: £43,163).

26. Analysis of charitable funds

Unrestricted funds

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
General unrestricted	188,494	517,824	(479,424)	(226,894)	–
Designated	838,000	–	–	255,965	**1,093,965**
	1,026,494	517,824	(479,424)	29,071	**1,093,965**

The designated unrestricted funds as at 31 March 2021 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £458,906
- Repayment of mortgage £168,639
- Building of self-contained flats on an additional floor £466,420

	At 1 April 2019	Income	Expenditure	Transfers	At 31 March 2020
	£	£	£	£	£
General unrestricted	200,224	474,620	(447,404)	(38,946)	188,494
Designated	724,000	–	–	114,000	838,000
	924,224	474,620	(447,404)	75,054	1,026,494

The designated unrestricted funds as at 31 March 2020 represent unrestricted funds agreed by the charity to be held as per the following agreed by the trustees:

- Reserves policy £289,000
- Repayment of mortgage £185,000
- Building of self-contained flats on an additional floor £364,000

26. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	**At 31 March 2021 £**
Aneurin Bevan University Health Board Counselling	–	–	–	–	–
Aneurin Bevan University Health Board Information Advice & Assistance	(4,908)	5,960	(5,528)	4,476	–
Aneurin Bevan University Health Board Skills Training & Wellbeing	–	–	–	–	–
Comic Relief Piece by Piece	–	137,468	(95,724)	–	**41,744**
GAVO	–	–	–	–	–
Home Office EU Settlement Scheme	–	114,795	(146,750)	–	**(31,955)**
Mind Active Monitoring	–	36,448	(34,256)	–	**2,192**
Mind Blue Light Project	–	–	–	–	–
Mind Get Set to Go	18,542	5,450	(19,278)	–	**4,714**
Mind Cymru my generation	–	–	–	–	–
Mind Peer Support Hub Project	14,363	2,605	(12,376)	–	**4,592**
Mind Small Grants	–	–	(10,000)	9,000	**(1,000)**
Mind Whole School Approach	22,225	47,000	(41,080)	–	**28,145**
National Trust - HAPPy Project	(2,186)	19,600	(17,416)	–	**(2)**
Newport City Council - Families First	–	89,144	(91,124)	–	**(1,980)**
Newport City Council Skills, training and wellbeing	–	109,000	(114,921)	–	**(5,921)**
Newport City Council SPPG Housing	–	404,617	(360,573)	(44,044)	–
Restricted fixed assets	13,639	–	–	(3,410)	**10,229**
Paul Hamlyn	–	44,000	(46,021)	–	**(2,021)**
WCVA – VSEF Small Grant	–	85,456	(85,456)	–	–
WCVA - VSRF Small Grant	–	33,453	(33,453)	–	–
WCVA Youth	–	24,388	(29,295)	4,907	–
Welsh Government supporting EU citizens	–	–	–	–	–
	61,675	1,159,384	(1,143,251)	(29,071)	**48,737**

26. Analysis of charitable funds *(continued)*

	At 1 April 2019 £	Income £	Expenditure £	Transfers £	At 31 March 2020 £
Aneurin Bevan University Health Board Counselling	(2,166)	44,672	(44,779)	2,273	–
Aneurin Bevan University Health Board Information Advice & Assistance	994	23,841	(29,743)	–	(4,908)
Aneurin Bevan University Health Board Skills Training & Wellbeing	(6,766)	79,774	(79,774)	6,766	–
Comic Relief Piece by Piece	–	–	–	–	–
GAVO	–	800	(800)	–	–
Home Office EU Settlement Scheme	–	198,536	(190,880)	(7,656)	–
Mind Active monitoring	–	–	–	–	–
Mind Blue Light Project	–	7,000	(7,000)	–	–
Mind Cymru my generation	13,220	2,535	(2,259)	(13,496)	–
Mind Get Set to Go	–	30,850	(12,308)	–	18,542
Mind Peer Support Hub Project	16,977	28,629	(31,243)	–	14,363
Mind Small Grants	7,198	9,000	(46)	(16,152)	–
Mind Whole School Approach	5,630	137,411	(120,816)	–	22,225
National Trust -HAPPy Project	–	6,875	(9,061)	–	(2,186)
Newport City Council - Families First	–	106,093	(102,489)	(3,604)	–
Newport City Council Skills, training and wellbeing	(10,177)	109,756	(97,790)	(1,789)	–
Newport City Council SPPG Housing	17,635	361,827	(336,787)	(42,675)	–
Paul Hamlyn Trust	–	19,500	(19,500)	–	–
Restricted fixed assets	–	–	–	13,639	13,639
WCVA Volunteering in Wales	–	20,000	(16,228)	(3,772)	–
WCVA – VSEF Small Grant	–	–	–	–	–
WCVA - VSRF Small Grant	–	–	–	–	–
WCVA Youth	–	–	–	–	–
Welsh Government supporting EU citizens	–	15,000	(6,412)	(8,588)	–
	42,545	1,202,099	(1,107,915)	(75,054)	61,675

26. Analysis of charitable funds *(continued)*

Aneurin Bevan University Health Board Information Advice & Assistance
As a result of a tendering exercise Aneurin Bevan University Health Board ceased to fund Newport Mind to provide services however due to the impact of the withdrawal of services and pressure from local Authorities ABUHB agreed to fund the Information Advice and Assistance service for the first quarter of 2021.

Comic Relief Piece by Piece
A Comic Relief funded project to support young people aged 10-25 and their families who have experienced a recent trauma. We aim to support families from the LGBTQ+ community and those from a BAME background, offering one-to-one support for young people, family support, group support and creative workshops.

Home Office EU Settlement Scheme
A pan Wales project funded by the Home Office to provide support to EU residents to apply for Settled Status in the UK.

Mind Active Monitoring
A partnership between Mind Cymru and local Minds in Wales funded by the Welsh Government emergency COVID funding to provide Active Monitoring a free, six-week guided self-help programme to help people understand and feel more in control of their emotions, providing tips and tools people need to understand themselves better, and support them through the course with regular phone calls.

Mind Get Set to Go
Grant funding from Mind to deliver physical activities in the community for people with mental health problems.

Mind Peer Support Hub Project
A collaboration with Mind Cymru and three other local Minds to promote, support and provide training to organisations engaged in peer support, funded by the Welsh Government.

Mind Whole School Approach
A grant from Mind to fund a pilot of Mind's Whole School Approach to mental health programme.

National Trust - HAPPy Project
A partnership between the National Trust Tredegar House, Duffryn Community Link, Growing Space and Newport Mind to provide a programme to encourage young people to become more active using the grounds and opportunities available at Tredegar House.

Newport City Council - Families First
Newport Mind is funded to provide two FTE Family Wellbeing and Resilience workers to provide support to children, young people and families with their emotional and mental wellbeing working as an integral part of the SPACE Wellbeing panel and in partnership with a range of third sector and statutory organisations.

Newport City Council Skills, Training and Wellbeing
Funding to provide Community Wellbeing services including wellbeing groups, activity groups, peer support groups and self-management courses.

26. Analysis of charitable funds *(continued)*

Newport City Council Housing Support Grant
Funding to provide accommodation based and community based housing related support including a specialist housing related support to people from the EEA. Accommodation based support is provided to 16 tenants living in four supported houses managed by Newport Mind aiming to support tenants to achieve outcomes that build to them eventually being able to move on into the community. Community based housing related support is provided to over 170 people in their homes regardless as to tenancy or home ownership status to support them to remain in their homes and maintain their tenancies or ownership.

Paul Hamlyn
Grant funding to work with young people to promote social action and provide support for young people to engage with social action recruiting, training and supporting young people to become Wellbeing Ambassadors.

WCVA – VSEF Grant
The WCVA Voluntary Services Emergency Fund with money provided by the Welsh Government for Newport Mind to deliver person centred, one to one, mental health support to school pupils in Newport to improve mental health understanding, to provide techniques for staying well and managing transitions and to respond to increasing mental health difficulties young people are experiencing because of the impact of COVID-19.

WCVA - VSRF Grant
The WCVA Voluntary Services Recovery Fund with money provided by the Welsh Government for Newport Mind to co-produce resources, activities, interventions; provide tools, knowledge, skills; one to one support, group support, self-management courses and universal interventions for young people, teachers, parents and communities to build awareness, understanding and knowledge of mental health to create self-sustaining recovery from the impact of Covid on mental health.

27. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	**Total Funds 2020**
	£	£	**£**
Tangible fixed assets	572,562	10,229	**582,791**
Current assets	521,403	38,508	**559,911**
Net assets	1,093,965	48,737	**1,142,702**

	Unrestricted Funds	Restricted Funds	Total Funds 2020
	£	£	£
Tangible fixed assets	514,877	13,639	528,516
Current assets	511,617	48,036	559,653
Net assets	1,026,494	61,675	1,088,169

28. Analysis of changes in net debt

	At 1 Apr 2020	Cash flows	**At 31 Mar 2021**
	£	£	**£**
Cash at bank and in hand	859,487	90,743	**950,230**
Debt due within one year	(26,573)	14,092	**(12,481)**
Debt due after one year	(286,725)	–	**(286,725)**
	546,189	104,835	**651,024**

29. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2021	2020
	£	£
Not later than 1 year	**844**	844

30. Limitation of auditors liability

By way of a members' resolution dated 27 November 2020, the company has agreed to enter into a limited liability agreement with its auditors whereby their exposure to legal claims is limited to £50,000 per claim.