MIND IN THE VALE OF GLAMORGAN

England & Wales · Charity number 1066411

Details

Other names	MIND IN THE VALE
Status	Registered
Legal form	Charitable company
Company number	03180757
Registered	1997-11-28
Register	View on the Charity Commission register

Contact

Address	Mind In The Vale Of Glamorgan The Old Cadoxton Clinic 31 Barry Road Barry CF63 1BA
Phone	01446730792
Email	admin@mindinthevale.org.uk
Website	www.mindinthevale.org.uk

Activities

Objects: 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 IN THE VALE OF GLAMORGAN IN ASSOCIATION WITH MIND (THE NATIONAL ASSOCIATION FOR MENTAL HEALTH (HEREINAFTER CALLED "MIND") AND IN ACCORDANCE WITH THE AIMS AND OBJECTS OF MIND

Activities: Mental Health Charity

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities

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Geography

- **Area of benefit:** VALE OF GLAMORGAN
- Vale Of Glamorgan

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£500,162	£603,400	£289,296	14
2024-03-31	£612,209	£587,707	£315,055	12
2023-03-31	£598,038	£663,020	£290,553	16
2022-03-31	£626,858	£549,553	£355,535	17
2021-03-31	£483,846	£417,378	-	-

Trustees

Name	Role	Appointed
KEVIN CANNING	Chair	2012-06-27
CHRISTINE WINDLE		2016-06-02
Dr Kerry Doherty		2023-06-14
Dr MARTIN COLEMAN		2011-09-06
Jeremy Lewis		2023-06-13
SAMANTHA JANE REYNOLDS		

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MIND IN THE VALE OF GLAMORGAN

England & Wales - Charity number 1066411

Accounts

REGISTERED COMPANY NUMBER: 03180757 (England and Wales)
REGISTERED CHARITY NUMBER: 1066411

Report of the Trustees and

Financial Statements for the Year Ended 31 March 2025

for

Mind in the Vale of Glamorgan

BPU Limited
Chartered Accountants
Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff
CF23 8AA

Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff CF23 8AA

Registered to carry on audit work in the UK and regulated for a range of investment business activities by the Institute of Chartered Accountants in England and Wales.

bpu Chartered Accountants is a trading name of BPU Ltd Company Number 3723948 Registered in Wales.

A list of directors is available from the registered office above.

business potential unleashed

Mind in the Vale of Glamorgan

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Mind in the Vale of Glamorgan

Report of the Trustees
for the Year Ended 31 March 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: 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) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03180757 (England and Wales)

Registered Charity number

1066411

Registered office

Old Cadoxton Surgery
31 Barry Road
Barry
Vale of Glamorgan
CF63 1BA

Trustees

K Canning
Dr M Coleman
Dr K Doherty
J M Lewis
S J Reynolds
C Windle

Company Secretary

C J Chapman

Independent Examiner

John Huw Palin FCA
BPU Limited
Chartered Accountants
Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff
CF23 8AA

Company Bank

Unity Trust Bank PLC
9 Brindley place
Birmingham
B1 2HB

ANNUAL TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2025

The Trustees, also Directors of the Charity for the Companies Act, present their report and financial statements for the year ended 31st March 2025.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Mind in the Vale of Glamorgan is a charitable company limited by guarantee. As Barry Mind, it was registered as a Charity in 1977. It changed its name to Mind in the Vale of Glamorgan on 1st April 1996. The Company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. If the company is wound up, members must contribute an amount not exceeding £1.

Mind in the Vale of Glamorgan is proud to be affiliated with Mind, the national mental health charity. While we share the same values and commitment to supporting better mental health for all, we operate as an independent charity with our board of trustees, governance structures, and income generation strategies. This allows us to tailor our services to meet the specific needs of our local community while benefiting from the strength, guidance, and resources of the wider Mind network.

Recruitment and Appointment of the Management Committee

The organisation is managed by a voluntary Trustee Committee whose role is to set Mind in the Vale of Glamorgan's overall objectives and ensure that it meets its legal and moral obligations. The Trustees are responsible for Mind in the Vale of Glamorgan and its service delivery.

The Trustees are drawn from a diverse range of backgrounds, bringing together professional, commercial, and local expertise. Some members can provide a lived-experience perspective, representing a significant proportion of the Trustee Committee. The Trustees meet formally every quarter and more frequently if operational or governance issues require it.

The Trustees are responsible for the organisation's strategy and policy framework. It delegates that framework's day-to-day management and implementation to the Chief Executive Officer.

At least two trustees must be users of mental health services to ensure that the experience of people who use mental health services informs the organisation's Governance and strategic development.

No member of the Trustee Committee shall normally serve for more than five years without a one-year absence from the Committee. However, the General Meeting may decide to extend the person's membership if it so chooses.

None of the trustees received remuneration for their work as trustees, and there have been no related party transactions.

Responsibilities of the Trustees (Governance and Management)

The Charity's Trustees are legally responsible for its overall management and decision-making. The Charity employs paid staff to carry out its work, and the Trustees are responsible for monitoring and controlling their activities. The Trustees are also Directors under the Companies Act.

The Trustees are elected annually by the charity's members at the Annual General Meeting and form the Trustee Management Committee. The Committee also has designated members who carry out the roles of Chair, Vice-Chair, and Treasurer, and these positions are elected at the first Trustee meeting following the Annual General Meeting (AGM).

There can be up to 12 Trustees, of which a minimum of 2 must have lived experience of mental health problems. Up to 12 people may be co-opted to serve on the Committee.

Before the Annual General Meeting, the Charity notifies members that nominations are sought for election to the Management Committee. Those members interested in serving are invited to meet with the Chair to discuss the role in greater detail, as well as the skills required for the individual to contribute actively and effectively.

Following the Annual General Meeting, the Management Committee will consider its new composition and skill mix and address any shortcomings through advertisements and the initial co-option of interested persons. Before co-option, the would-be Trustee is invited to attend a Trustee Meeting as an observer before becoming a co-opted member.

Our Impact Report for Services Delivered 2024-2025

supported
5,983
people with mental health problems

worked with
78
volunteers across our services & shops

Our services:
- Counselling
- Day services
- Wellbeing
- Guided Self-Help
- Social Prescribing

supported
92
people into volunteering

112
people returned to work

86
people retained work

Our outcomes:

89%↑
increase in ability to manage mental health and wellbeing across all services

80%↑
increase in self-esteem across all services

131%↑
increase in wellbeing across all services

OBJECTIVES AND ACTIVITIES

Principles – How our activities deliver public benefit

The Trustees have carefully considered the Charity Commission's guidance on public benefit. Mind in the Vale of Glamorgan is an independent mental health charity affiliated with Mind nationally. We exist to support people experiencing mental health problems by providing information, guidance, and services that empower individuals to understand their rights and make informed choices.
We recognise that mental health support must be tailored to the individual. Our approach is holistic and person-centred, offering services that are accessible, adaptable, and focused on recovery. We work in partnership with other agencies to ensure the best outcomes for everyone.

We are committed to challenging stigma and discrimination, particularly as experienced by people who are marginalised within society. We aim to support individuals in achieving their goals and ambitions, regardless of their nature.

Our *Influence and Participation Policy* underpins a co-productive approach to everything we do. It ensures that people with lived experience are at the heart of planning, delivering, and shaping our services and governance. We believe that working alongside individuals as equal partners is key to providing meaningful and effective mental health support.

Anyone can refer themselves to our services by visiting our website, calling us by phone, or visiting our offices in Barry, Penarth, or Llantwit Major. We are committed to being accessible to everyone, including those who are digitally excluded.

Our Environment

We have undertaken extensive work on environmental sustainability in partnership with Michelle from Mind National's MQM Team. This collaboration has enabled us to understand better and quantify our carbon footprint, laying the groundwork for meaningful action to reduce our environmental impact. In addition to our Environmental Policy, we have developed an ongoing Carbon Reduction Plan.

The Key Objectives of Mind in the Vale of Glamorgan

Our Commitment to Recovery-Focused Mental Health Support
At the heart of our work is a commitment to delivering high-quality, person-centred services that support individuals in managing their mental health, building resilience, and living meaningful lives. Our approach is rooted in evidence-based practice, strong partnerships, and a deep understanding of the diverse needs within our community.

Person-Centred Support
We provide personalised, recovery-oriented services that empower individuals to take an active role in managing their mental health and wellbeing. Our support is tailored to each person's strengths, needs, and aspirations.

Evidence-Based Interventions
All our services are grounded in current research and best practice to ensure a recovery-focused support that meets the complex and evolving needs of those we serve.

Legislative Alignment
Our provision is fully aligned with the principles of the Social Services and Well-being (Wales) Act 2014, promoting choice, independence, and holistic support across all areas of care.

Integrated Working
We maintain strong and effective partnerships with the Vale Locality Mental Health Team, Primary Care services, and a wide range of voluntary and statutory organisations. These relationships enable us to provide seamless and coordinated support pathways.

Volunteering Pathways
We offer meaningful volunteering opportunities both within our organisation and in collaboration with external partners. These roles support personal growth, confidence, and social connection, and are facilitated by experienced, well-trained, and compassionate staff.

Lifelong Learning
We collaborate with a broad range of educational providers, including Adult Learning Wales, to deliver inclusive and accessible accredited learning opportunities. These programmes support personal development, skill-building, and community engagement, guided by our dedicated team of experienced and compassionate professionals.

Employment Retention Support
Our specialist staff provide tailored advice and practical support to help individuals experiencing mental health challenges maintain meaningful and sustainable employment.

Mindful Employer Charter
As a signatory to the Mindful Employer Charter, we are committed to creating a workplace culture that is inclusive, supportive, and responsive to the mental health needs of staff and volunteers.

Challenging Stigma and Discrimination
We are dedicated to reducing stigma and discrimination associated with mental illness through public campaigning, community engagement, and professional training programmes.

Social Prescribing
We embrace a social prescribing approach by connecting individuals with non-clinical community resources and activities that support their well-being. By harnessing the strengths of our local community, we help people build meaningful connections and improve their quality of life.

Services and significant activities

Mind in the Vale offers services that cover the Vale of Glamorgan with offices based in Barry (Central Vale), Penarth (Eastern Vale), and **Llantwit Major** (**Western Vale**). We also run a Mind Shop in Llantwit Major that promotes the organisation, generates unrestricted funds, and provides volunteering and training opportunities. Mind in the Vale is committed to supporting people to achieve the best possible outcomes by offering the following:

1. Peer Support: People participate in their recovery process by engaging in and socialising in a safe and welcoming community venue.
2. A holistic approach, providing support that looks at the whole person, not just their mental health needs.
3. Information.
4. Representation at community functions.
5. Outreach.
6. Appointments.
7. Advice.
8. Guided Self-Help from the Centre of Clinical Interventions.
9. Partnership working with Primary and Secondary care providers.
10. Social Prescribing
11. Counselling.
12. Evidence-based interventions and outcomes.
13. Complementary therapies.
14. Personal support.
15. Training.
16. Positive social circles.
17. Leisure opportunities.
18. Educational opportunities.
19. Volunteering opportunities.
20. Employment opportunities.

Mind in the Vale organises and signposts people to various community activities, courses, and groups in collaboration with multiple community partners.

Mind in the Vale of Glamorgan works with other agencies to avoid duplication.

Tier 0 Guided Self-Help (Centre of Clinical Interventions) and Social Prescribing

Referrals continue to be received from GPs and through self-referral across all three Cluster Groups within the Vale of Glamorgan: Central Vale (Barry and Sully), Eastern Vale (Dinas Powys and Penarth), and Western Vale (Rhoose, St. Athan, Llantwit Major, and Cowbridge).

The service is delivered in partnership with GPs, Cardiff and Vale Primary Mental Health Support Services (PMHSS), and the Primary Mental Health Liaison Service, ensuring safe, effective, and integrated care.

The service offers guided self-help, including weekly programs based on materials from the Centre for Clinical Interventions (CCI). These cover topics such as Assertiveness, Self-Esteem, Depression, Panic, Worry, Perfectionism, Procrastination, Social Anxiety, and Distress Tolerance. Open-access psychoeducational courses—*Stress Control* and *ACT-ion for Living* —are also available in both community settings and online.

Outcomes are measured using the Recovery Star, CORE-OM, CORE-10, and participant feedback.

Community Opportunity Day Services

Mind in the Vale of Glamorgan – Support and Partnerships
Mind in the Vale of Glamorgan welcomes self-referrals and provides support to anyone in the Vale of Glamorgan who is experiencing mental health challenges. The organisation works in partnership with voluntary, community, and statutory services to ensure individuals receive the support they need to manage and maintain their mental health and well-being.

Close collaboration with the Vale Locality Mental Health Team enables the development of care pathways for individuals who may not require secondary mental health services, supports discharge planning, and facilitates timely access to appropriate support.
Mind in the Vale of Glamorgan attends weekly Multi-Disciplinary Team (MDT) and Referral meetings with the Vale Locality Mental Health Team to support integrated, coordinated care.

The organisation offers a broad range of services, including:
- Peer Support
- Guided Self-Help
- One-to-One Support
- Group Work
- Training
- Practical and Emotional Support
- Job Retention Services
- Counselling
- Social Prescribing
- Anger Management

Mind in the Vale of Glamorgan provides a dedicated Peer Support service delivered by trained individuals with lived experience of mental health challenges. These Peer Support Workers are fully integrated into the organisation, bringing valuable insight, empathy, and understanding to their roles. Their unique perspective helps to foster trust, connection, and hope among those accessing services, and their contribution is both respected and central to the team's person-centred approach.

Outcomes are measured using tools such as the Recovery Star, CORE-OM, and CORE-10, alongside feedback forms available in both online and paper formats.

Wellbeing, Social Prescribing and Single Point of Access (Central Vale GP Cluster)

Mind in the Vale has secured funding to continue its valuable and much-needed service in the Central Vale area. The service is designed to support individuals experiencing low-level mental health challenges, including those who are socially isolated or lacking a support network.

By providing early intervention and emotional support, the service helps individuals manage their mental well-being before issues escalate. It also alleviates pressure on local GPs by offering an accessible and community-based alternative. Most referrals are self-initiated, demonstrating the service's approachability and effectiveness.

In addition to signposting and referring individuals to other relevant organisations, the service places a strong emphasis on community connection. It supports people in re-engaging with local activities, building confidence, and developing meaningful social connections, which helps reduce loneliness and fosters a sense of belonging.

Mind in the Vale is committed to ensuring that no one is left behind. In addition to online and telephone referrals, in-person referrals are available for those who are digitally excluded. The team also works with local partners to identify and support individuals who may be disconnected or hard to reach.

Whether someone needs a listening ear, support in navigating services, or help reconnecting with their community, this service offers a compassionate and reliable source of help.

Pathfinder - Fast Track (GP referrals contacted within 24 hours).

This service operates in conjunction with the Tier 0 and Social Prescribing contracts, forming a key part of our comprehensive support offer within primary care. It ensures that individuals referred by their GP are contacted within 24 hours, providing timely intervention at a critical point in their journey.

Funding has been secured to maintain and deliver this service, which has already seen significant demand, currently running at 120% uptake. This intense engagement reflects the essential nature of the support offered.

By addressing practical issues that can often exacerbate mental health challenges, such as housing, financial concerns, or social isolation, this service provides GPs with additional, much-needed capacity. It enables a swift and targeted response for patients experiencing difficulties, ensuring that these challenges are addressed as early as possible to prevent escalation and support better outcomes.

The Mind Shop – Llantwit Major

The shop in Llantwit Major plays a vital role in placing Mind in the Vale at the very heart of the community. As a visible and welcoming presence on the high street, it not only raised much-needed unrestricted funds to support our services but also served as a central hub for local information and engagement. Located in the heart of the multi-cultural Western Vale, the shop provided an excellent platform to advertise and promote the many community initiatives taking place across the region, helping to connect people from all backgrounds with the support and activities available to them.

One of the shop's greatest strengths was its ability to offer meaningful volunteering opportunities. These roles allowed individuals to develop confidence, gain valuable skills, and become part of a supportive and inclusive team environment. For many, volunteering in the shop acted as a stepping stone into wider volunteering opportunities or paid employment. All volunteers had the chance to gain formal accreditation for their roles, further enhancing their personal development and employability.

By offering these opportunities and acting as a gateway to support and information, the Llantwit Major shop enabled Mind in the Vale to be a truly embedded part of the community. It was not just a retail space, but a place where people feel connected, supported, and informed.

Counselling Service

Our Counselling Service continues to provide affordable, accessible support to individuals across the Vale of Glamorgan.

In line with BACP (British Association for Counselling and Psychotherapy) ethical guidelines, the service is delivered by a dedicated team of qualified counsellors and student counsellors on placement.

The service is fully funded by the organisation and reflects our commitment to improving mental health and emotional well-being within the local community.

Mind Quality Mark

Mind in the Vale of Glamorgan: **MQM Award Winners for Monitoring and Evaluation**

In January 2024, Mind in the Vale of Glamorgan was awarded the Mind Quality Management (MQM) accreditation—Mind's robust, values-driven quality assurance process that evaluates every aspect of a local Mind's governance, leadership, and service delivery. This recognition is strengthened by our CEO's active engagement in the national MQM Team, which provides access to expert advice, peer learning, and cutting-edge developments in the sector.

We received recognition for our strength in Monitoring and Evaluation, where the hallmarks of our approach are expertise, vision, creativity, and commitment.

Our monitoring systems are underpinned by a comprehensive database that enables us to capture and analyse a wide range of information. This includes:

- Equity, Diversity, and Inclusion (EDI)
- A person's journey through our services
- Social prescribing pathways and outcomes
- Risk management
- Robust outcome measures to assess impact and inform service development

This system supports reflective practice, ensures accountability, and places lived experience at the heart of what we do.

Building on the pioneering work of Derbyshire Mind, we also developed a bespoke reporting dashboard to provide our Board with clear and timely insights. Now used across other local Minds, this dashboard aligns with Mind's vision and values, offering a structured approach to governance and performance oversight.

The MQM framework is holistic and grounded in Mind's values. It assesses:

- Legal and regulatory compliance, including Charity Commission governance and legislative requirements
- High standards in safeguarding, people management, and financial and risk oversight
- Active involvement of people with lived experience, with reviewers speaking directly to those using services to gather their views

The standards are regularly reviewed and updated to ensure they reflect current legislation, good practice, and the evolving needs of the sector.

By successfully meeting all 24 essential standards, Mind in the Vale of Glamorgan has demonstrated its position as a well-governed, high-performing, and forward-thinking organisation, delivering exceptional mental health support to those who need it most.

Our continued involvement in the MQM network ensures we remain connected, informed, and ambitious, committed to improvement and excellence across all areas of our work.

Financial Review and Reserves Policy

The accounts show a deficit for 2025 year of £25,759 (2024 surplus £24,502) on income of £577,641 (2024 £612,209). The unrestricted reserves have decreased from £282,881 as at 1st April 2024 by £10,990 to £271,891 as at 31st March 2025. The restricted fund bought forward of £32,174 was reduced to £17,405 at 31st March 2025.

Mind in the Vale has a reserves policy of holding 3 to 6 months of annual expected expenditure to cover commitments. This equals approximately £150,850 that the Trustees aspire to hold as a minimum. At the 31st March 2025 they hold £271,891 unrestricted reserves. This equals approximately to 5.4 months of expected average expenditure. The Reserves policy is formally reviewed annually.

All involved in Mind in the Vale worked extremely hard in the 2024/25 accounting year 31st March 2025. The Trustees have made changes and reduced costs whilst maintaining the core services provided by Mind in the Vale. They have remained vigilant in regard to the financial position and have increased reserves and are happy the balance sheet remains strong in this financial year.

Risks Policy

The Trustees have reviewed the significant risks to the organisation and have risk management policies in place, which are evaluated annually.

The Trustees ensure that all our beneficiaries are treated correctly and that risks are identified and minimised appropriately.

To minimise the effect on the organisation of a funding loss, the Trustees have a reserves policy to meet possible unexpected obligations and give time to find alternative sources of funds.

PLANS FOR THE FUTURE

Like many other charities, Mind in the Vale of Glamorgan will face growing challenges over the coming years in securing the funding required to deliver high-quality services. However, we remain committed to meeting these challenges head-on. We work closely with our commissioners to develop and improve our services, and we recognise that the next few years will bring significant change—change we welcome as an opportunity for growth and innovation.

We are also committed to strengthening our connection with the communities we serve, ensuring that our services are not only aligned with the priorities of our commissioners but also truly responsive to the needs and aspirations of local people.
Key priorities for us include:

- Ensuring we can cover core costs, maximise full cost recovery across all projects and services, and identify alternative income sources.
- Maintaining an active, well-supported Management Committee with clear governance guidelines and access to ongoing training.
- Preserving a strong and resilient staffing structure capable of supporting our expanding work.
- Upholding the Mind Quality Management (MQM) systems across all areas of delivery.
- Continuing to use robust outcome measures in line with Matrix Cymru guidelines.
- Strengthening partnerships with both primary and secondary care providers to ensure a seamless experience for our service users.
- Collaborating with local colleges and Adult Learners Wales to provide accreditation opportunities for volunteers and placements.
- Delivering a high-quality, cost-effective, recovery-focused service.
- Seeking and securing new funding streams to broaden and enhance service delivery.
- Developing unrestricted income opportunities within existing services.
- Working collaboratively with all local agencies to prevent duplication and ensure coordinated, efficient service provision.
- Continuing to be innovative and resourceful in our approach to fundraising and sales, to generate unrestricted income.
- Deepening our community engagement to ensure services are inclusive, culturally appropriate, and truly reflect the diverse needs of the Vale of Glamorgan.

We remain dedicated to adapting, evolving, and responding to the needs of our community, ensuring our services remain sustainable, impactful, and accessible to all who need them.

RESPONSIBILITY OF TRUSTEES

The Trustees (who are also the directors for Company Law) are responsible for preparing financial statements for each financial year following United Kingdom Generally Accepted Accounting Practice. The financial statements are required by law to give an accurate and fair view of the state of affairs of the charity and the incoming resources and applications.

Of resources, including the income and expenditure of the company and the surplus/deficit of the charity 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 Charity SORP;
- Make judgements and 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 a going-concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for ensuring that proper accounting records are kept, which disclose, with reasonable accuracy, the financial position of the Charity at any time, and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the Charity and, therefore, taking reasonable steps to prevent and detect fraud and other irregularities.

The trustees oversee the charity website, which was set up voluntarily by a website designer and is maintained by staff members. The trustees are responsible for maintaining the integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Under Charity law, as the Trustees, we certify that:

- So far as we are aware, there is no relevant information of which the Charity's accountants are unaware, and
- As the Trustees of the Charity, we have taken all steps to make ourselves aware of any relevant information and to establish that the Charity's accountants are aware of that information.

The Trustees declare that they have approved the trustees' report (incorporating the directors' report) above.

Signed on behalf of the charity's trustees/directors on 4th December 2025

Kevin Canning
Chair

K Canning

Caroline Chapman
CEO

C. Chapman

bpu Chartered Accountants

Independent examiner's report to the trustees of Mind in the Vale of Glamorgan ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

John Huw Palin FCA
The Institute of Chartered Accountants in England and Wales

BPU Limited
Chartered Accountants

Date: 4 December 2025

Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff CF23 8AA

Registered to carry on audit work in the UK and regulated for a range of investment business activities by the Institute of Chartered Accountants in England and Wales.

bpu Chartered Accountants is a trading name of BPU Ltd Company Number 3723948 Registered in Wales.

A list of directors is available from the registered office above.

Mind in the Vale of Glamorgan

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2025

	Notes	Unrestricted fund £	Restricted funds £	**2025 Total funds £**	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	**7,371**	**1,787**	**9,158**	21,850
Charitable activities	4				
Charitable activities		**12,530**	**487,632**	**500,162**	502,682
Other trading activities	3	**65,463**	**2,858**	**68,321**	87,677
Total		**85,364**	**492,277**	**577,641**	612,209
EXPENDITURE ON					
Raising funds	5	**630**	**554**	**1,184**	1,464
Charitable activities	6				
Other trading activities		**18,979**	**-**	**18,979**	18,178
Charitable activities		**3,460**	**579,777**	**583,237**	568,065
Total		**23,069**	**580,331**	**603,400**	587,707
NET INCOME/(EXPENDITURE)		**62,295**	**(88,054)**	**(25,759)**	24,502
Transfers between funds	18	**(73,285)**	**73,285**	**-**	-
Net movement in funds		**(10,990)**	**(14,769)**	**(25,759)**	24,502
RECONCILIATION OF FUNDS					
Total funds brought forward		**282,881**	**32,174**	**315,055**	290,553
TOTAL FUNDS CARRIED FORWARD		**271,891**	**17,405**	**289,296**	315,055

The notes form part of these financial statements

Mind in the Vale of Glamorgan

Balance Sheet
31 March 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Tangible assets	14	**24,152**	26,711
CURRENT ASSETS			
Debtors	15	**66,467**	30,242
Cash at bank		**217,503**	286,586
		283,970	316,828
CREDITORS			
Amounts falling due within one year	16	**(18,826)**	(28,484)
NET CURRENT ASSETS		**265,144**	288,344
TOTAL ASSETS LESS CURRENT LIABILITIES		**289,296**	315,055
NET ASSETS		**289,296**	315,055
FUNDS	18		
Unrestricted funds		**271,891**	282,881
Restricted funds		**17,405**	32,174
TOTAL FUNDS		**289,296**	315,055

The notes form part of these financial statements

continued...

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 4 December 2025 and were signed on its behalf by:

K Canning - Trustee

Mind in the Vale of Glamorgan

Cash Flow Statement
for the Year Ended 31 March 2025

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	**(60,613)**	24,112
Net cash (used in)/provided by operating activities		**(60,613)**	24,112
Cash flows from investing activities			
Purchase of tangible fixed assets		**(8,470)**	(1,822)
Net cash used in investing activities		**(8,470)**	(1,822)
Change in cash and cash equivalents in the reporting period		**(69,083)**	22,290
Cash and cash equivalents at the beginning of the reporting period		**286,586**	264,296
Cash and cash equivalents at the end of the reporting period		**217,503**	286,586

The notes form part of these financial statements

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025	2024
	£	£
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	**(25,759)**	24,502
Adjustments for:		
Depreciation charges	**11,029**	11,322
Loss on disposal of fixed assets	**-**	96
Increase in debtors	**(36,225)**	(26,979)
(Decrease)/increase in creditors	**(9,658)**	15,171
Net cash (used in)/provided by operations	**(60,613)**	24,112

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/24	Cash flow	**At 31/3/25**
	£	**£**	**£**
Net cash			
Cash at bank	**286,586**	**(69,083)**	**217,503**
	286,586	**(69,083)**	**217,503**
Total	**286,586**	**(69,083)**	**217,503**

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: 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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

The following specific policies are applied to particular categories of income:

i) Voluntary income is received by way of donations and membership fees and is included in accounts when receivable.

ii) Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant which will normally be when the grant is actually received. Grants, where related to the performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Deferred income represents grant monies received for future periods and released to incoming resources in the period to which it relates.

iii) Trading income is included when receivable.

iv) Donated services and facilities are included at the value to the charity where this can be quantified and are material.

v) Investment income and all other income is recognised when receivable.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets
Amortisation is provided on intangible fixed assets at rates calculated to write off the cost of each asset over its estimated useful life. Assets are originally included at cost and amortised over three years on a straight line basis.

continued...

1. ACCOUNTING POLICIES - continued

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Property improvement	-	25% straight line
Equipment	-	25% straight line
Computer equipment	-	25% straight line

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	**9,158**	21,850

3. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Sale of goods and services - Barry shop	**-**	8,595
Sale of goods and services - Food & other	**2,858**	3,303
Sale of goods and services - Western Vale shop	**64,771**	73,779
Other income - Training	**692**	2,000
	68,321	87,677

continued...

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2025	2024
		£	£
Grants	Charitable activities	**487,632**	490,779
Counselling services	Charitable activities	**12,530**	11,903
		500,162	502,682

Grants received, included in the above, are as follows:

	2025	2024
	£	£
Cardiff & Vale University Health Board	**179,425**	179,425
Vale of Glamorgan Council - Barry	**69,588**	67,496
Vale of Glamorgan Council - Western Vale	**37,436**	36,310
Cardiff & Vale UHB - Tier Zero GP Cluster	**118,390**	118,390
Cardiff & Vale UHB & C.V. GP Cluster	**42,000**	42,000
Active Monitoring	**-**	47,158
Side by Side	**33,174**	-
Mind Hardship Fund	**7,619**	-
	487,632	490,779

5. RAISING FUNDS

Raising donations and legacies

	2025	2024
	£	£
Fundraising costs	**1,184**	1,464

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7)	Support costs (see note 8)	Totals
	£	£	£
Other trading activities	**1,250**	**17,729**	**18,979**
Charitable activities	**466,440**	**116,797**	**583,237**
	467,690	**134,526**	**602,216**

continued...

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2025	2024
	£	£
Staff costs	**441,020**	409,620
Recruitment costs	**937**	920
Supervision	**7,744**	6,767
Staff training	**8,583**	20,197
Staff travel expenses	**3,529**	1,525
Volunteer expenses	**1,952**	1,917
Business stock	**3,925**	4,054
	467,690	445,000

8. SUPPORT COSTS

	Other	Governance costs	Totals
	£	£	£
Other trading activities	**17,729**	-	**17,729**
Charitable activities	**108,151**	**8,646**	**116,797**
	125,880	**8,646**	**134,526**

Support costs, included in the above, are as follows:

	Other trading activities	Charitable activities	2025 Total activities	2024 Total activities
	£	£	£	£
Rates and water	**2,192**	**161**	**2,353**	**(529)**
Insurance	**-**	**11,537**	**11,537**	**9,312**
Light and heat	**1,109**	**8,284**	**9,393**	**11,651**
Telephone	**49**	**24,239**	**24,288**	**22,248**
Postage and stationery	**182**	**4,727**	**4,909**	**8,829**
Rent & room hire	**9,006**	**27,983**	**36,989**	**43,445**
Affiliation fees & subscriptio ns	**-**	**2,378**	**2,378**	**2,964**
Repairs & maintenance	**1,741**	**4,502**	**6,243**	**11,459**
Motor expenses	**-**	**-**	**-**	**732**
Cleaning & PPE	**3,098**	**1,831**	**4,929**	**2,007**
Publicity & sponsorship	**-**	**236**	**236**	**1,342**
Entertaining	**-**	**883**	**883**	**1,176**
Sundry expenses	**352**	**1,354**	**1,706**	**1,939**
Computer expenses	**-**	**8,972**	**8,972**	**2,246**
Interest Paid	**-**	**35**	**35**	**-**
Amortisation of intangible fixed assets	**-**	**-**	**-**	**472**
Carried forward	**17,729**	**97,122**	**114,851**	**119,293**

continued...

8. SUPPORT COSTS - continued

	Other trading activities	Charitable activities	**2025** Total activities	2024 Total activities
	£	£	£	£
Brought forward	**17,729**	**97,122**	**114,851**	**119,293**
Depreciation of tangible fixed assets	**-**	**11,029**	**11,029**	**10,850**
Loss on sale of tangible fixed assets	**-**	**-**	**-**	**96**
Wages	**-**	**-**	**-**	**925**
Auditors' remuneration	**-**	**3,790**	**3,790**	**3,651**
AGM expenses	**-**	**387**	**387**	**-**
Legal and professional fees	**-**	**4,469**	**4,469**	**6,428**
	17,729	**116,797**	**134,526**	**141,243**

9. NET INCOME/(EXPENDITURE)

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

	2025	2024
	£	£
Auditors' remuneration	**3,790**	3,651
Depreciation - owned assets	**11,029**	10,850
Deficit on disposal of fixed assets	**-**	96
Website amortisation	**-**	472

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

continued...

11. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	**397,269**	372,287
Social security costs	**32,567**	28,085
Other pension costs	**11,184**	10,173
	441,020	410,545

The average monthly number of employees during the year was as follows:

	2025	2024
Charitable activities	**13**	12
Governance costs	**1**	1
	14	13

No employees received emoluments in excess of £60,000.

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	21,853	-	21,853
Charitable activities			
Charitable activities	11,903	490,776	502,679
Other trading activities	87,677	-	87,677
Total	121,433	490,776	612,209
EXPENDITURE ON			
Raising funds	1,464	-	1,464
Charitable activities			
Other trading activities	18,178	-	18,178
Charitable activities	68,024	500,041	568,065
Total	87,666	500,041	587,707
NET INCOME/(EXPENDITURE)	33,767	(9,265)	24,502
Transfers between funds	(17,692)	17,692	-
Net movement in funds	16,075	8,427	24,502

continued...

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	266,806	23,747	290,553
TOTAL FUNDS CARRIED FORWARD	282,881	32,174	315,055

13. INTANGIBLE FIXED ASSETS

	Website £
COST	
At 1 April 2024 and 31 March 2025	**3,785**
AMORTISATION	
At 1 April 2024 and 31 March 2025	**3,785**
NET BOOK VALUE	
At 31 March 2025	-
At 31 March 2024	-

14. TANGIBLE FIXED ASSETS

	Improvements to property £	Equipment £	Motor vehicles £	Computer equipment £	Totals £
COST					
At 1 April 2024	-	**29,016**	**4,701**	**56,763**	**90,480**
Additions	**8,026**	-	-	**444**	**8,470**
At 31 March 2025	**8,026**	**29,016**	**4,701**	**57,207**	**98,950**
DEPRECIATION					
At 1 April 2024	-	**25,192**	**4,701**	**33,876**	**63,769**
Charge for year	**1,473**	**1,287**	-	**8,269**	**11,029**
At 31 March 2025	**1,473**	**26,479**	**4,701**	**42,145**	**74,798**
NET BOOK VALUE					
At 31 March 2025	**6,553**	**2,537**	-	**15,062**	**24,152**
At 31 March 2024	-	3,824	-	22,887	26,711

continued...

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade debtors	60,912	20
Other debtors	1,284	25,951
Prepayments	4,271	4,271
	66,467	30,242

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	13,275	14,222
Other creditors	2,351	8,184
Accruals and deferred income	3,200	6,078
	18,826	28,484

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund	Restricted funds	2025 Total funds	2024 Total funds
	£	£	£	£
Fixed assets	7,813	16,339	24,152	26,711
Current assets/(liabilities)	264,078	1,066	265,144	288,344
	271,891	17,405	289,296	315,055

continued...

18. MOVEMENT IN FUNDS

	At 1/4/24 £	Net movement in funds £	Transfers between funds £	At 31/3/25 £
Unrestricted funds				
General fund	**282,881**	**62,295**	**(73,285)**	**271,891**
Restricted funds				
Day Services	**20,280**	**(98,620)**	**91,731**	**13,391**
GP Centred	**4,364**	**(1,964)**	**406**	**2,806**
Active Monitoring	**7,530**	**(411)**	**(6,975)**	**144**
Side by Side	**-**	**11,877**	**(11,877)**	**-**
Mind Hardship Fund	**-**	**1,064**	**-**	**1,064**
	32,174	**(88,054)**	**73,285**	**17,405**
TOTAL FUNDS	**315,055**	**(25,759)**	**-**	**289,296**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**85,363**	**(23,069)**	**62,295**
Restricted funds			
Day Services	**291,095**	**(389,715)**	**(98,620)**
GP Centred	**160,389**	**(162,353)**	**(1,964)**
Active Monitoring	**-**	**(411)**	**(411)**
Side by Side	**33,174**	**(21,297)**	**11,877**
Mind Hardship Fund	**7,619**	**(6,555)**	**1,064**
	492,277	**(580,331)**	**(88,054)**
TOTAL FUNDS	**577,641**	**(603,400)**	**(25,759)**

Mind in the Vale used their own unrestricted reserves as a contribution towards the running costs of the Day services and GP Centred projects.

continued...

18. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
Unrestricted funds				
General fund	266,806	33,767	(17,692)	282,881
Restricted funds				
Day Services	17,502	(11,721)	14,499	20,280
GP Centred	4,334	(3,163)	3,193	4,364
Waterloo foundation	472	(472)	-	-
Mind National - Equipment	1,139	(1,139)	-	-
Active Monitoring	300	7,230	-	7,530
	23,747	(9,265)	17,692	32,174
TOTAL FUNDS	290,553	24,502	-	315,055

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	121,433	(87,666)	33,767
Restricted funds			
Day Services	283,230	(294,951)	(11,721)
GP Centred	160,389	(163,552)	(3,163)
Waterloo foundation	-	(472)	(472)
Mind National - Equipment	-	(1,139)	(1,139)
Active Monitoring	47,157	(39,927)	7,230
	490,776	(500,041)	(9,265)
TOTAL FUNDS	612,209	(587,707)	24,502

continued...

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/25 £
Unrestricted funds				
General fund	266,806	96,062	(90,977)	271,891
Restricted funds				
Day Services	17,502	(110,341)	106,230	13,391
GP Centred	4,334	(5,127)	3,599	2,806
Waterloo foundation	472	(472)	-	-
Mind National - Equipment	1,139	(1,139)	-	-
Active Monitoring	300	6,819	(6,975)	144
Side by Side	-	11,877	(11,877)	-
Mind Hardship Fund	-	1,064	-	1,064
	23,747	(97,319)	90,977	17,405
TOTAL FUNDS	290,553	(1,257)	-	289,296

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	206,797	(110,735)	96,062
Restricted funds			
Day Services	574,325	(684,666)	(110,341)
GP Centred	320,778	(325,905)	(5,127)
Waterloo foundation	-	(472)	(472)
Mind National - Equipment	-	(1,139)	(1,139)
Active Monitoring	47,157	(40,338)	6,819
Side by Side	33,174	(21,297)	11,877
Mind Hardship Fund	7,619	(6,555)	1,064
	983,053	(1,080,372)	(97,319)
TOTAL FUNDS	1,189,850	(1,191,107)	(1,257)

continued...

19. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

Mind in the Vale of Glamorgan

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	**9,158**	21,850
Other trading activities		
Sale of goods and services - Barry shop	**-**	8,595
Sale of goods and services - Food & other	**2,858**	3,303
Sale of goods and services - Western Vale shop	**64,771**	73,779
Other income - Training	**692**	2,000
	68,321	87,677
Charitable activities		
Grants	**487,632**	490,779
Counselling services	**12,530**	11,903
	500,162	502,682
Total incoming resources	**577,641**	612,209
EXPENDITURE		
Raising donations and legacies		
Fundraising costs	**1,184**	1,464
Charitable activities		
Wages	**397,269**	371,362
Social security	**32,567**	28,085
Pensions	**11,184**	10,173
Recruitment costs	**937**	920
Supervision	**7,744**	6,767
Staff training	**8,583**	20,197
Staff travel expenses	**3,529**	1,525
Volunteer expenses	**1,952**	1,917
Business stock	**3,925**	4,054
	467,690	445,000

Mind in the Vale of Glamorgan

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	2025 £	2024 £
Support costs		
Other		
Rates and water	**2,353**	(529)
Insurance	**11,537**	9,312
Light and heat	**9,393**	11,651
Telephone	**24,288**	22,248
Postage and stationery	**4,909**	8,829
Rent & room hire	**36,989**	43,445
Affiliation fees & subscriptions	**2,378**	2,964
Repairs & maintenance	**6,243**	11,459
Motor expenses	**-**	732
Cleaning & PPE	**4,929**	2,007
Publicity & sponsorship	**236**	1,342
Entertaining	**883**	1,176
Sundry expenses	**1,706**	1,939
Computer expenses	**8,972**	2,246
Interest Paid	**35**	-
Amortisation of intangible fixed assets	**-**	472
Depreciation of tangible fixed assets	**11,029**	10,850
Loss on sale of tangible fixed assets	**-**	96
	125,880	130,239
Governance costs		
Wages	**-**	925
Auditors' remuneration	**3,790**	3,651
AGM expenses	**387**	-
Legal and professional fees	**4,469**	6,428
	8,646	11,004
Total resources expended	**603,400**	587,707
Net (expenditure)/income	**(25,759)**	24,502

MIND IN THE VALE OF GLAMORGAN

England & Wales - Charity number 1066411

Accounts

REGISTERED COMPANY NUMBER: 03180757 (England and Wales)
REGISTERED CHARITY NUMBER: 1066411

Report of the Trustees and

Financial Statements for the Year Ended 31 March 2024

for

Mind in the Vale of Glamorgan

BPU Limited
Chartered Accountants
Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff
CF23 8AA

bpu Chartered Accountants

Registered Office

Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff CF23 8AA

T: (029) 2073 4100
E: bpu@bpuaccountants.co.uk
W: www.bpuaccountants.co.uk

Directors

Andrew Miller, FCA
Huw Palin, FCA
Nick Toye, FCA
Martin Knight, CTA

Associates

Anthony Roblin, FCA

Registered to carry on audit work in the UK and regulated for a range of investment business activities by the Institute of Chartered Accountants in England and Wales.

bpu Chartered Accountants is a trading name of BPU Ltd Company Number 3723948 Registered in Wales.

ICAEW CHARTERED ACCOUNTANTS

business potential unleashed

Mind in the Vale of Glamorgan

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for the Year Ended 31 March 2024

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Mind in the Vale of Glamorgan

Report of the Trustees
for the Year Ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: 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) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03180757 (England and Wales)

Registered Charity number

1066411

Registered office

Old Cadoxton Surgery
31 Barry Road
Barry
Vale of Glamorgan
CF63 1BA

Trustees

K Canning
Dr M Coleman
Dr K Doherty – appointed 14/05/2023
J M Lewis – appointed 13/06/2023
S J Reynolds
C Windle

Company Secretary

C J Chapman

Independent Examiner

John Huw Palin FCA
BPU Limited
Chartered Accountants
Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff
CF23 8AA

Company Bank

Unity Trust Bank PLC
9 Brindley Place
Birmingham
B1 2HB

mind in the Vale of Glamorgan

ANNUAL TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2024

The Trustees, also Directors of the Charity for the Companies Act, present their report and financial statements for the year ended 31st March 2024.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Mind in the Vale of Glamorgan is a charitable company limited by guarantee. As Barry Mind, it was registered as a Charity in 1977. It changed its name to Mind in the Vale of Glamorgan on 1st April 1996. The Company was established under a Memorandum of Association, which established the objects of powers of the charitable company and is governed under its Articles of Association. If the company is wound up, members must contribute an amount not exceeding £1.

Mind in the Vale of Glamorgan is affiliated with Mind, the national mental health charity.

Recruitment and Appointment of Management Committee

The organisation is managed by a voluntary Trustee Committee whose role is to set Mind in the Vale of Glamorgan's overall objectives and ensure that it meets its legal and moral obligations. The Trustees are responsible for Mind in the Vale of Glamorgan and its service delivery.

The Trustees are drawn from a wide background, bringing together professional, commercial, and local experience. Some members can provide a lived-experience perspective, representing a significant proportion of the Trustee Committee. The Trustees meet formally every two months and more frequently if operational or governance issues require it.

The Trustees are responsible for the organisation's strategy and policy framework. It delegates that framework's day-to-day management and implementation to the Chief Executive Officer.

At least two trustees must be users of mental health services to ensure that the experience of people who use mental health services informs the organisation's Governance and strategic development.

No member of the Trustee Committee shall normally serve for more than five years without one year's absence from the Committee. However, the General Meeting may decide to extend the person's membership if it so chooses.

None of the trustees received remuneration for their work as trustees, and there have been no related party transactions.

Responsibilities of the Trustees (Governance and Management)

The Charity's Trustees are legally responsible for its overall management and decision-making. The Charity employs paid staff to carry out its work, and the Trustees are responsible for monitoring and controlling their activities. The Trustees are also Directors under the Companies Act.

The Trustees are elected annually by the charity's members at the Annual General Meeting and form the Trustee Management Committee. The Committee also has designated members who carry out the roles of Chair, Vice-Chair, and Treasurer, and these are elected at the first Trustee meeting after the AGM.

There can be up to 12 Trustees, of which a minimum of 2 must have lived experience of mental health problems. Up to 12 people may be co-opted to serve on the Committee.

Before the Annual General Meeting, the Charity notifies members that nominations are sought for election to the Management Committee. Those members interested in serving are invited to meet with the Chair to discuss the role in greater detail and also which skills are needed for the individual to contribute actively and effectively.

Following the Annual General Meeting, the Management Committee will consider its new composition and skill mix and redress any shortcomings via advertisement and initial co-option of interested persons. Before co-option, the would-be Trustee is invited to attend a Trustee Meeting as an observer before becoming a co-opted member.

Our Impact Report for Services Delivered 2023-2024

SUPPORTED
7137
PEOPLE WITH MENTAL HEALTH PROBLEMS

85
VOLUNTEERS

OUR SERVICES
- COUNSELLING
- DAY SERVICES
- WELLBEING
- GUIDED SELF-HELP
- SOCIAL PRESCRIBING

SUPPORTED
86
PEOPLE INTO VOLUNTEERING

103
PEOPLE RETURNED TO WORK

79
PEOPLE RETAINED THEIR EMPLOYMENT

Our outcomes

94%
IMPROVMENT IN MANAGING MENTAL HEALTH

117%
INCREASE IN SELF-ESTEEM

124%
INCREASE IN WELLBEING

OBJECTIVES AND ACTIVITIES

Principles – How our activities deliver public benefit

The Trustees have considered the Charity Commission's guidance on public benefit. Mind in the Vale of Glamorgan is an independent mental health charity affiliated with Mind National. We work with and for people who experience mental health problems. We provide information so people know their rights and can make informed choices.

We believe that one size doesn't fit all. We offer a holistic, person-centred service, working in partnership with all agencies for the individual's benefit.

We aim to provide accessible, adaptable, person-centered, and recovery-focused services. People who access our services should be actively involved in planning and delivering them.

To challenge stigma and discrimination experienced by people who are marginalised by society. To assist people to achieve their goals and ambitions

Our Influence and Participation Policy ensures the co-production of our service planning, delivery, and governance forums and encourages us to work alongside staff as partners in our service delivery.

Anyone can self-refer to our services online, by telephone, or by visiting our offices in Barry, Penarth, or Llantwit Major.

The Key Objectives of Mind in the Vale of Glamorgan

- Person-centred provision: to promote the individual's recovery from mental illness and to develop their resilience to manage their mental health and wellbeing.
- Provide evidence-based interventions to meet the needs of people with mental illness and ensure a recovery-focused service provision.
- Provide a support model per the Social Care and Wellbeing Act 2014".
- Continue maintaining solid links and referral arrangements with the Vale Locality Mental Health Team, Primary Care, Voluntary and Statutory Organisations.
- Provide voluntary opportunities within the organisation and with external voluntary services.
- Provide educational opportunities by working in partnership with Adult Learning Wales, offering accredited courses within the community.
- Provide support with job retention; two experienced staff members offer support and advice for people with mental health problems to maintain employment.
- We are a 'Mindful Employer,' a charter for optimistic employees about mental health.
- To continue to challenge discrimination and stigma through campaigning and training.

Services and significant activities

Mind in the Vale offers services that cover the Vale of Glamorgan with offices based in Barry (Central Vale), Penarth (Eastern Vale), and **Llantwit Major (Western Vale)**. We also run a Mind Shop in Llantwit Major that promotes the organisation, generates funds, and provides volunteering and training opportunities. Mind in the Vale is committed to supporting people to achieve the best possible outcomes by offering the following:

1. Peer Support, people participate in their recovery process by engaging and socialising in a safe and welcoming community venue.
2. A holistic approach, providing support that looks at the whole person, not just their mental health needs.
3. Information.
4. Representation at community functions.
5. Outreach.
6. Appointments.
7. Advice.
8. Guided Self-Help from the Centre of Clinical Interventions.
9. Partnership working with Primary and Secondary care providers.
10. Social Prescribing.
11. Counselling
12. Evidence-based interventions and outcomes.
13. Complimentary therapies.
14. Personal support.
15. Training.
16. Positive social circles.
17. Leisure opportunities.
18. Educational opportunities.
19. Volunteering opportunities.
20. Employment opportunities.

Mind in the Vale organises and signposts people to various community activities, courses, and groups in collaboration with multiple community partners.

Mind in the Vale of Glamorgan works with other agencies to avoid duplication.

Guided Self-Help (Centre of Clinical Interventions) and Social Prescribing

We continue to receive referrals from GPs or self-referrals in all three Cluster Groups within the Vale of Glamorgan – Central Vale (Barry & Sully), Eastern Vale (Dinas Powys & Penarth), and Western Vale (Rhoose, St. Athan, Llantwit Major and Cowbridge).

This contract partners with GPs, PMHSS (Cardiff & Vale Primary Mental Health Support Services), and the Cardiff & Vale Primary Mental Health Liaison Service to ensure seamless, safe, and effective service delivery.

Working closely with the Vale Locality Mental Health Team ensures pathways for patients who may not need secondary care, ensuring available help, and working with discharge planning.

We offer guided self-help and CCIs (Centre of Clinical Interventions) for a period of 6 – 8-week courses of guided self-help sessions. The CCIs cover Assertiveness, Self Esteem, Depression, Panic, Worry, Perfectionism, Procrastination, Social Anxiety and Distress Intolerance. We also provide open-access psycho-education courses - Stress Control and ACTivate Your Life- in community venues and online.

The success of this service is measured using the Recovery Star, COREOM, CORE10, and Feedback.

Community Opportunity Day Services

We welcome self-referrals and offer support to anyone in the Vale of Glamorgan who is struggling with mental health. We continue to partner with voluntary, community, and statutory services. Partnership and multi-agency working ensure support is put in place to manage and maintain mental health and well-being.

Mind in the Vale of Glamorgan attend weekly MDT and Referral meetings at the Vale Locality Mental Health Team.

- Peer Support
- Guided Self Help
- One to One support
- Group Work
- Training
- Practical and Emotional Support
- Job Retention
- Counselling

The outcome measures we use are Recovery Star, COREOM, CORE10 and Feedback Forms.

Wellbeing, Social Prescribing and Single Point of Access (Central Vale GP Cluster)

Mind in the Vale has secured funding to continue this valuable, much-needed service in Central Vale. This service, which mainly relies on self-referrals, frees up valuable time for GPs. Referrals can be made online using our website, telephone, and drop-in for digitally excluded people.

Pathfinder - Fast Track (GP referrals contacted within 24 hours).

This service ensures people are contacted within 24 hours of a GP referral. Funding has been secured for this service, and uptake is 120%. Again, this service offers GPs extra support with patients experiencing difficulties with practical issues that must be addressed as early as possible.

The Mind Shop – Llantwit Major

The shop offered volunteering opportunities and was a valuable source of unrestricted funds. Volunteering opportunities can act as a stepping stone into external volunteering or employment. All volunteers have a chance to receive accreditation for their roles. It also enables Mind in the Vale to be part of a community, offering valuable information to members of the public.

Mind Quality Mark

This includes Mind's vision and values. The MQM uses a holistic framework bespoke to the Mind family. It is rooted in Mind's values.

It assesses legal and regulatory compliance. The MQM includes the Charity Commission's governance, legal requirements, and other legislative obligations. The standards include good safeguarding practices, people management, and financial and risk management.

It includes the voices of lived experience. People who've used mental health services are a crucial part of the review team and process, and reviewers speak with people using an organisation's services to find out their views.

The standards are periodically updated to ensure they remain appropriate and relevant, reflect good practice, and account for changes in law and charity governance.

Mind in the Vale of Glamorgan was awarded the Mind Quality Management (MQM) in January 2024. The MQM is a robust quality assurance framework created by Mind, the mental health charity.

MQM sets the baseline of best practice and legal compliance in all areas of a local Mind's governance and activities. To achieve the MQM, Mind in the Vale successfully met all 24 essential standards.

The MQM assures that local Minds across England and Wales are well-run organisations that meet Mind's expectations of good practice and, in many cases, excel beyond those expectations. It assures that they are healthy, ambitious, and strong in providing the highest quality support to people experiencing or at risk of developing mental health problems.

Mind in the Vale of Glamorgan benefits from our CEO's membership in the MQM Team. This allows us to work with a knowledgeable and skilled team and receive excellent training and advice.

Financial Review and Reserves Policy

The accounts show a surplus for 2024 of £24,502 (2023 deficit £64,982) on income of £612,209 (2023 £598,038). The unrestricted reserves have increased from £266,806 as at 1st April 2023 by £16,075 to £282,881 as at 31st March 2024. The restricted fund brought forward of £23,747 was increased to £32,174 at 31st March 2024.

Mind in the Vale has a reserves policy of holding 3 to 6 months of annual expected expenditure to cover commitments. This equals approximately £146,927 that the Trustees aspire to hold as a minimum. At the 31st March 2024 they hold £282,881 unrestricted reserves. This equals approximately to 5.8 months of expected average expenditure. The Reserves policy is formally reviewed annually.

All involved in Mind in the Vale worked extremely hard in the 2023/24 accounting year 31st March 2024. The Trustees have made changes and reduced costs whilst maintaining the core services provided by Mind in the Vale. They have remained vigilant in regard to the financial position and have increased reserves and are happy the balance sheet remains strong in this financial year.

Risks Policy

The Trustees have reviewed the significant risks to the organisation and have risk management policies in place, which are evaluated annually.

The Trustees ensure all our beneficiaries are dealt with properly and risks are identified and minimised appropriately.

To minimise the effect on the organisation of a funding loss, the Trustees have a reserves policy to meet possible unexpected obligations and give time to find alternative sources of funds.

PLANS FOR THE FUTURE

Like many other charities, Mind in the Vale of Glamorgan will face mounting challenges over the coming years in continuing to attract funding to provide quality services.

Of significant importance are:

- The ability to cover core costs, maximise full cost recovery of projects and services, and look towards alternative income sources.
- The ability to maintain an active Management Committee with clear guidelines and training and to ensure a robust staffing structure to support the charity's work.
- Maintain Mind Quality Management systems.
- Continue to use robust Outcome Measures in line with Matrix Cymru guidelines.
- Continue to work closely and in partnership with primary and secondary providers to ensure a seamless service for all beneficiaries.
- To continue collaborating with local colleges and Adult Learners Wales to offer accreditation to all volunteers and placements.

- To maintain a high quality, cost-effective, recovery-focused service delivery.
- To access other funding streams to enhance our service delivery.
- To develop unrestricted funding streams within our current service delivery.
- To continue working collaboratively with all agencies within the Vale of Glamorgan to avoid duplication and ensure a seamless service.
- Continue to be creative with fundraising and sales to ensure unrestricted income is available.

RESPONSIBILITY OF TRUSTEES

The Trustees (who are also the directors for Company Law) are responsible for preparing financial statements for each financial year following United Kingdom Generally Accepted Accounting Practice. The financial statements are required by law to give an accurate and fair view of the state of affairs of the charity and the incoming resources and application

Of resources, including the income and expenditure of the company and the surplus/deficit of the charity 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 Charity SORP;
- Make judgements and 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 company will continue in business.

The Trustees are responsible for ensuring proper accounting records are kept which disclose with reasonable accuracy at any time the financial position of the Charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the Charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees oversee the charity website, which was set up voluntarily by a website designer and maintained by staff members. The trustees are responsible for maintaining the integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Under Charity law, as the Trustees, we certify that:

- So far as we are aware, there is no relevant information of which the Charity's accountants are unaware, **and**
- As the Trustees of the Charity, we have taken all steps to make ourselves aware of any relevant information and to establish that the Charity's accountants are aware of that information.

The Trustees declare that they have approved the trustees' report (incorporating the directors' report) above.

Signed on behalf of the charity's trustees/directors on 29th November 2024.

.....

Kevin Canning
Chair

.....

Caroline Chapman
CEO

Independent examiner's report to the trustees of Mind in the Vale of Glamorgan ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

John Huw Palin FCA
ICAEW

BPU Limited
Chartered Accountants

Date: 29th November 2024.

bpu Chartered Accountants

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Directors

Andrew Miller, FCA
Huw Palin, FCA
Nick Toye, FCA
Martin Knight, CTA

Associates

Anthony Roblin, FCA

Registered to carry on audit work in the UK and regulated for a range of investment business activities by the Institute of Chartered Accountants in England and Wales.

bpu Chartered Accountants is a trading name of BPU Ltd Company Number 3723948 Registered in Wales.

ICAEW CHARTERED ACCOUNTANTS

Mind in the Vale of Glamorgan

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2024

	Notes	Unrestricted fund £	Restricted funds £	**2024 Total funds £**	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	**21,853**	**-**	**21,853**	21,075
Charitable activities	4				
Charitable activities		**11,903**	**490,776**	**502,679**	476,891
Other trading activities	3	**87,677**	**-**	**87,677**	100,072
Total		**121,433**	**490,776**	**612,209**	598,038
EXPENDITURE ON					
Raising funds	5	**1,464**	**-**	**1,464**	1,383
Charitable activities	6				
Other trading activities		**18,178**	**-**	**18,178**	30,439
Charitable activities		**68,024**	**500,041**	**568,065**	631,198
Total		**87,666**	**500,041**	**587,707**	663,020
NET INCOME/(EXPENDITURE)		**33,767**	**(9,265)**	**24,502**	(64,982)
Transfers between funds	18	**(17,692)**	**17,692**	**-**	-
Net movement in funds		**16,075**	**8,427**	**24,502**	(64,982)
RECONCILIATION OF FUNDS					
Total funds brought forward		**266,806**	**23,747**	**290,553**	355,535
TOTAL FUNDS CARRIED FORWARD		**282,881**	**32,174**	**315,055**	290,553

The notes form part of these financial statements

Mind in the Vale of Glamorgan

Balance Sheet
31 March 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Intangible assets	13	-	472
Tangible assets	14	**26,711**	35,835
		26,711	36,307
CURRENT ASSETS			
Debtors	15	**30,242**	3,263
Cash at bank		**286,586**	264,296
		316,828	267,559
CREDITORS			
Amounts falling due within one year	16	**(28,484)**	(13,313)
NET CURRENT ASSETS		**288,344**	254,246
TOTAL ASSETS LESS CURRENT LIABILITIES		**315,055**	290,553
NET ASSETS		**315,055**	290,553
FUNDS	18		
Unrestricted funds		**282,881**	266,806
Restricted funds		**32,174**	23,747
TOTAL FUNDS		**315,055**	290,553

The notes form part of these financial statements

continued...

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 29th November 2024. and were signed on its behalf by:

K Canning

K Canning - Trustee

Mind in the Vale of Glamorgan

Cash Flow Statement
for the Year Ended 31 March 2024

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	**24,112**	(32,091)
Net cash provided by/(used in) operating activities		**24,112**	(32,091)
Cash flows from investing activities			
Purchase of tangible fixed assets		**(1,822)**	(31,639)
Net cash used in investing activities		**(1,822)**	(31,639)
Change in cash and cash equivalents in the reporting period		**22,290**	(63,730)
Cash and cash equivalents at the beginning of the reporting period		**264,296**	328,026
Cash and cash equivalents at the end of the reporting period		**286,586**	264,296

The notes form part of these financial statements

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024	2023
	£	£
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	**24,502**	(64,982)
Adjustments for:		
Depreciation charges	**11,322**	4,963
Loss on disposal of fixed assets	**96**	-
(Increase)/decrease in debtors	**(26,979)**	23,159
Increase in creditors	**15,171**	4,769
Net cash provided by/(used in) operations	**24,112**	(32,091)

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/23	Cash flow	At 31/3/24
	£	£	£
Net cash			
Cash at bank	**264,296**	**22,290**	**286,586**
	264,296	**22,290**	**286,586**
Total	**264,296**	**22,290**	**286,586**

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: 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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

The following specific policies are applied to particular categories of income:

i. Voluntary income is received by way of donations and membership fees and is included in accounts when receivable.

ii. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant which will normally be when the grant is actually received. Grants, where related to the performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Deferred income represents grant monies received for future periods and released to incoming resources in the period to which it relates.

iii. Trading income is included when receivable.

iv. Donated services and facilities are included at the value to the charity where this can be quantified and are material.

v. Investment income and all other income is recognised when receivable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets

Amortisation is provided on intangible fixed assets at rates calculated to write off the cost of each asset over its estimated useful life. Assets are originally included at cost and amortised over three years on a straight line basis.

continued...

1. ACCOUNTING POLICIES - continued

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Equipment	- 25% straight line
Computer Equipment	- 25% straight line

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	**21,853**	21,075

3. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Sale of goods and services - Barry shop	**8,595**	24,718
Sale of goods and services - Food & other	**3,303**	2,588
Sale of goods and services - Western Vale shop	**73,779**	67,515
Income generated by fundraising	**-**	5,170
Other income - Training	**2,000**	81
	87,677	100,072

continued...

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024	2023
		£	£
Grants	Charitable activities	**490,776**	467,989
Counselling services	Charitable activities	**11,903**	8,902
		502,679	476,891

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Cardiff & Vale University Health Board	**179,424**	179,425
Vale of Glamorgan Council - Barry	**67,496**	62,496
Vale of Glamorgan Council - Western Vale	**36,310**	33,621
Cardiff & Vale UHB - Tier Zero GP Cluster	**118,389**	118,390
Cardiff & Vale UHB & C.V. GP Cluster	**42,000**	42,000
Active Monitoring	**47,157**	27,057
Mind National	**-**	5,000
	490,776	467,989

5. RAISING FUNDS

Raising donations and legacies

	2024	2023
	£	£
Pencotre School	**1,464**	-
Cardiff marathon expenses	**-**	1,383
	1,464	1,383

continued...

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7)	Support costs (see note 8)	Totals
	£	£	£
Other trading activities	**1,379**	**16,799**	**18,178**
Charitable activities	**443,621**	**124,444**	**568,065**
	445,000	**141,243**	**586,243**

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2024	2023
	£	£
Staff costs	**409,620**	439,950
Recruitment costs	**920**	1,280
Supervision	**6,767**	6,718
Staff training	**20,197**	9,244
Staff travel expenses	**1,525**	1,389
Volunteer expenses	**1,917**	2,044
Business stock	**4,054**	4,978
	445,000	465,603

8. SUPPORT COSTS

	Other	Governance costs	Totals
	£	£	£
Other trading activities	**16,799**	**-**	**16,799**
Charitable activities	**113,440**	**11,004**	**124,444**
	130,239	**11,004**	**141,243**

continued...

8. SUPPORT COSTS - continued

Support costs, included in the above, are as follows:

	Other trading activities	Charitable activities	2024 Total activities	2023 Total activities
	£	£	£	£
Rates and water	(900)	371	(529)	387
Insurance	-	9,312	9,312	7,803
Light and heat	2,468	9,183	11,651	17,972
Telephone	376	21,872	22,248	16,594
Postage and stationery	39	8,790	8,829	9,900
Rent & room hire	12,591	30,854	43,445	39,180
Affiliation fees & subscriptio ns	-	2,964	2,964	2,002
Repairs & maintenance	1,772	9,687	11,459	61,436
Motor expenses	88	644	732	556
Cleaning & PPE	171	1,836	2,007	4,304
Publicity & sponsorship	-	1,342	1,342	6,690
Entertaining	-	1,176	1,176	797
Sundry expenses	194	1,745	1,939	3,327
Computer expenses	-	2,246	2,246	8,020
Amortisation of intangible fixed assets	-	472	472	1,262
Depreciation of tangible fixed assets	-	10,850	10,850	3,701
Loss on sale of tangible fixed assets	-	96	96	-
Wages	-	925	925	925
Auditors' remuneration	-	3,651	3,651	3,024
AGM expenses	-	-	-	228
Legal and professional fees	-	6,428	6,428	7,926
	16,799	124,444	141,243	196,034

9. NET INCOME/(EXPENDITURE)

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

	2024	2023
	£	£
Auditors' remuneration	3,651	3,024
Depreciation - owned assets	10,850	3,701
Deficit on disposal of fixed assets	96	-
Website amortisation	472	1,262

continued...

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

11. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	**372,287**	399,074
Social security costs	**28,085**	31,706
Other pension costs	**10,173**	10,095
	410,545	440,875

The average monthly number of employees during the year was as follows:

	2024	2023
Charitable activities	**12**	16
Governance costs	**1**	1
	13	17

No employees received emoluments in excess of £60,000.

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	21,075	-	21,075
Charitable activities			
Charitable activities	8,902	467,989	476,891
Other trading activities	100,072	-	100,072
Total	130,049	467,989	598,038
EXPENDITURE ON			
Raising funds	-	1,383	1,383

continued...

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
Charitable activities			
Other trading activities	30,439	-	30,439
Charitable activities	8,362	622,836	631,198
Total	38,801	624,219	663,020
NET INCOME/(EXPENDITURE)	91,248	(156,230)	(64,982)
Transfers between funds	(38,846)	38,846	-
Net movement in funds	52,402	(117,384)	(64,982)
RECONCILIATION OF FUNDS			
Total funds brought forward	214,404	141,131	355,535
TOTAL FUNDS CARRIED FORWARD	266,806	23,747	290,553

13. INTANGIBLE FIXED ASSETS

	Website £
COST	
At 1 April 2023 and 31 March 2024	**3,785**
AMORTISATION	
At 1 April 2023	**3,313**
Charge for year	**472**
At 31 March 2024	**3,785**
NET BOOK VALUE	
At 31 March 2024	-
At 31 March 2023	472

continued...

14. TANGIBLE FIXED ASSETS

	Equipment	Motor vehicles	Computer equipment	Totals
	£	£	£	£
COST				
At 1 April 2023	**28,801**	**4,701**	**55,277**	**88,779**
Additions	**336**	**-**	**1,486**	**1,822**
Disposals	**(121)**	**-**	**-**	**(121)**
At 31 March 2024	**29,016**	**4,701**	**56,763**	**90,480**
DEPRECIATION				
At 1 April 2023	**23,910**	**4,701**	**24,333**	**52,944**
Charge for year	**1,307**	**-**	**9,543**	**10,850**
Eliminated on disposal	**(25)**	**-**	**-**	**(25)**
At 31 March 2024	**25,192**	**4,701**	**33,876**	**63,769**
NET BOOK VALUE				
At 31 March 2024	**3,824**	**-**	**22,887**	**26,711**
At 31 March 2023	4,891	-	30,944	35,835

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	**20**	-
Other debtors	**25,951**	1,992
Prepayments	**4,271**	1,271
	30,242	3,263

continued...

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	**14,222**	7,997
Other creditors	**8,184**	1,280
Accruals and deferred income	**6,078**	4,036
	28,484	13,313

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund	Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Fixed assets	**1,845**	**24,866**	**26,711**	36,307
Current assets/(liabilities)	**281,036**	**7,308**	**288,344**	254,246
	282,881	**32,174**	**315,055**	290,553

18. MOVEMENT IN FUNDS

	At 1/4/23	Net movement in funds	Transfers between funds	At 31/3/24
	£	£	£	£
Unrestricted funds				
General fund	**266,806**	**33,767**	**(17,692)**	**282,881**
Restricted funds				
Day Services	**17,502**	**(11,721)**	**14,499**	**20,280**
GP Centred	**4,334**	**(3,163)**	**3,193**	**4,364**
Waterloo foundation	**472**	**(472)**	**-**	**-**
Mind National - Equipment	**1,139**	**(1,139)**	**-**	**-**
Active Monitoring	**300**	**7,230**	**-**	**7,530**
	23,747	**(9,265)**	**17,692**	**32,174**
TOTAL FUNDS	**290,553**	**24,502**	**-**	**312,055**

Mind in the Value used their own unrestricted reserves as a contribution towards the running costs of the Day services and GP Centred projects.

continued...

18. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**121,433**	**(87,666)**	**33,767**
Restricted funds			
Day Services	**283,230**	**(294,951)**	**(11,721)**
GP Centred	**160,389**	**(163,552)**	**(3,163)**
Waterloo foundation	**-**	**(472)**	**(472)**
Mind National - Equipment	**-**	**(1,139)**	**(1,139)**
Active Monitoring	**47,157**	**(39,927)**	**7,230**
	490,776	**(500,041)**	**(9,265)**
TOTAL FUNDS	**612,209**	**(587,707)**	**24,502**

Comparatives for movement in funds

	At 1/4/22 £	Net movement in funds £	Transfers between funds £	At 31/3/23 £
Unrestricted funds				
General fund	214,404	91,248	(38,846)	266,806
Restricted funds				
Day Services	72,531	(95,126)	40,097	17,502
GP Centred	49,038	(61,937)	17,233	4,334
Morrison's Foundation	15,550	(3,730)	(11,820)	-
Waterloo foundation	1,734	(1,262)	-	472
Mind National - Equipment	2,278	(1,139)	-	1,139
Active Monitoring	-	6,964	(6,664)	300
	141,131	(156,230)	38,846	23,747
TOTAL FUNDS	355,535	(64,982)	-	290,553

continued...

18. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	130,049	(38,801)	91,248
Restricted funds			
Day Services	275,542	(370,668)	(95,126)
GP Centred	118,390	(180,327)	(61,937)
Wellbeing & single point of access	42,000	(42,000)	-
Morrison's Foundation	-	(3,730)	(3,730)
Waterloo foundation	-	(1,262)	(1,262)
Mind National - Equipment	-	(1,139)	(1,139)
Active Monitoring	27,057	(20,093)	6,964
Mind National - Ukraine	5,000	(5,000)	-
	467,989	(624,219)	(156,230)
TOTAL FUNDS	598,038	(663,020)	(64,982)

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/22 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
Unrestricted funds				
General fund	214,404	125,015	(56,538)	282,881
Restricted funds				
Day Services	72,531	(106,847)	54,596	20,280
GP Centred	49,038	(65,100)	20,426	4,364
Morrison's Foundation	15,550	(3,730)	(11,820)	-
Waterloo foundation	1,734	(1,734)	-	-
Mind National - Equipment	2,278	(2,278)	-	-
Active Monitoring	-	14,194	(6,664)	7,530
	141,131	(165,495)	56,538	32,174
TOTAL FUNDS	355,535	(40,480)	-	315,055

continued...

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	251,482	(126,467)	125,015
Restricted funds			
Day Services	558,772	(665,619)	(106,847)
GP Centred	278,779	(343,879)	(65,100)
Wellbeing & single point of access	42,000	(42,000)	-
Morrison's Foundation	-	(3,730)	(3,730)
Waterloo foundation	-	(1,734)	(1,734)
Mind National - Equipment	-	(2,278)	(2,278)
Active Monitoring	74,214	(60,020)	14,194
Mind National - Ukraine	5,000	(5,000)	-
	958,765	(1,124,260)	(165,495)
TOTAL FUNDS	1,210,247	(1,250,727)	(40,480)

19. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	**21,853**	21,075
Other trading activities		
Sale of goods and services - Barry shop	**8,595**	24,718
Sale of goods and services - Food & other	**3,303**	2,588
Sale of goods and services - Western Vale shop	**73,779**	67,515
Income generated by fundraising	**-**	5,170
Other income - Training	**2,000**	81
	87,677	100,072
Charitable activities		
Grants	**490,776**	467,989
Counselling services	**11,903**	8,902
	502,679	476,891
Total incoming resources	**612,209**	598,038
EXPENDITURE		
Raising donations and legacies		
Pencotre School	**1,464**	-
Cardiff marathon expenses	**-**	1,383
	1,464	1,383
Charitable activities		
Wages	**371,362**	398,149
Social security	**28,085**	31,706
Pensions	**10,173**	10,095
Recruitment costs	**920**	1,280
Supervision	**6,767**	6,718
Staff training	**20,197**	9,244
Staff travel expenses	**1,525**	1,389
Carried forward	**439,029**	458,581

Mind in the Vale of Glamorgan

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	2024 £	2023 £
Charitable activities		
Brought forward	**439,029**	458,581
Volunteer expenses	**1,917**	2,044
Business stock	**4,054**	4,978
	445,000	465,603
Support costs		
Other		
Rates and water	**(529)**	387
Insurance	**9,312**	7,803
Light and heat	**11,651**	17,972
Telephone	**22,248**	16,594
Postage and stationery	**8,829**	9,900
Rent & room hire	**43,445**	39,180
Affiliation fees & subscriptions	**2,964**	2,002
Repairs & maintenance	**11,459**	61,436
Motor expenses	**732**	556
Cleaning & PPE	**2,007**	4,304
Publicity & sponsorship	**1,342**	6,690
Entertaining	**1,176**	797
Sundry expenses	**1,939**	3,327
Computer expenses	**2,246**	8,020
Amortisation of intangible fixed assets	**472**	1,262
Depreciation of tangible fixed assets	**10,850**	3,701
Loss on sale of tangible fixed assets	**96**	-
	130,239	183,931
Governance costs		
Wages	**925**	925
Auditors' remuneration	**3,651**	3,024
AGM expenses	**-**	228
Legal and professional fees	**6,428**	7,926
	11,004	12,103
Total resources expended	**587,707**	663,020
Net income/(expenditure)	**24,502**	(64,982)

MIND IN THE VALE OF GLAMORGAN

England & Wales - Charity number 1066411

Accounts

REGISTERED COMPANY NUMBER: 03180757 (England and Wales)
REGISTERED CHARITY NUMBER: 1066411

Report of the Trustees and Unaudited Financial Statements for the Year Ended 31st March 2023

for

Mind in the Vale of Glamorgan

BPU Limited
Chartered Accountants
Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff
CF23 8AA

Mind in the Vale of Glamorgan

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mind in the Vale of Glamorgan

ANNUAL TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2023

The Trustees, who are also Directors of the Charity for the purposes of the Companies Act, present their report and financial statements for the year ended 31st March 2023.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Mind in the Vale of Glamorgan is a charitable company limited by guarantee. As Barry Mind it was registered as a Charity in 1977. It changed its name to Mind in the Vale of Glamorgan on 1st April 1996. The Company was established under a Memorandum of Association, which established the objects of powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Mind in the Vale of Glamorgan is affiliated to Mind, the national mental health charity.

Recruitment and Appointment of Management Committee

The organisation is managed by a voluntary Management Committee whose role is to set the overall objectives for Mind in the Vale of Glamorgan and to ensure that the organisation is keeping within its legal and moral obligations. The Management Committee holds the ultimate responsibility for Mind in the Vale of Glamorgan and its service delivery.

Management Committee members are drawn from a wide background, bringing together professional, commercial and local experience and there are some members who can provide a lived experience perspective. This represents a significant proportion of the Committee. The Committee meets formally every two months and more frequently if operational or governance issues require.

The Management Committee is responsible for the organisation's strategy and policy framework. It delegates the day-to-day management and implementation of that framework to the Executive Manager.
To ensure that the experience of people who use mental health services

informs the Governance and strategic development of the organisation, at least two members must be users of mental health services.

Normally no member of the Executive Committee shall serve for more than five years without one year's absence from the Committee. However, the General Meeting may decide to extend the person's membership if it so chooses.

None of the Trustees received remuneration for their work as Trustees and there are no related party transactions.

Responsibilities of the Trustees (Governance and Management)

The Charity Trustees are the people who are legally responsible for the overall management and decision making in a Charity. The Charity employs paid staff to carry out the work of the charity and the Trustees are responsible for monitoring and controlling their activities. The Trustees are also Directors for the purposes of the Companies Act.

The Trustees are elected each year by the members of the Charity at the Annual General Meeting and form the Trustee Management Committee. The Committee also has designated members who carry out the roles of Chair, Vice-Chair and Treasurer and these are elected at the first Trustee meeting after the AGM.

There can be up to 12 Trustees. A minimum of 2 must have a lived experience of mental health problems. Further people may be co-opted to serve on the Committee, up to the maximum of 12.

Prior to the Annual General Meeting the Charity publicises the fact that nominations are sought for election to the Management Committee by notifying members of the Charity. Those members who are interested in serving are invited to meet with the Chair to discuss the role in greater detail and also which skills are needed to be acquired for the individual to actively and effectively contribute.

Following the Annual General Meeting the Management Committee would consider its new composition and skill mix and would redress any shortcomings via advertisement and initial co-option of interested persons. Prior to co-option the would-be Management Committee Member is invited to attend a Management Committee Meeting as an observer prior to becoming a co-opted member.

REFERENCE & ADMINISTRATIVE INFORMATION

Name:	Mind in the Vale of Glamorgan
Status:	Company limited by guarantee Incorporated 1st April 1996 Registered number 03180757
Registered Office:	The Old Cadoxton Clinic, 31 Barry Road, Barry, Vale of Glamorgan, CF63 1BA
Directors/Trustees:	K Canning (Chair) S Reynolds Dr. M Coleman R Roberts (Resigned 29.11.2022) C Windle (Treasurer) C Tait (Resigned 10.02.2023) B Ashton (Resigned 10.02.2023) N Ludvigsen (Resigned 11.05.2023) Dr K Doherty (Appointed 14.05.2023) J M Lewis (Appointed 13.06.2023)
Company Secretary:	C Chapman
Company Bank:	Unity Trust Bank PLC 9 Brindley Place Birmingham B1 2HB
Independent Examiner:	Mr John Huw Palin FCA BPU Chartered Accountants Radnor House Greenwood Close Cardiff Gate Business Park Cardiff CF23 8AA

Our Impact – 2022-2023

supported
6246
people with mental health problems

worked with
83
volunteers across our services & shops

Our services:
- counselling
- day services
- wellbeing
- tier zero

supported
99
people into volunteering

84
people returned to work

61
people retained work

Our outcomes:

87%↑
increase in ability to manage mental health and wellbeing across all services

91%↑
increase in self-esteem across all services

112%↑
increase in wellbeing across all services

"The service that is provided is excellent. It has helped me through some very difficult times and has allowed me to deal with them and to keep doing my job to a high standard. Without this service, I honestly don't believe that would have happened."

OBJECTIVES AND ACTIVITIES

Principles – How our activities deliver public benefit

The Trustees have had regard to the Charity Commissions guidance on Public benefit. Mind in the Vale of Glamorgan is an independent mental health charity who affiliate to Mind National. We work with and for people who experience mental health problems. We provide information so people are aware of their rights and can make informed choices.

We believe that one size doesn't fit all, we offer a holistic, person-centred service working in partnership with all agencies for the benefit of the individual.

To provide a service that is accessible, adaptable, person centred and recovery focused. People who access our services should have an active involvement in the planning and delivery of our service.

To challenge stigma and discrimination experienced by people who are marginalised by society. To assist people to achieve their goals and ambitions

Our Influence and Participation Policy ensures co-production of our service planning, delivery and governance forums and encouraged to work alongside staff as partners in our service delivery.

Anyone can self-refer to any of our services, online, telephonic or by calling into our offices in Barry, Penarth or Llantwit Major.

The Key Objectives of Mind in the Vale of Glamorgan

- Person centred provision; to promote the individual's recovery from mental illness and to develop their resilience to manage the disabling effects or recurrence of illness.
- Provide evidence-based interventions to meet the needs of people with mental illness and ensure a recovery focused service provision.
- Provide a support model in line with the 'Code of Care Standards for Wales'
- Strong links and referral arrangements with Community Mental Health Teams, Primary Care, Voluntary and Statutory Organisations.

- Provide voluntary opportunities within the organisation and with external voluntary services.
- Provide educational opportunities by working in partnership with the Adult Learning Wales offering accredited courses within the community.
- Provide support with job retention, two experienced staff members offer support and advice for people with mental health problems to maintain their employment.
- We are a 'Mindful Employer', a charter for employees who are positive about mental health.
- To continue to challenge discrimination and stigma through campaigning and training.

Services and significant activities

Mind in the Vale offer services which cover the Vale of Glamorgan with offices based in **Barry (Central Vale), Penarth (Eastern Vale)** and **Llantwit Major (Western Vale)**. We also run the **Mind Shops, Barry and Llantwit Major** – the charity shops promote the organisation, generate funds and provide volunteering and training opportunities. Mind in the Vale is committed to supporting people to achieve the best possible outcomes by offering the following:

1. Peer Support - people participating in their own recovery process by engaging and socialising together in a safe and welcoming environment.
2. A holistic approach, providing support that looks at the whole person, not just their mental health needs.
3. Information.
4. Representation at community functions.
5. Outreach.
6. Appointments.
7. Advice.
8. Guided Self Help from the Centre of Clinical Interventions.
9. Social Prescribing.
10. Counselling
11. Evidence based interventions and outcomes.
12. Complimentary therapies.
13. Personal support.
14. Training.
15. Positive social circles.
16. Leisure opportunities.
17. Educational opportunities.
18. Volunteering opportunities.
19. Employment opportunities.

Mind in the Vale organises and signposts to a range of activities, courses and groups within the community. These are organised in collaboration with a wide variety of community partners.

Mind in the Vale of Glamorgan works in partnership with other agencies, to avoid duplication

ACHIEVEMENTS AND PERFORMANCE

- We moved our head office to a Disability friendly building in Barry, these premises provide a professional and welcoming environment which benefits our staff, volunteers, customers and partners.
- We signed up to be a Disability Employer.
- We refurbished our Penarth and Crawshay Drive, Llantwit Major premises to ensure the buildings are modern, compliant with health & safety, welcoming and a positive experience for staff, volunteers and our customers.
- In consultation, we made the decision to continue to run peer support in community venues which has proved very successful.
- We secured our funding from Cardiff & Vale University Health Board until 2027/28 to continue to run our Day Services and Tier 0 contracts (Primary Care).
- We secured funding from Cardiff & Vale University Heath Board to offer a fast-track primary care service that runs alongside our Tier 0 and Wellbeing Service. This ensures that a patient is contacted within 24 hours.
- We continue to receive annual funding from the Vale of Glamorgan Local Authority to provide day services in Barry and the Western Vale.
- We secured our Wellbeing funding from Cardiff & Vale University Health Board and Central Vale GP Cluster until 2025.
- Our self-funded not for profit counselling service has proven successful and offers quality, affordable counselling for people who live in the Vale of Glamorgan.
- Working in partnership with the Cardiff and Vale Recovery & Wellbeing College has enhanced our service delivery, staff, volunteers and people who use our services have all benefited from the training courses which are co-produced and co-delivered by health care professionals and peer trainers with a lived experience of mental health and physical health challenges.

Tier Zero Psychological Guided Self Help (Centre of Clinical Interventions)

We continue to receive referrals from GPs or self-referrals in all three Cluster Groups within the Vale of Glamorgan – Central Vale (Barry & Sully), Eastern Vale (Dinas Powys & Penarth) and Western Vale (Rhoose, St. Athan, Llantwit Major and Cowbridge).

This contract works in partnership with GPs, PMHSS (Cardiff & Vale Primary Mental Health Support Services) and the Cardiff & Vale Primary Mental Health Liaison Service to ensure a seamless, safe and effective service delivery.

We offer CCIs (Centre of Clinical Interventions) which are 6 – 8-week courses of guided self-help sessions. The CCI's cover Assertiveness, Self Esteem, Depression, Panic, Worry, Perfectionism, Procrastination, Social Anxiety and Distress Intolerance. We are also providing open access psycho-education courses - Stress Control and ACTivate Your Life courses in community venues and on-line.

The success of this service is measured using the Recovery Star, CORE34 CORE10 and Feedback.

Community Opportunity Day Services

We welcome self-referrals and offer support to anyone who lives in the Vale of Glamorgan who are struggling with their mental health. We continue to work in partnership with voluntary, community and statutory services. Partnership and multi-agency working ensures the right support is put in place to manage and maintain their mental health and wellbeing.
We attend weekly MDT and Referral meetings at the Vale Locality Mental Health Team.

- Peer Support
- Guided Self Help
- One to One support
- Group Work
- Training
- Practical and Emotional Support
- Job Retention

Outcome measures we use are: Recovery Star, CORE34 CORE10 and Feedback Forms.

The Mind Shops – Barry and Llantwit Major

The shops offered volunteering opportunities as well as being a useful source of unrestricted funds. Volunteering opportunities can act as a stepping stone into external volunteering or employment. All volunteers have the opportunity to receive accreditation for their roles.

Mind Quality Management

Mind in the Vale of Glamorgan has been awarded the Mind Quality Mark (MQM). The MQM is a robust quality assurance framework created by Mind, the mental health charity.

MQM sets out the baseline of best practice and legal compliance in all areas of a local Mind's governance and activities. To achieve the MQM, a local Mind must meet or exceed all 24 key standards.

Local Minds undergo a rigorous assessment which includes a thorough appraisal of organisational policies and procedures as well as a visit and interviews with trustees, staff, volunteers and people who use services. MQM is awarded when all standards are fully met.

The MQM provides assurance that local Minds across England and Wales are well-run organisations who meet Mind's expectations of good practice, and in many cases excel beyond those expectations. It provides assurance that they are healthy, ambitious and strong in providing the highest quality support to people experiencing or at risk of developing mental health problems.

FINANCIAL REVIEW AND RESERVES POLICY

The accounts show a deficit for 2023 year of £64,982 (2022 surplus £77,305) on income of £598,038 (2022 £626,858). The unrestricted reserves have increased from £214,404 at 1st April 2022 by £52,402 to £266,806 at 31st March 2023. The restricted fund bought forward of £141,131 were reduced to £23,747 at 31st March 2023.

Mind in the Vale has a reserves policy of holding 3 to 6 months of annual expected expenditure to cover future commitments. This equals approximately £165,000 that the Trustees aspire to hold as a minimum. At the 31st March 2023 they held £266,806 unrestricted reserves. This equates to 4.8 months of expected average expenditure. The Reserves policy is formally reviewed annually.

All involved in Mind in the Vale worked extremely hard in the 2023 year. The financial records were transferred to a new digital accounting system in this period which should provide better and faster accounts/financial information. The Trustees have made changes and reduced costs whilst maintaining the core services provided by Mind in the Vale. They have remained vigilant in regard to the financial position and have increased unrestricted reserves and are happy the balance sheet remains strong in this financial year.

Risks Policy

The Trustees have reviewed the major risks to the organisation and have risk management policies in place which are reviewed on an on-going basis.

The Trustees ensure all our beneficiaries are dealt with properly and risks are identified and minimised appropriately.

To minimise the effect on the organisation of a loss of funding, the Trustees have a reserves policy to meet possible unexpected obligations and to give time to find alternative sources of funds.

PLANS FOR THE FUTURE

Like many other small charities, Mind in the Vale of Glamorgan will face mounting challenges over the coming years to continue attracting funding to provide quality services within the Vale of Glamorgan.

Of significant importance are:

- The ability to cover core costs and maximise full cost recovery of projects and services, and to look towards alternative sources of income for these purposes.
- The ability to maintain an active Management Committee with clear guidelines and training and to ensure a robust staffing structure to support the work of the charity.
- Maintain Mind Quality Management systems.
- Continue to use robust Outcome Measures in line with Matrix Cymru guidelines.
- To continue to work in collaboration with local colleges and Adult Learners Wales to offer accreditation to all volunteers and placements.
- To continue to maintain a high quality, cost effective, recovery focused service delivery.
- To access other funding streams to enhance our service delivery.

- To develop unrestricted funding streams within our current service delivery.
- To continue working collaboratively with all agencies within the Vale of Glamorgan to avoid duplication and ensure a seamless service.

RESPONSIBILITY OF TRUSTEES

The Trustees (who are also the directors for the purpose of Company Law) are responsible for preparing financial statements for each financial year in accordance with United Kingdom Generally Accepted Accounting Practice. The financial statements are required by law to give a true and fair view of the state of affairs of the charity and of the incoming resources and application

of resources including its income and expenditure of the company and the surplus/deficit of the charity 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 Charity SORP;
- Make judgements and 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 company will continue in business.

The Trustees are responsible for ensuring proper accounting records are kept which disclose with reasonable accuracy at any time the financial position of the Charity and to enable them to ensure that the financial statements comply

with the Charities Act 2011 and the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the Charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees oversee the charity website which was set up voluntarily by a website designer and maintained by members of staff. The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

In accordance with Charity law, as the Trustees, we certify that:

- So far as we are aware, there is no relevant information of which the Charity's accountants are unaware; **and**
- As the Trustees of the Charity, we have taken all steps in order to make ourselves aware of any relevant information and to establish that the Charity's accountants are aware of that information.

The Trustees declare that they have approved the trustees' report (incorporating directors' report) above.

Signed on behalf of the charity's trustees/directors on 7th November 2023

Kevin Canning
Chair

.....

Caroline Chapman
CEO

.....

Independent Examiner`s report to the Trustees of Mind in the Vale of Glamorgan

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1 accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2 the accounts do not accord with those records; or
3 the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4 the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



20 November 2023

John Huw Palin
FCA
BPU Limited
Chartered Accountants

Mind in the Vale of Glamorgan

Statement of Financial Activities (Income and Expenditure Account) for the Year Ended 31st March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Income and endowments from:					
Donations, Covid-19 grants & Legacies	3	21,075	-	**21,075**	**23,049**
Charitable activities	4	8,902	467,989	**476,891**	**528,774**
Other trading activities	5	100,072	-	**100,072**	**75,035**
Total Income		**130,049**	**467,989**	**598,038**	**626,858**
Expenditure on:					
Raising funds	6	-	1,383	**1,383**	-
Charitable activities	7	8,362	622,836	**631,198**	**525,895**
Other trading activities	8	30,439	-	**30,439**	**23,658**
Total Expenditure		**38,801**	**624,219**	**663,020**	**549,553**
Net income/(expenditure)		**91,248**	**(156,230)**	**(64,982)**	**77,305**
Transfer between funds		**(38,846)**	**38,846**	**-**	**-**
Net movement in funds		**52,402**	**(117,384)**	**(64,982)**	**77,305**
Reconciliation of Funds					
Total funds bought forward	16	**214,404**	**141,131**	**355,535**	**278,230**
Total funds carried forward	16	**266,806**	**23,747**	**290,553**	**355,535**

The notes form part of these financial statements

Mind in the Vale of Glamorgan

Balance Sheet
31st March 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Intangible Assets	12	472	1,734
Tangible Assets	13	35,835	7,897
		36,307	9,631
CURRENT ASSETS			
Debtors	14	3,263	26,422
Cash at Bank and in Hand		264,296	328,026
		267,559	354,448
CREDITORS : Amounts Falling Due within One Year	15	(13,313)	(8,544)
NET CURRENT ASSETS		254,246	345,904
TOTAL ASSETS LESS CURRENT LIABILITES		290,553	355,535
FUNDS			
Unrestricted funds	16	266,806	214,404
Restricted funds	16	23,747	141,131
TOTAL FUNDS		290,553	355,535

The directors/trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477 (2) relating to small companies, and that no member or members have requested an audit pursuant to section 476 (1) of the Act.

The trustees/directors acknowledge their responsibilities for:

(i) ensuring that the charitable company keeps adequate accounting records which comply with section 386 & 387 of the Companies Act 2006, and

(ii) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficit for the financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime

The financial statements were approved by the Board of the Trustees and authorised for issue on 7 November 2023 and were signed on its behalf by:

K Canning ..... KEVIN CANNING

Signature *Print name*

Company registration number: 03180757
Charity certificate number: 1066411

The notes form part of these financial statements.

Mind in the Vale of Glamorgan

Cash Flow Statement
For the Year Ended 31st March 2023

	Notes	2023	2022
Cash flows from operating activities			
Cash generated from operations	1	(32,091)	(9,700)
Net cash provided by operating activities		(32,091)	(9,700)
Cash flows from investing activities			
Purchase of Intangible assets		-	-
Purchase of tangible assets		(31,639)	(4,786)
Net cash used in investing activities		(31,639)	(4,786)
Cash flows from financing activities		-	-
Net cash used in financing activities		-	-
Change in cash and cash equivalents in the reporting period	2	(63,730)	(14,486)
Cash and cash equivalents at the beginning of the reporting period		328,026	342,512
Cash and cash equivalents at the end of the reporting period		264,296	328,026

The notes form part of these Financial Statements

Mind in the Vale of Glamorgan

Notes to the Cash Flow Statement
For the Year Ended 31st March 2023

1 Reconciliation of net income to net cash flow from operating activities

	2023	2022
Net income for the reporting period (as per the SOFA)	(64,982)	77,305
Adjustments for:		
Depreciation charges	3,701	2,487
Amortisation charges	1,262	1,262
Decrease/(increase) in debtors	23,159	(22,017)
(Decrease)/increase in creditors	4,769	(68,737)
Net cash provided by operations	(32,091)	(9,700)

2 Analysis of changes in net debt

	At 01/04/22	Cash flow	At 31/03/23
Net cash			
Cash at bank and in hand	328,026	(63,730)	264,296
Debt	-	-	-
Total	328,026	(63,730)	264,296

The notes form part of these Financial Statements

Mind in the Vale of Glamorgan

Notes to the Financial Statements
for the Year Ended 31st March 2023

1 ACCOUNTING POLICIES

Basis of preparing the financial Statements
The financial statements of the charitable company , which meets the definition of a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019), Financial Reporting Standard 102 'Financial Reporting Standard applicable in the UK and the Republic of Ireland' and the Companies Act 2006, incorporating section 1A for smaller entities . The financial statements are presented in sterling which is the functional currency of the company and rounded to the nearest £ and have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably. The following specific policies are applied to particular categories of income:

i) Voluntary income is received by way of donations and membership fees and is included in accounts when receivable.

ii) Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant which will normally be when the grant is actually received. Grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Deferred income represents grant monies received for future periods and released to incoming resources in the period to which it relates.

iii) Trading income is included when receivable.

iv) Donated services and facilities are included at the value to the charity where this can be quantified and are material.

v) Investment income and all other income is recognised when receivable.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets
Amortisation is provided on Intangible fixed assets at rates calculated to write off the cost of each asset over its estimated useful life. Assets are originally included at cost and amortised over three years on a straight line basis.

Tangible fixed assets
Depreciation is provided on tangible fixed assets at rates calculated to write off the cost of each asset over its estimated useful life. Assets are originally included at cost and depreciated as:

Office equipment - charged on a straight line basis over four years.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted Funds are those funds received or generated for the objects of the Charity without further specified purpose and are available to use at the discretion of the Trustees in accordance with the charitable objectives of the charity.

Restricted Funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the Donor or when funds are raised for particular restricted purposes. Expenditure which meets these criteria is identified to the Fund, together with a fair allocation of management and support costs.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution scheme for employees. Contributions to the scheme are charged fully to the Statement of Financial Activities in the period that they relate to.

2 NET INCOME/(EXPENDITURE) FOR THE YEAR

This is stated after charging:-	2023	2022
	£	£
Depreciation on owned assets	3,701	2,487
Amortisation	1,262	1,262
Independent Examiners Fees	3,024	2,989
	7,987	6,738

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued for the Year Ended 31st March 2023

	2023	2022
3 Income: Donations, Covid-19 grants and Legacies:		
Donations received	**21,075**	23,049

All donation income is unrestricted in 2023 and prior year.

	2023	2022
	£	£
4 Total Income from charitable activities:	**476,891**	528,774

Included in the above, are as follows:

		2023 Total	2022 Total
Restricted Grants receivable:		£	£
Cardiff & Vale UHB	Day services	**179,425**	183,834
Vale of Glamorgan Council	Barry day services	**62,496**	58,408
Vale of Glamorgan Council	Western Vale day services	**33,621**	31,420
Cardiff & Vale UHB - Tier 0	GP Centred - guided self help	**118,390**	197,562
Cardiff & Vale UHB & C.V. GP Cluster	Wellbeing & single point of access	**42,000**	42,000
Morrisons Foundation	Disabled toilet & flooring	-	15,550
Active Monitoring	Supported guided self help	**27,057**	-
Mind National	Ukraine	**5,000**	-
		467,989	528,774

The funds are restricted to providing the services as set out in the grant funding agreements.

Unrestricted income receivable:		
Counselling services provided	**8,902**	-

	2023	2022
5 Income: Other Trading activities:	£	£
Sale of goods & services - Barry Shop Takings	24,718	23,413
Sale of goods and services - Western Vale Shop Takings	67,515	46,377
	92,233	69,790
Other food sales - At Barry and Penarth	2,588	789
Income generated by Fundraising	5,170	4,456
Other - Training & posters.	81	-
	100,072	**75,035**

All Trading income is unrestricted in 2023 and prior year.

	DAY	GP CENTRED GUIDED	2023	2022
6 Expenditure on raising funds:	SERVICES	SELF HELP	£	£
Running places & T Shirts Cardiff Marathon	**1,037**	**346**	**1,383**	-

Notes to the Financial Statements - continued for the Year Ended 31st March 2023

7 Expenditure on : Charitable activities

Direct costs	Note	UNRSTRCD COSTS	RSTRCTD DAY SERVICES	RSTRCTD GP CENTRED GUIDED SELF HELP	RSTRCTD WATERLOO FOUNDATION WEBSITE/IT	RSTRCTD OTHER MIND EQUIP/IT	RSTRCTD WELLBEING & SINGLE POINT OF ACCESS	MORRISONS	ACTIVE MONITORING SUPPORTED SELF HELP	MIND UKRAINE	2023 TOTAL	2022 TOTAL
Salaries, NI and pensions	9		243,075	135,399			42,000		16,688	2,788	**439,950**	394,044
Recruitment costs			276	1,004							**1,280**	1,023
Supervision		6,290	154	274							**6,718**	6,774
Staff training			1661	7,547							**9,208**	6,063
Staff travel expenses			1,148	191						50	**1,389**	1,544
Volunteer expenses		33	1,193								**1,226**	92
Business Stock - Centres re food etc			4,978								**4,978**	1,324
Support costs allocated to activities - staff usage												
Affiliation fees & subscriptions		240	1,310	452							**2,002**	1,497
Rent & room hire			19,940	5,478						1,045	**26,463**	23,556
Rates & water			42	42							**84**	392
Insurances			5,822	1,715							**7,537**	6,730
Repairs, maint. & moving costs			40,017	12,244				3,730			**55,991**	35,260
Telephone and postages		452	9,729	3,593					1,235	49	**15,058**	12,076
Print, stationery & photocopying			4,572	3,449					432	1,068	**9,521**	7,405
Motor expenses			269	109							**378**	1,021
Heating and lighting			8,755	953					592		**10,300**	6,159
Cleaning & PPE			4,067	33							**4,100**	2,979
Publicity and sponsership			5,446	706					538		**6,690**	526
Entertaining			453	344							**797**	-
Sundry expenses			2,330	842							**3,172**	2,520
Computer expenses			5,782	1,543					595		**7,920**	6,326
Depreciation		1,018	900	631		1,139			13		**3,701**	2,487
Amortisation					1,262						**1,262**	1,262
Governance costs		329	7,712	3,432							**11,473**	4,835
		8,362	**369,631**	**179,981**	**1,262**	**1,139**	**42,000**	**3,730**	**20,093**	**5,000**	**631,198**	**525,895**
Governance costs were as follows:												
Professional fees		329	5,243	1,724							**7,296**	1,001
AGM Expenses			201	27							**228**	-
Salaries, NI and pensions	8			925							**925**	845
Independent examiners fees			2,268	756							**3,024**	2,989
		329	7,712	3,432	-	-	-	-	-	-	**11,473**	4,835

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued for the Year Ended 31st March 2023

8 Expenditure on: Providing Sale of goods & services

	BARRY SHOP	WEST VALE SHOP	2023 TOTAL	2022 TOTAL
Direct costs				
Salaries, NI and Pensions	-	-	-	6,504
Staff Travel expenses		-	-	4
Staff Training expenses		36	36	-
Volunteer Expenses	373	445	818	484
Support costs allocated to activities				
Rent	4,000	8,717	12,717	11,200
Rates and water	140	163	303	367
Insurance	-	266	266	-
Repairs and Renewals	498	4,947	5,445	778
Telephone and Postages	768	768	1,536	1,158
Printing, Stat. & Photocopying	200	179	379	-
Motor expenses	89	89	178	-
Heating and Lighting	2,998	4,674	7,672	2,553
Cleaning & PPE	54	150	204	205
Sundry Expenses	44	111	155	405
Computer expenses	100	-	100	-
Professional fees	315	315	630	-
	9,579	20,860	30,439	23,658

All Trading expenditure is unrestricted in 2023 and the prior year.

9 STAFF COSTS AND NUMBERS

	2023 £	2022 £
Salaries and wages	399,074	364,335
Social security costs	31,706	27,986
	430,780	392,321
Pension contributions to defined contributions scheme	10,095	9,072
	440,875	401,393
Allocated as follows:		
Charitable activities	439,950	394,044
Trading activities	-	6,504
Governance	925	845
	440,875	401,393

No employee received emoluments of more than £60,000

The average number of employees (part-time and full-tim during the year was as follows:-	2023	2022
Charitable activities	16	14
Governance costs	1	1
Fundraising	-	-
	17	15

Notes to the Financial Statements - continued for the Year Ended 31st March 2023

10 TRUSTEES' REMUNERATION AND BENEFITS

The Trustees received no remuneration and did not receive any other benefits during the year ended 31st March 2023 or the 2022 year. The Trustees were not reimbursed for any expenses during the year or the previous year.

11 RELATED PARTY TRANSACTIONS

There were no related party transactions in the year.

12 INTANGIBLE FIXED ASSETS

	Website £
COST	
At 1st April 2022	3,785
Additions in the Year	-
At 31st March 2023	3,785
AMORTISATION	
At 1st April 2022	2,051
Charge for the Year	1,262
At 31st March 2023	3,313
NET BOOK VALUE	
At 31st March 2023	472
At 31st March 2022	1,734

13 TANGIBLE FIXED ASSETS

	Equipment £	Office Equipment £	Van	Total £
COST				
At 1st April 2022	23,871	28,568	4,701	**57,140**
Additions in the Year	4,930	26,709	-	**31,639**
At 31st March 2023	28,801	55,277	4,701	**88,779**
DEPRECIATION				
At 1st April 2022	23,871	20,671	4,701	**49,243**
Charge for the Year	39	3,662	-	**3,701**
At 31st March 2023	23,910	24,333	4,701	**52,944**
NET BOOK VALUE				
At 31st March 2023	4,891	30,944	-	35,835
At 31st March 2022	-	7,897	-	7,897

14 DEBTORS

	2023	2022
	£	£
Amounts due within one year:		
Grants receivable	-	15,550
Other income receivable	1,992	10,872
Prepayments	1,271	-
	3,263	26,422

15 CREDITORS

	2023	2022
	£	£
Amounts falling due within one year:		
Aged creditors payable	7,997	-
Lloyds credit card	1,280	-
Accrued expenses	2,989	6,561
Holiday pay	1,047	1,983
	13,313	8,544

16 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	2022 Total funds
	£	£	£
Income and endowments from:			
Donations and legacies	23,049	-	23,049
Charitable activities	.	528,774	528,774
Other trading activities	75,035	-	75,035
Total Income	98,084	528,774	626,858
Expenditure on:			
Charitable activities	53,927	471,968	525,895
Other - on providing Sale of goods & services	23,658	-	23,658
Total Expenditure	77,585	471,968	549,553
Net movement in funds	20,499	56,806	77,305
Reconciliation of Funds			
Total funds brought forward	193,905	84,325	278,230
Total funds carried forward	214,404	141,131	355,535

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

16 CONTINUED

MOVEMENT IN FUNDS YEAR TO 31ST MARCH 2023

	Balance 01/04/2022	Income	Expenditure	Transfers	Balance 31/03/2023
Unrestricted funds	214,404	130,049	38,801	(38,846)	266,806
Restricted funds					
Day services	72,531	275,542	370,668	40,097	17,502
GP Centred - guided self help	49,038	118,390	180,327	17,233	4,334
Wellbeing & single point of access	-	42,000	42,000		-
Morrison's Foundation	15,550	-	3,730	(11,820)	-
Waterloo foundation	1,734	-	1,262		472
Mind National - Equipment	2,278	-	1,139		1,139
Active Monitoring - Supported guided self help		27,057	20,093	(6,664)	300
Mind National - Ukraine	-	5,000	5,000		-
	141,131	467,989	624,219	38,846	23,747
TOTAL FUNDS	355,535	598,038	663,020	-	290,553

Mind in the Vale used their own unrestricted reserves as a contribution towards the running costs of the Day services and GP Centred projects. The £11,820 transfer is for expenditure in the 2022 year included in unrestricted funds that was subsequently agreed to be covered by the grant received from the Morrison's Foundation. The Active monitoring grant transfer £6,664 is management & administration fees agreed transferred to the unrestricted Fund.

COMPARATIVES FOR MOVEMENT IN FUNDS YEAR TO 31ST MARCH 2022

	Balance 01/04/2021	Income	Expenditure	Transfers	Balance 31/03/2022
Unrestricted funds	193,905	98,084	77,585	-	214,404
Restricted funds					
Day services	76,504	273,662	277,635		72,531
GP Centred - guided self help	1,408	197,562	149,932		49,038
Wellbeing & single point of access	-	42,000	42,000		-
Morrison's Foundation	-	15,550	-		15,550
Waterloo foundation	2,996	-	1,262		1,734
Mind National - Equipment	3,417	-	1,139		2,278
	84,325	528,774	471,968	-	141,131
TOTAL FUNDS	278,230	626,858	549,553	-	355,535

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

16 CONTINUED

A CURRENT YEAR 12 MONTHS AND PRIOR YEAR 12 MONTHS COMBINED POSITION IS AS FOLLOWS:

	Balance 01/04/2021	Income	Expenditur	Transfers	Balance 31/03/2023
Unrestricted funds	193,905	228,133	116,386	(38,846)	**266,806**
Restricted funds					
Day services	76,504	549,204	648,303	40,097	17,502
GP Centred - guided self help	1,408	315,952	330,259	17,233	4,334
Wellbeing & single point of access	-	84,000	84,000		-
Morrison's Foundation	-	15,550	3,730	(11,820)	-
Waterloo foundation	2,996	-	2,524		472
Mind National - Equipment	3,417	-	2,278		1,139
Active Monitoring - Supported guided self help		27,057	20,093	(6,664)	300
Mind National - Ukraine	-	5,000	5,000		-
	84,325	996,763	1,096,187	38,846	**23,747**
TOTAL FUNDS	**278,230**	**1,224,896**	**1,212,573**	-	**290,553**

17 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund	Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Fixed assets	2,594	33,713	**36,307**	9,631
Current assets	266,238	1,321	**267,559**	354,448
Current liabilities	(2,026)	(11,287)	**(13,313)**	(8,544)
	266,806	**23,747**	**290,553**	**355,535**

18 GOING CONCERN

There are no material uncertainties about the charity's ability to continue as a going concern.

19 FINANCIAL INSTRUMENTS

The Charity has only basic financial instruments (Bank and cash) and these are included in the accounts as and when they are received.

20 LIABILITIES OF TRUSTEES

The entity is a private company limited by guarantee with no share capital.

Mind in the Vale of Glamorgan

Detailed Statement of Financial Activities for the Year Ended 31st March 2023

Income and endowments	2023	2022
Cardiff & Vale University Health Board	179,425	183,834
Vale of Glamorgan Council - Barry	62,496	58,408
Vale of Glamorgan Council - Western Vale	33,621	31,420
Cardiff & Vale UHB - Tier Zero GP Cluster - Central, East & West Vale	118,390	197,562
Cardiff & Vale UHB & C.V. GP Cluster - Wellbeing & single point of access	42,000	42,000
Morrisons Foundation	-	15,550
Active Monitoring - Supported guided self help	27,057	-
Mind National - Ukraine	5,000	
Counselling services provided	8,902	-
Sale of goods and services - Barry Shop	24,718	23,413
Sale of goods and services - Food - other	2,588	789
Sale of goods and services - Western Vale Shop	67,515	46,377
Unrestricted Donations	21,075	23,049
Generated by Fundraising	5,170	4,456
Other Income - Training	81	-
Total incoming resources	598,038	626,858
Expenditure		
Salaries, NI and pensions	440,875	401,393
Recruitment costs	1,280	1,023
Supervision	6,718	6,774
Staff training	9,244	6,063
Staff travel expenses	1,389	1,548
Volunteer expenses	2,044	576
Business stock - Centres re Food etc	4,978	1,324
Affiliation fees	2,002	1,497
Rent - main office, resource centres & room hire	26,463	23,556
Rent - shop premises	12,717	11,200
Rates	387	759
Insurances	7,803	6,730
Repairs , maintenance & moving costs	61,436	36,038
Telephone and postages	16,594	13,234
Printing, stationery and photocopying	9,900	7,405
Motor expenses	556	1,021
Heating and lighting	17,972	8,712
Cleaning	4,304	3,184
Publicity and sponsership	6,690	526
Raising funds	1,383	-
Professional fees	7,926	1,001
Entertaining	797	100
Sundry expenses	3,327	2,825
Computer expenses	8,020	6,326
AGM Expenses	228	-
Independent examiners fees	3,024	2,989
Depreciation	3,701	2,487
Amortisation	1,262	1,262
Total resources expended	663,020	549,553
Net income	(64,982)	77,305

This page does not form part of the statutory financial statements.

MIND IN THE VALE OF GLAMORGAN

England & Wales - Charity number 1066411

Accounts

REGISTERED COMPANY NUMBER: 03180757 (England and Wales)
REGISTERED CHARITY NUMBER: 1066411

Report of the Trustees and Unaudited Financial Statements for the Year Ended 31st March 2022

for

Mind in the Vale of Glamorgan

BPU Limited
Chartered Accountants
Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff
CF23 8AA

bpu Chartered Accountants

Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff CF23 8AA

Registered to carry on audit work in the UK and regulated for a range of investment business activities by the Institute of Chartered Accountants in England and Wales.

bpu Chartered Accountants is a trading name of BPU Ltd Company Number 3723948 Registered in Wales.

A list of directors is available from the registered office above.

Mind in the Vale of Glamorgan

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mind
in the Vale
of Glamorgan

ANNUAL TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2022

The Trustees, who are also Directors of the Charity for the purposes of the Companies Act, present their report and financial statements for the year ended 31st March 2022.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Mind in the Vale of Glamorgan is a charitable company limited by guarantee. As Barry Mind it was registered as a Charity in 1977. It changed its name to Mind in the Vale of Glamorgan on 1st April 1996. The Company was established under a Memorandum of Association, which established the objects of powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Mind in the Vale of Glamorgan is affiliated to Mind, the national mental health charity.

Recruitment and Appointment of Management Committee

The organisation is managed by a voluntary Management Committee whose role is to set the overall objectives for Mind in the Vale of Glamorgan and to ensure that the organisation is keeping within its legal and moral obligations. The Management Committee holds the ultimate responsibility for Mind in the Vale of Glamorgan and its service delivery.

Management Committee members are drawn from a wide background, bringing together professional, commercial and local experience and there are some members who can provide a personal experience perspective. This represents a significant proportion of the Committee. The Committee meets formally every two-three months and more frequently if operational or governance issues require.

The Management Committee is responsible for the organisation's strategy and policy framework. It delegates the day to day management

and implementation of that framework to the Executive Manager.

To ensure that the experience of people who use mental health services informs the Governance and strategic development of the organisation, at least two members must be users of mental health services.

Normally no member of the Executive Committee shall serve for more than five years without one year's absence from the Committee. However, the General Meeting may decide to extend the person's membership if it so chooses.

None of the Trustees received remuneration for their work as Trustees and there are no related party transactions.

Responsibilities of the Trustees (Governance and Management)

The Charity Trustees are the people who are legally responsible for the overall management and decision making in a Charity. The Charity employs paid staff to carry out the work of the charity and the Trustees are responsible for monitoring and controlling their activities. The Trustees are also Directors for the purposes of the Companies Act.

The Trustees are elected each year by the members of the Charity at the Annual General Meeting and form the Trustee Management Committee. The Committee also has designated members who carry out the roles of Chair, Vice-Chair and Treasurer and these are elected at the first Trustee meeting after the AGM.

There can be up to 12 Trustees. A minimum of 2 must be users of the service. Further people may be co-opted to serve on the Committee, up to the maximum of 12.

Prior to the Annual General Meeting the Charity publicises the fact that nominations are sought for election to the Management Committee by notifying members of the Charity. Those members who are interested in serving are invited to meet with the Chair to discuss the role in greater detail and also which skills are needed to be acquired for the individual to actively and effectively contribute.

Following the Annual General Meeting the Management Committee would consider its new composition and skill mix and would redress any shortcomings via advertisement and initial co-option of interested persons. Prior to co-option the would-be Management Committee Member is invited to attend a Management Committee Meeting as an observer prior to becoming a co-opted member.

REFERENCE & ADMINISTRATIVE INFORMATION

Name:	Mind in the Vale of Glamorgan
Status:	Company limited by guarantee Incorporated 1st April 1996 Registered number 03180757
Registered Office:	The Old Cadoxton Clinic, 31 Barry Road, Barry, Vale of Glamorgan, CF63 1BA
Directors/Trustees:	K Canning (Chair) S Reynolds Dr. M Coleman R Roberts (Vice Chair) C Windle (Treasurer) C Tait B Ashton N Ludvigsen (Appointed 02.11.2021) S Beechey (Resigned 02.07.2021) R Scott (Resigned 02.11.2021)
Company Secretary:	C Chapman
Company Bank:	Unity Trust Bank PLC 9 Brindley Place Birmingham B1 2HB
Independent Examiner:	Mr John Huw Palin FCA BPU Chartered Accountants Radnor House Greenwood Close Cardiff Gate Business Park Cardiff CF23 8AA

OBJECTIVES AND ACTIVITIES

Principles - How our activities deliver public benefit

The Trustees have had regard to the Charity Commissions guidance on Public benefit. Mind in the Vale of Glamorgan is an independent mental health charity who affiliate to Mind National. We work with and for people who experience mental health problems aged 16+. We provide information so people are aware of their rights and can make informed choices.

We believe that one size doesn't fit all, we offer a holistic, person centred service working in partnership with all agencies for the benefit of the individual.

To provide a service that is accessible, adaptable, person centred and recovery focused. People who access our service should have an active involvement in the planning and delivery of our service.

To challenge stigma and discrimination experienced by people who are marginalised by society. To assist people to achieve their goals and ambitions.

We have for a number of years been using outcome measures which demonstrate the effectiveness of our interventions for individuals who use our services, this also guides further decision-making and/or intervention.

People who access our services are represented and play an active role in service planning, delivery and governance forums and are regarded as partners and encouraged to work alongside staff as partners in our service delivery.

The Key Objectives of Mind in the Vale of Glamorgan

- Person centred provision; to promote the individual's recovery from mental illness and to develop their resilience to manage the disabling effects or recurrence of illness.
- Provide evidence based interventions to meet the needs of people with mental illness and ensure a recovery focused service provision.
- Provide a support model in line with the 'Code of Care Standards for Wales'
- Strong links and referral arrangements with Community Mental Health Teams, Primary Care, Voluntary and Statutory Organisations.

- Provide voluntary opportunities within the organisation and with Voluntary Services.
- Provide volunteering opportunities in our three Resource Centres in Barry, Penarth & Llantwit Major as well as our two charity shops.
- Provide educational opportunities by working in partnership with the Adult Learning Wales offering accredited courses within the community.
- Offer support and advice for people with mental health problems to retain their employment.
- We are a 'Mindful Employer', a charter for employees who are positive about mental health.
- To continue to challenge discrimination and stigma through campaigning and training.

Services and significant activities

Mind in the Vale offer services which cover the Vale of Glamorgan with open access centres and offices based in Barry (Central Vale), Penarth (Eastern Vale) and Llantwit Major (Western Vale). We also run the Mind Shops, Barry and Llantwit Major - these charity shops generate funds and provide volunteering and training opportunities. Mind in the Vale is committed to supporting people to achieve the best possible outcomes by offering the following:

1. A place where people participate in their own recovery process by working and socialising together in a safe and welcoming environment.
2. A community based approach that compliments available psychiatric treatment.
3. Information.
4. Representation at community functions.
5. Outreach.
6. Appointments.
7. Advice.
8. Social Prescribing.
9. Counselling
10. Evidence based interventions and outcomes.
11. Complimentary therapies.
12. Personal support.
13. Training.
14. Positive social circles.
15. Leisure opportunities.
16. Educational opportunities.
17. Volunteering opportunities.
18. Employment opportunities.

Mind in the Vale organises and signposts to a range of activities, courses and groups within the community, these are organised in collaboration with a wide variety of community partners.

Mind in the Vale of Glamorgan works in partnership with other agencies, to avoid duplication

ACHIEVEMENTS AND PERFORMANCE

COVID-19 changed the service delivery, staff can work remotely with all technology and materials needed and people have the choice of receiving support either on-line, face to face or telephonically. During the financial year Mind in the Vale of Glamorgan provided direct support for 5,686 people, an increase from the previous year of 32%.
Mind in the Vale moved their premises in Barry to a more accessible wheelchair friendly building with more office space to offering one to one appointments and counselling. Mind in the Vale of Glamorgan have for the past 12 years used The Recovery Star. A key feature of mental health recovery is that it emphasises the uniqueness of every person's experience of mental health problems. There is therefore probably nothing more important than supporting an individual in their journey to recovery. The Recovery Star is an innovative tool developed with a holistic and personalised approach which ensures the effective support of people throughout their recovery. We also use COREOMS.

Day Services, Community Opportunities

Providing a bespoke and person centred service for anyone aged 16+ living in the Vale of Glamorgan, offering a range of different support, interventions which include courses, training, guided self-help, counselling and peer support.

Everyone will be initially offered an appointment using the Recovery Star which highlights the areas that people need help and support with, this may include making referrals to other specialist services where appropriate. For example, counselling, housing, debt, benefits, employment, employment etc.

With bases in Llantwit Major, Barry and Penarth we can offer appointments based at these locations.

Tier Zero Psychological Guided Self Help (Centre of Clinical Interventions)

We have been successfully delivering this service since the pilot in 2016 to date, successfully securing funding from Cardiff & Vale UHB until 2027. We receive referrals from GPs or self-referrals in all three

Cluster Groups within the Vale of Glamorgan - **Central Vale** (Barry & Sully), **Eastern Vale** (Dinas Powys & Penarth) and **Western Vale** (Rhoose, Llantwit Major and Cowbridge).

Working in partnership with GPs, PMHSS (Primary Mental Health Support Services) and the Mental Health Liaison Service to offer CCIs (Centre of Clinical Interventions). These are 6 - 8 week courses of guided self-help sessions. The CCI's cover Assertiveness, Self Esteem, Depression, Panic, Worry, Perfectionism, Procrastination, Social Anxiety, Self Compassion and Distress Intolerance. We are also providing open access psycho-education courses - Stress Control and ACT-ion for Living courses. The success of this service is measured using the Recovery Star, COREOM and CORE10.

The Mind Shops - Barry and Llantwit Major

The shops offered volunteering opportunities to 68 people as well as being a useful source of unrestricted funds. Volunteering opportunities act as a stepping stone into external volunteering or work. All volunteers have the opportunity to receive accreditation for their roles. .

FINANCIAL REVIEW AND RESERVES POLICY

The accounts show a surplus for 2022 year of £77,305 (2021 £66,468) on income of £626,858 (2021 £483,846). The unrestricted reserves have increased from £193,905 as at 1st April 2021 by £20,499 to £214,404 as at 31st March 2022.

Mind in the Vale has a reserves policy of holding 4 to 6 months of annual restricted income to cover commitments if Restricted funding projects ended plus an additional 10% of its annual gross income as "true" reserves. This equals approximately £238,934 that the Trustees aspire to hold as a minimum. At the 31st March 2022 they hold £214,404 unrestricted reserves. This equals approximately 4.7 months of expected average expenditure.

The Trustees are aware the level of unrestricted reserves held is lower than the minimum but are satisfied that it is sufficient. Reserves are held to meet possible unexpected obligations, and to give time to find alternative sources of funds if necessary. The Reserves policy is formally reviewed annually.

All involved in Mind in the Vale worked extremely hard in the 2021/22 accounts year to ensure that the Charity made a financial surplus by 31st March 2022. The Trustees have made changes and reduced costs whilst maintaining the core services provided by Mind in the Vale. They have remained vigilant in regard to the financial position and have increased

reserves and strengthened the balance sheet in this financial year. They recognise their legal duty to apply income funds for the objects of the Charity, within a reasonable time of receipt for the benefit of actual and potential service users and beneficiaries.

RISKS POLICY

The Trustees have reviewed the major risks to the organisation and have risk management policies in place which are reviewed on an on-going basis. Two of the major specific risks identified by the Trustees are the associated risks of dealing with vulnerable adults and the loss of funding.

The Trustees ensure all vulnerable adults are dealt with properly and risks are identified and minimised appropriately.

To minimise the effect on the organisation by a loss of funding, the Trustees have a reserves policy to meet possible unexpected obligations, and to give time to find alternative sources of funds.

PLANS FOR THE FUTURE

Like many other small charities, Mind in the Vale of Glamorgan will face mounting challenges over the coming years to continue attracting funding to provide quality services within the Vale of Glamorgan. Of significant importance are:

- The ability to cover core costs and maximise full cost recovery of projects and services, and to look towards alternative sources of income for these purposes.
- The ability to maintain an active Management Committee with clear guidelines and training and to ensure a robust staffing structure to support the work of the charity.
- Maintain Mind Quality Management systems.
- Continue to use robust Outcome Measures in line with Matrix Cymru guidelines.
- To continue to work in collaboration with local colleges and Adult Learners Wales to offer accreditation to all volunteers and placements.
- To continue to maintain a high quality, cost effective, recovery focused service delivery.
- To access other funding streams to enhance our service delivery.
- To develop unrestricted funding streams within our current service delivery.
- To continue working collaboratively with all agencies within the Vale of Glamorgan to avoid duplication and ensure a seamless service.

RESPONSIBILITY OF TRUSTEES

The charity trustees (who are also the directors for the purpose of company law) are responsible for preparing, in accordance with applicable law and regulations and in accordance with United Kingdom Generally Accepted Accounting Practice, the trustee/directors report and the financial statements for each financial year that give a true and fair view of the state of affairs of the charity and of the incoming resources and

application of resources including its income and expenditure of the company and the surplus/deficit of the charity for that period.

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

a. Select suitable accounting policies and then apply them consistently;
b. Observe the methods and principles in the Charity SORP;
c. Make judgements and estimates that are reasonable and prudent;
d. State whether applicable UK Accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
e. Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees/directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and 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.

The trustees oversee the charity website which was set up voluntarily by a website designer and maintained by two members of staff. The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

STATEMENT AS TO DISCLOSURE TO OUR INDEPENDENT EXAMINER

In so far as the trustees/directors are aware at the time of approving our trustee's annual report:

a. There is no relevant information, being information needed by the examiner in connection with preparing their report, of which the examiner is unaware, and

b. The trustees have taken all steps that they are obliged to take as directors in order to make themselves aware of any relevant information and to establish that the examiner is aware.

SMALL COMPANIES

The accounts have been prepared in accordance with the special provisions for small companies FRS 102 1a.

The Trustees declare that they have approved the trustees' report (incorporating directors' report) above.

Signed on behalf of the charity's trustees/directors on

28th October 2022

Kevin Canning
Chair ..... K Canning .....

Caroline Chapman
Executive Manager ..... C. Chapman .....

Independent Examiner`s report to the Trustees of Mind in the Vale of Glamorgan

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1 accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2 the accounts do not accord with those records; or
3 the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4 the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

John Huw Palin
FCA
BPU Limited
Chartered Accountants

28th October 2022

bpu Chartered Accountants

Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff CF23 8AA

Registered to carry on audit work in the UK and regulated for a range of investment business activities by the Institute of Chartered Accountants in England and Wales.

bpu Chartered Accountants is a trading name of BPU Ltd Company Number 3723948 Registered in Wales.

A list of directors is available from the registered office above.

Mind in the Vale of Glamorgan

Statement of Financial Activities (Income and Expenditure Account) for the Year Ended 31st March 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Income and endowments from:					
Donations, Covid-19 grants & Legacies	3	23,049	-	**23,049**	**70,654**
Charitable activities	4	-	528,774	**528,774**	**378,130**
Other trading activities	5	75,035	-	**75,035**	**35,062**
Total Income		**98,084**	**528,774**	**626,858**	**483,846**
Expenditure on:					
Charitable activities	6	53,927	471,968	**525,895**	**394,177**
Other trading activities	7	23,658	-	**23,658**	**23,201**
Total Expenditure		77,585	471,968	549,553	417,378
Net income/(expenditure)		**20,499**	**56,806**	**77,305**	**66,468**
Reconciliation of Funds					
Total funds bought forward	15	193,905	84,325	278,230	211,762
Total funds carried forward	15	214,404	141,131	355,535	278,230

The notes form part of these financial statements

Mind in the Vale of Glamorgan

Balance Sheet
31st March 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Intangible Assets	11	1,734	2,996
Tangible Assets	12	7,897	5,598
		9,631	8,594
CURRENT ASSETS			
Debtors	13	26,422	4,405
Cash at Bank and in Hand		328,026	342,512
		354,448	346,917
CREDITORS : Amounts Falling Due within One Year	14	(8,544)	(77,281)
NET CURRENT ASSETS		345,904	269,636
TOTAL ASSETS LESS CURRENT LIABILITES		355,535	278,230
FUNDS			
Unrestricted funds	15	214,404	193,905
Restricted funds	15	141,131	84,325
TOTAL FUNDS		355,535	278,230

The directors/trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477 (2) relating to small companies, and that no member or members have requested an audit pursuant to section 476 (1) of the Act.

The trustees/directors acknowledge their responsibilities for:

(i) ensuring that the charitable company keeps adequate accounting records which comply with section 386 & 387 of the Companies Act 2006, and

(ii) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficit for the financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime

The financial statements were approved by the Board of the Trustees and authorised for issue on 28th October 2022 and were signed on its behalf by:

K Canning ..... Kevin Canning

Signature *Print name*

Company registration number: 03180757
Charity certificate number: 1066411

The notes form part of these financial statements.

Mind in the Vale of Glamorgan

Cash Flow Statement
For the Year Ended 31st March 2022

	Notes	2022	2021
Cash flows from operating activities			
Cash generated from operations	1	(9,700)	183,586
Net cash provided by operating activities		(9,700)	183,586
Cash flows from investing activities			
Purchase of Intangible assets		-	(3,785)
Purchase of tangible assets		(4,786)	(6,433)
Net cash used in investing activities		(4,786)	(10,218)
Cash flows from financing activities		-	-
Net cash used in financing activities		-	-
Change in cash and cash equivalents in the reporting period	2	(14,486)	173,368
Cash and cash equivalents at the beginning of the reporting period		342,512	169,144
Cash and cash equivalents at the end of the reporting period		328,026	342,512

The notes form part of these Financial Statements

Mind in the Vale of Glamorgan

Notes to the Cash Flow Statement
For the Year Ended 31st March 2022

1 Reconciliation of net income to net cash flow from operating activities

	2022	2021
Net income for the reporting period (as per the SOFA)	77,305	66,468
Adjustments for:		
Depreciation charges	2487	2538
Amortisation charges	1262	789
Decrease/(increase) in debtors	(22,017)	40,915
(Decrease)/increase in creditors	(68,737)	72,876
Net cash provided by operations	(9,700)	183,586

2 Analysis of changes in net debt

	At 01/04/21	Cash flow	At 31/03/22
Net cash			
Cash at bank and in hand	342,512	(14,486)	328,026
Debt	-	-	-
Total	342,512	(14,486)	328,026

The notes form part of these Financial Statements

Mind in the Vale of Glamorgan

Notes to the Financial Statements for the Year Ended 31st March 2022

1 ACCOUNTING POLICIES

Basis of preparing the financial Statements

The financial statements of the charitable company , which meets the definition of a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) `Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019), Financial Reporting Standard 102 `Financial Reporting Standard applicable in the UK and the Republic of Ireland' and the Companies Act 2006, incorporating section 1A for smaller entities . The financial statements are presented in sterling which is the functional currency of the company and rounded to the nearest £ and have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably. The following specific policies are applied to particular categories of income:

i) Voluntary income is received by way of donations and membership fees and is included in accounts when receivable.

ii) Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant which will normally be when the grant is actually received. Grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Deferred income represents grant monies received for future periods and released to incoming resources in the period to which it relates.

iii) Trading income is included when receivable.

iv) Donated services and facilities are included at the value to the charity where this can be quantified and are material.

v) Investment income and all other income is recognised when receivable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets
Amortisation is provided on Intangible fixed assets at rates calculated to write off the cost of each asset over its estimated useful life. Assets are originally included at cost and amortised over three years on a straight line basis.

Tangible fixed assets
Depreciation is provided on tangible fixed assets at rates calculated to write off the cost of each asset over its estimated useful life. Assets are originally included at cost and depreciated as:

Office equipment - charged on a straight line basis over four years.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted Funds are those funds received or generated for the objects of the Charity without further specified purpose and are available to use at the discretion of the Trustees in accordance with the charitable objectives of the charity.

Restricted Funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the Donor or when funds are raised for particular restricted purposes. Expenditure which meets these criteria is identified to the Fund, together with a fair allocation of management and support costs.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution scheme for employees. Contributions to the scheme are charged fully to the Statement of Financial Activities in the period that they relate to.

2 NET INCOME/(EXPENDITURE) FOR THE YEAR

This is stated after charging:-	**2022**	**2021**
	£	**£**
Depreciation on owned assets	**2,487**	2,538
Amortisation	**1,262**	789
Independent Examiners Fees	**2,989**	2,964
	6,738	6,291

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued for the Year Ended 31st March 2022

3 Income: Donations, Covid-19 grants and Legacies	2022	2021
Donations received	**23,049**	10,015
Government grants	-	60,639
	23,049	70,654

All donation, grant & legacy income is unrestricted in 2022 and prior year.

4 Income from charitable activities	2022 £	2021 £
	528,774	378,130

Grants received , included in the above, are as follows:

		2022 Total £	2021 Total £
Cardiff & Vale UHB	Day services	**183,834**	179,425
Vale of Glamorgan Council	Barry day services	**58,408**	56,161
Vale of Glamorgan Council	Western Vale day services	**31,420**	30,213
Cardiff & Vale UHB - Tier 0	GP Centred - guided self help	**197,562**	73,591
Cardiff & Vale UHB & C.V. GP Cluster	Wellbeing & single point of access	**42,000**	-
Morrisons Foundation	Disabled toilet & flooring	**15,550**	
Moondance	Group work & courses	-	18,240
Lottery	It takes balls to talk	-	10,000
Waterloo foundation	Website & IT costs	-	5,000
Mind National	Equipment/IT	-	5,500
		528,774	378,130

The funds are restricted to providing the services as set out in the grant funding agreements.

5 Income: Other Trading activities	2022 £	2021 £
Sale of goods & services - Barry Shop Takings	23,413	10,176
Sale of goods and services - Western Vale Shop Takings	46,377	19,141
	69,790	29,317
Other food sales - At Barry and Penarth	789	-
Income generated by Fundraising	4,456	4,220
Other - Training & posters.	-	1,525
	75,035	**35,062**

All Trading income is unrestricted in 2022 and prior year.

Notes to the Financial Statements - continued for the Year Ended 31st March 2022

6 Expenditure on : Charitable activities		UNRSTRC CORE	RSTRCTD DAY	RSTRCTD GP CENTRED GUIDED	RSTRCTD WATERLOO FOUNDATION	RSTRCTD OTHER MIND	RSTRCTD WELLBEING & SINGLE POINT OF	2022	2021
Direct costs	Note	COSTS	SERVICES	SELF HELP	WEBSITE/IT	EQUIP/IT	ACCESS	**TOTAL**	TOTAL
Salaries, NI and pensions	8	7,786	214,188	130,236			41,834	**394,044**	320,121
Recruitment costs		1,023						**1,023**	552
Supervision			3,387	3,387				**6,774**	4,192
Staff & volunteer training			3113	2,950				**6,063**	79
Staff travel expenses			862	682				**1,544**	1,105
Volunteer expenses			92					**92**	248
Business Stock - Centres re food etc			1,324					**1,324**	1,450
Support costs allocated to activities - staff usage									
Affiliation fees			1,123	374				**1,497**	1,643
Rent & room hire			22,485	1,071				**23,556**	17,472
Rates & water			392					**392**	189
Insurances		1,346	4,038	1,346				**6,730**	3,636
Repairs, maint. & moving costs		34,771	489					**35,260**	464
Equipment lease								**-**	-
Telephone and postages		730	6,931	4,415				**12,076**	9,097
Print, stationery & photocopying		1,061	4,201	2,143				**7,405**	4,429
Motor expenses				1,021				**1,021**	2,454
Heating and lighting		125	6,034					**6,159**	4,951
Cleaning & PPE		206	2,773					**2,979**	4,522
Publicity and literature			360				166	**526**	5,663
Sundry expenses		527	1,568	425				**2,520**	1,484
Computer expenses		1,265	3,796	1,265				**6,326**	2,798
Depreciation		252	479	617		1,139		**2,487**	2,538
Amortisation					1,262			**1,262**	789
Governance costs		4,835						**4,835**	4,301
		53,927	**277,635**	**149,932**	**1,262**	**1,139**	**42,000**	**525,895**	**394,177**
Governance costs were as follows:									
Professional fees		1,001						1,001	667
Salaries, NI and pensions	8	845						845	670
Independent examiners fees		2,989						2,989	2,964
		4,835	-					**4,835**	4,301

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued for the Year Ended 31st March 2022

7 **Expenditure on: Providing Sale of goods & services**

	BARRY SHOP	WEST VALE SHOP	2022 TOTAL	2021 TOTAL
Direct costs				
Salaries, NI and Pensions	3,252	3,252	**6,504**	6,504
Staff Travel Expenses	4	-	**4**	10
Volunteer Expenses	231	253	**484**	216
Support costs allocated to activities				
Rent	4,000	7,200	**11,200**	9,400
Rates and water	128	239	**367**	367
Repairs and Renewals	567	211	**778**	621
Telephone and Postages	515	643	**1,158**	1,371
Printing, Stat. & Photocopying	-	-	-	275
Heating and Lighting	938	1,615	**2,553**	3,055
Cleaning & PPE	14	191	**205**	1,277
Sundry Expenses	204	201	**405**	105
	9,853	**13,805**	**23,658**	23,201

All Trading expenditure is unrestricted in 2022 and the prior year.

8 **STAFF COSTS AND NUMBERS**

	2022 £	2021 £
Salaries and wages	**364,335**	297,498
Social security costs	**27,986**	22,135
	392,321	319,633
Pension contributions to defined contributions scheme	**9,072**	7,662
	401,393	327,295
Allocated as follows:		
Charitable activities	**394,044**	320,121
Trading activities	**6,504**	6,504
Governance	**845**	670
	401,393	327,295

No employee received emoluments of more than £60,000

The average number of employees (part-time and full-time) during the year was as follows:-	2022	2021
Charitable activities	**16**	14
Governance costs	**1**	1
Fundraising	**-**	-
	17	15

Notes to the Financial Statements - continued for the Year Ended 31st March 2022

9 TRUSTEES' REMUNERATION AND BENEFITS

The Trustees received no remuneration and did not receive any other benefits during the year ended 31st March 2022 or the 2021 year. The Trustees were not reimbursed for any expenses during the year or the previous year.

10 RELATED PARTY TRANSACTIONS

There were no related party transactions in the year.

11 INTANGIBLE FIXED ASSETS

	Website £
COST	
At 1st April 2021	3,785
Additions in the Year	-
At 31st March 2022	3,785
AMORTISATION	
At 1st April 2021	789
Charge for the Year	1,262
At 31st March 2022	2,051
NET BOOK VALUE	
At 31st March 2022	1,734
At 31st March 2021	2,996

12 TANGIBLE FIXED ASSETS

	Equipment £	Office Equipment £	Van	Total £
COST				
At 1st April 2021	23,871	23,782	4,701	**52,354**
Additions in the Year	-	4,786	-	**4,786**
At 31st March 2022	23,871	28,568	4,701	**57,140**
DEPRECIATION				
At 1st April 2021	23,871	18,184	4,701	**46,756**
Charge for the Year	-	2,487	-	**2,487**
At 31st March 2022	23,871	20,671	4,701	**49,243**
NET BOOK VALUE				
At 31st March 2022	-	7,897	-	7,897
At 31st March 2021	-	5,598	-	5,598

Notes to the Financial Statements - continued for the Year Ended 31st March 2022

13 DEBTORS

	2022	2021
	£	£
Amounts due within one year:		
Grants receivable - Morrisons Foundation	**15,550**	-
Other income receivable - Paypal	**10,872**	-
Other - expenditure refundable	-	1,284
Insurance prepaid	-	3,121
	26,422	4,405

14 CREDITORS

	2022	2021
	£	£
Amounts falling due within one year:		
Deferred income - grants received for future services	-	74,172
Accrued Expenses	**6,561**	3,109
Holiday pay	**1,983**	-
	8,544	77,281

15 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	2021 Total funds
	£	£	£
Income and endowments from:			
Donations and legacies	70,654	-	70,654
Charitable activities	.	378,130	378,130
Other trading activities	35,062	-	35,062
Total Income	105,716	378,130	483,846
Expenditure on:			
Charitable activities	33,966	360,211	394,177
Other - on providing Sale of goods & services	23,201	-	23,201
Total Expenditure	57,167	360,211	417,378
Net movement in funds	48,549	17,919	66,468
Reconciliation of Funds			
Total funds brought forward	145,356	66,406	211,762
Total funds carried forward	**193,905**	**84,325**	**278,230**

Notes to the Financial Statements - continued for the Year Ended 31st March 2022

15 CONTINUED

MOVEMENT IN FUNDS YEAR TO 31ST MARCH 2022

	Balance 01/04/2021	Income	Expenditure	Balance 31/03/2022
Unrestricted funds	193,905	98,084	77,585	214,404
Restricted funds				
Day services	76,504	273,662	277,635	72,531
GP Centred - guided self help	1,408	197,562	149,932	49,038
Wellbeing & single point of access	-	42,000	42,000	-
Morrisons Foundation	-	15,550	-	15,550
Lottery	-	-	-	-
Waterloo foundation	2,996	-	1,262	1,734
Mind National - Equipment	3,417	-	1,139	2,278
	84,325	528,774	471,968	141,131
TOTAL FUNDS	278,230	626,858	549,553	355,535

COMPARATIVES FOR MOVEMENT IN FUNDS YEAR TO 31ST MARCH 2021

	Balance 01/04/2020	Income	Expenditure	Balance 31/03/2021
Unrestricted funds	145,356	105,716	57,167	193,905
Restricted funds				
Day services	1,113	265,799	190,408	76,504
GP Centred - guided self help	33,551	73,591	105,734	1,408
Vale cluster- Fast track counselling	31,742	-	31,742	-
Moondance	-	18,240	18,240	
Lottery	-	10,000	10,000	-
Waterloo foundation	-	5,000	2,004	2,996
Mind National - Equipment	-	5,500	2,083	3,417
	66,406	378,130	360,211	84,325
TOTAL FUNDS	211,762	483,846	417,378	278,230

Notes to the Financial Statements - continued for the Year Ended 31st March 2022

15 CONTINUED

A CURRENT YEAR 12 MONTHS AND PRIOR YEAR 12 MONTHS COMBINED POSITION IS AS FOLLOWS:

	Balance 01/04/2020	Income	Expenditure	Balance 31/03/2022
Unrestricted funds	145,356	203,800	134,752	**214,404**
Restricted funds				
Day services	1,113	539,461	468,043	72,531
GP Centred - guided self help	33,551	271,153	255,666	49,038
Vale cluster- Fast track counselling	31,742	-	31,742	-
Wellbeing & single point of access	-	42,000	42,000	-
Morrisons Foundation	-	15,550	-	15,550
Moondance	-	18,240	18,240	-
Lottery	-	10,000	10,000	-
Waterloo foundation	-	5,000	3,266	1,734
Mind National - Equipment	-	5,500	3,222	2,278
	66,406	906,904	832,179	**141,131**
TOTAL FUNDS	**211,762**	**1,110,704**	**966,931**	**355,535**

16 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund	Restricted funds	2022 Total funds	2021 Total funds
	£	£	£	£
Fixed assets	3,612	6,019	**9,631**	8,594
Current assets	215,070	139,378	**354,448**	346,917
Current liabilities	(4,278)	(4,266)	**(8,544)**	(77,281)
	214,404	**141,131**	**355,535**	**278,230**

17 GOING CONCERN

There are no material uncertainties about the charity's ability to continue as a going concern.

18 FINANCIAL INSTRUMENTS

The Charity has only basic financial instruments (Bank and cash) and these are included in the accounts as and when they are received.

19 LIABILITIES OF TRUSTEES

The entity is a private company limited by guarantee with no share capital.

Mind in the Vale of Glamorgan

Detailed Statement of Financial Activities for the Year Ended 31st March 2022

Income and endowments	2022	2021
Cardiff & Vale University Health Board	183,834	179,425
Vale of Glamorgan Council - Barry	58,408	56,161
Vale of Glamorgan Council - Western Vale	31,420	30,213
Cardiff & Vale UHB - Tier Zero GP Cluster - Central, East & West Vale	197,562	73,591
Cardiff & Vale UHB & C.V. GP Cluster - Wellbeing & single point of access	42,000	-
Morrisons Foundation	15,550	-
Moondance Foundation	-	18,240
Lottery	-	10,000
Waterloo Foundation	-	5,000
Mind National	-	5,500
Sale of goods and services - Barry Shop	23,413	10,176
Sale of goods and services - Food - other	789	-
Sale of goods and services - Western Vale Shop	46,377	19,141
Unrestricted Donations	23,049	10,015
Government & Council Covid-19 grants received	-	60,639
Generated by Fundraising	4,456	4,220
Other Income - Miscellaneous	-	1,525
Total incoming resources	626,858	483,846
Expenditure		
Salaries, NI and pensions	401,393	327,295
Recruitment costs	1,023	552
Supervision	6,774	4,192
Staff & Trustee training	6,063	79
Staff travel expenses	1,548	1,115
Volunteer expenses	576	464
Affiliation fees	1,497	1,643
Rent - main office, resource centres & room hire	23,556	17,472
Rent - shop premises	11,200	9,400
Rates	759	556
Insurances	6,730	3,636
Repairs , maintenance & moving costs	36,038	1,085
Telephone and postages	13,234	10,468
Printing, stationery and photocopying	7,405	4,704
Motor expenses	1,021	2,454
Heating and lighting	8,712	8,006
Cleaning	3,184	5,799
Publicity and literature	526	5,663
Business stock - Centres re Food etc	1,324	1,450
Professional fees	1,001	667
Sundry expenses	2,925	1,589
Computer expenses	6,326	2,798
Independent examiners fees	2,989	2,964
Depreciation	2,487	2,538
Amortisation	1,262	789
Total resources expended	549,553	417,378
Net income	77,305	66,468

MIND IN THE VALE OF GLAMORGAN

England & Wales - Charity number 1066411

Accounts

REGISTERED COMPANY NUMBER: 03180757 (England and Wales)
REGISTERED CHARITY NUMBER: 1066411

Report of the Trustees and Unaudited Financial Statements for the Year Ended 31st March 2021

for

Mind in the Vale of Glamorgan

BPU Limited
Chartered Accountants
Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff
CF23 8AA

bpu Chartered Accountants

Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff CF23 8AA

Registered to carry on audit work and regulated for a range of investment business activities by the Institute of Chartered Accountants in England and Wales.

bpu Chartered Accountants is a trading name of BPU Ltd
Company Number 3723948
Registered in Wales

A list of directors is available from the registered office above

Mind in the Vale of Glamorgan

Contents of the Financial Statements for the Year Ended 31st March 2021

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mind
in the Vale
of Glamorgan

Mind Quality Mark

ANNUAL TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2021

The Trustees, who are also Directors of the Charity for the purposes of the Companies Act, present their report and financial statements for the year ended 31st March 2021.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Mind in the Vale of Glamorgan is a charitable company limited by guarantee. As Barry Mind it was registered as a Charity in 1977. It changed its name to Mind in the Vale of Glamorgan on 1st April 1996. The Company was established under a Memorandum of Association, which established the objects of powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Mind in the Vale of Glamorgan is affiliated to Mind, the national mental health charity.

Recruitment and Appointment of Management Committee

The organisation is managed by a voluntary Management Committee whose role is to set the overall objectives for Mind in the Vale of Glamorgan and to ensure that the organisation is keeping within its legal and moral obligations. The Management Committee holds the ultimate responsibility for Mind in the Vale of Glamorgan and its service delivery.

Management Committee members are drawn from a wide background, bringing together professional, commercial and local experience and there are some members who can provide a personal experience perspective. This represents a significant proportion of the Committee. The Committee meets formally every two-three months and more frequently

if operational or governance issues require.

The Management Committee is responsible for the organisation's strategy and policy framework. It delegates the day to day management and implementation of that framework to the Executive Manager.

To ensure that the experience of people who use mental health services informs the Governance and strategic development of the organisation, at least two members must be users of mental health services.

Normally no member of the Executive Committee shall serve for more than five years without one year's absence from the Committee. However, the General Meeting may decide to extend the person's membership if it so chooses.

None of the Trustees received remuneration for their work as Trustees and there are no related party transactions.

Responsibilities of the Trustees (Governance and Management)

The Charity Trustees are the people who are legally responsible for the overall management and decision making in a Charity. The Charity employs paid staff to carry out the work of the charity and the Trustees are responsible for monitoring and controlling their activities. The Trustees are also Directors for the purposes of the Companies Act.

The Trustees are elected each year by the members of the Charity at the Annual General Meeting and form the Trustee Management Committee. The Committee also has designated members who carry out the roles of Chair, Vice-Chair and Treasurer and these are elected at the first Trustee meeting after the AGM.

There can be up to 12 Trustees. A minimum of 2 must be users of the service. Further people may be co-opted to serve on the Committee, up to the maximum of 12.

Prior to the Annual General Meeting the Charity publicises the fact that nominations are sought for election to the Management Committee by notifying members of the Charity. Those members who are interested in serving are invited to meet with the Chair to discuss the role in greater detail and also which skills are needed to be acquired for the individual to actively and effectively contribute.

Following the Annual General Meeting the Management Committee would consider its new composition and skill mix and would redress any shortcomings via advertisement and initial co-option of interested

persons. Prior to co-option the would-be Management Committee Member is invited to attend a Management Committee Meeting as an observer prior to becoming a co-opted member.

REFERENCE & ADMINISTRATIVE INFORMATION

Name:	Mind in the Vale of Glamorgan
Status:	Company limited by guarantee Incorporated 1st April 1996 Registered number 03180757
Registered Office:	29 Tynewydd Road, Barry, Vale of Glamorgan, CF62 8HB
Directors/Trustees:	K Canning (Chair) S Reynolds Dr. M Coleman R Scott (Vice Chair) R Roberts C Windle S Beechey (Treasurer)-Resigned 02/07/21 C Tait Bernadette Ashton - Appointed 08/02/21
Company Secretary:	C Chapman
Company Bank:	Unity Trust Bank PLC 9 Brindley Place Birmingham B1 2HB
Independent Examiner:	Mr John Huw Palin FCA BPU Limited Chartered Accountants Radnor House Greenwood Close Cardiff Gate Business Park Cardiff CF23 8AA

OBJECTIVES AND ACTIVITIES

Principles - How our activities deliver public benefit

The trustees have had regard to the Charity Commissions guidance on public benefit. Mind in the Vale of Glamorgan is an independent mental health charity who affiliate to Mind National. We work with and for people who experience mental health problems. We provide information so people are aware of their rights and can make informed choices.

We believe that one size doesn't fit all, we offer a holistic, person centred service working in partnership with all agencies for the benefit of the individual.

To provide a service that is accessible, adaptable, person centred and recovery focused. People who access our service should have an active involvement in the planning and delivery of our service.

To challenge stigma and discrimination experienced by people who are marginalised by society. To assist people to achieve their goals and ambitions

People who access our services are represented and play an active role in service planning, delivery and governance forums and are regarded as partners and encouraged to work alongside staff as partners in our service delivery.

The Key Objectives of Mind in the Vale of Glamorgan

- Person centred provision; to promote the individual's recovery from mental illness and to develop their resilience to manage the disabling effects or recurrence of illness.
- Provide evidence based interventions to meet the needs of people with mental illness and ensure a recovery focused service provision.
- Provide a support model in line with the 'Code of Care Standards for Wales'
- Strong links and referral arrangements with Community Mental Health Teams, Primary Care, Voluntary and Statutory Organisations.
- Provide voluntary opportunities within the organisation and with the Glamorgan Voluntary Services.
- Provide volunteering opportunities in our three Resource Centres in Barry, Penarth & Llantwit Major as well as our two charity shops.
- Provide educational opportunities by working in partnership

with the Adult Learning Wales offering accredited courses within the community.

- Two trained job retention workers who offer support and advice for people with mental health problems to retain their employment.
- We are a 'Mindful Employer', a charter for employees who are positive about mental health.
- To continue to challenge discrimination and stigma through campaigning and training.

Services and significant activities

Mind in the Vale offer services which cover the Vale of Glamorgan with open access centres and offices based in Barry (Central Vale), Penarth (Eastern Vale) and Llantwit Major (Western Vale). We also run the Mind Shops, Barry and Llantwit Major - these charity shops generate funds and provide volunteering and training opportunities. Mind in the Vale is committed to supporting people to achieve the best possible outcomes by offering the following:

1. A place where people participate in their own recovery process by working and socialising together in a safe and welcoming environment.
2. A community based approach that compliments available psychiatric treatment.
3. Information.
4. Representation at community functions.
5. Outreach.
6. Appointments.
7. Advice.
8. Social Prescribing.
9. Counselling
10. Evidence based interventions and outcomes.
11. Complimentary therapies.
12. Personal support.
13. Training.
14. Positive social circles.
15. Leisure opportunities.
16. Educational opportunities.
17. Volunteering opportunities.
18. Employment opportunities.

Mind in the Vale organises and signposts to a range of activities, courses and groups within the community, not just in the centres themselves. These are organised in collaboration with a wide variety of community partners.

Mind in the Vale of Glamorgan works in partnership with other agencies, to avoid duplication

ACHIEVEMENTS AND PERFORMANCE

The National lockdown started on 23rd March 2020. We ensured all staff were ready to work remotely with all technology and materials needed before the lockdown. We had financial assistance from Mind National to assist with purchasing extra IT equipment and covering costs for online platforms. During the financial year Mind in the Vale of Glamorgan provided direct support for 4,170 people, an increase from the previous year of 46%. We are grateful for the extra funding provided by Cardiff & Vale UHB to ensure we had the staff to meet the extra demands.

The first three months of the pandemic was intense with the sheer volume of people needing support with practical matters such as delivery of food and medication as well as helping with new technologies. Our working hours had to be altered to meet the needs of the circumstances people found themselves in.

Although face to face groups and meetings had to stop, we ensured that all service users were supported both practically and emotionally. We used Zoom, WhatsApp, Teams and Skype and met people who were struggling or lived alone in their gardens as well ensuring people had regular welfare calls and support when they were experiencing a crisis.

We developed online courses for group work which was part funded by the Moon dance Foundation.

Mind in the Vale of Glamorgan have for the past 11 years used The Recovery Star. A key feature of mental health recovery is that it emphasises the uniqueness of every person's experience of mental health problems. There is therefore probably nothing more important than supporting an individual in their journey to recovery. The Recovery Star is an innovative tool developed with a holistic and personalised approach which ensures the effective support of people throughout their recovery.

Tier Zero Psychological Guided Self Help (Centre of Clinical Interventions)

We were unable to meet patients in their GP practices due to Covid-19 so we changed this to telephonic, video, email and post. We continued to receive referrals from GPs or self-referrals in all three Cluster Groups within the Vale of Glamorgan – Central Vale (Barry & Sully), Eastern Vale

(Dinas Powys & Penarth) and Western Vale (Rhoose, Llantwit Major and Cowbridge).

Working in partnership with GPs, PMHSS (Primary Mental Health Support Services) and the new Mental Health Liaison Service to offer CCIs (Centre of Clinical Interventions). These are 6 - 8 week courses of guided self-help sessions. The CCI's cover Assertiveness, Self Esteem, Depression, Panic, Worry, Perfectionism, Procrastination, Social Anxiety, Self Compassion and Distress Intolerance. We are also providing open access psycho-education courses - Stress Control and ACT-ion for Living courses in community venues or online during Covid-19.

The success of this service is measured using the Recovery Star, CORE34 and CORE10.

Social Media/Website

During the pandemic we received funding for a new website that included referral forms and feedback with the funding provided by The Waterloo Foundation. We worked hard on creating and updating social media platforms - Facebook, Twitter and Instagram had helpful and up to date information. We are grateful for all the people who did virtual fundraising activities and sent us donations.

#ItTakesBallsToTalk

We received funding from the National Lottery for promotional materials and in December 2020 we launched this campaign #ItTakeBallsToTalk Talking Saves Lives, Talk to Someone Now. Mind in the Vale are proud to work in partnership with local rugby clubs, football clubs, barbers shops and gyms to promote the *#ItTakesBallsToTalk* campaign. We have been offering FREE promotional materials, support and advice, suicide prevention and mental health awareness training.

The Mind Shops - Barry and Llantwit Major

The shops offered volunteering opportunities to 70 people as well as being a useful source of unrestricted funds. Volunteering opportunities act as a stepping stone into external volunteering or work. All volunteers have the opportunity to receive accreditation for their roles. During Covid-19 we had to close our shops in line with Government lockdowns and work in line with Public Health Wales guidelines. We are very grateful for the financial support given by the Vale of Glamorgan Council for the compensation for our shops and the free PPE we received.

Mind Quality Management

Mind in the Vale of Glamorgan has been awarded the Mind Quality Mark (MQM). The MQM is a robust quality assurance framework created by Mind, the mental health charity.

MQM sets out the baseline of best practice and legal compliance in all areas of a local Mind's governance and activities. To achieve the MQM, a local Mind must meet or exceed all 24 key standards.

Local Minds undergo a rigorous assessment which includes a thorough appraisal of organisational policies and procedures as well as a visit and interviews with trustees, staff, volunteers and people who use services. MQM is awarded when all standards are fully met.

The MQM provides assurance that local Minds across England and Wales are well-run organisations who meet Mind's expectations of good practice, and in many cases excel beyond those expectations. It provides assurance that they are healthy, ambitious and strong in providing the highest quality support to people experiencing or at risk of developing mental health problems.

Mind in the Vale is proud to have been awarded the excellence award in the category of Service Effectiveness:

"Mind in the Vale of Glamorgan has a positive impact on the lives of those that it supports. There is a clear focus on recovery, and staff work in ways that ensure individuals are central to the planning and delivery of their own support and able to progress in their lives. The use of outcomes tools is commendable and it is an integral part of the relationship between staff and service users. Mind in the Vale of Glamorgan fosters inclusion. It promotes the benefits and importance of peer support, encourages service users to be involved in the delivery of services and offers a multitude of volunteering opportunities. The whole approach is person centred and solution focused".

FINANCIAL REVIEW AND RESERVES POLICY

The accounts show a surplus for 2021 year of £66,468 (£33,022 2020) on income of £483,846 (£478,864 2020). The unrestricted reserves have increased from £145,356 as at 1st April 2020 by £48,549 to £193,905 as at 31st March 2021.

Mind in the Vale has a reserves policy of holding between 3 to 6 months of expenditure as unrestricted reserves. At the 31st March 2021 they hold £193,905 unrestricted reserves which equals approximately 5 1/2 months of expected average expenditure.

The Trustees are satisfied with the level of unrestricted reserves. Reserves are held to meet possible unexpected obligations, and to give

time to find alternative sources of funds if necessary. The Reserves policy is formally reviewed annually.

All involved in Mind in the Vale worked extremely hard in the 2020/21 accounts year to ensure that the Charity made a financial surplus by 31st March 2021. The Trustees have made changes and reduced costs whilst maintaining the core services provided by Mind in the Vale. They have remained vigilant in regard to the financial position and have increased reserves and strengthened the balance sheet in this financial year. They recognise their legal duty to apply income funds for the objects of the Charity, within a reasonable time of receipt for the benefit of actual and potential service users and beneficiaries.

RISKS POLICY

The Trustees have reviewed the major risks to the organisation and have risk management policies in place which are reviewed on an on-going basis. Two of the major specific risks identified by the Trustees are the associated risks of dealing with vulnerable adults and the loss of funding.

The Trustees ensure all vulnerable adults are dealt with properly and risks are identified and minimised appropriately.

To minimise the effect on the organisation by a loss of funding, the Trustees have a reserves policy to meet possible unexpected obligations, and to give time to find alternative sources of funds.

PLANS FOR THE FUTURE

Like many other small charities, Mind in the Vale of Glamorgan will face mounting challenges over the coming years to continue attracting funding to provide quality services within the Vale of Glamorgan. Of significant importance are:

- The ability to cover core costs and maximise full cost recovery of projects and services, and to look towards alternative sources of income for these purposes.
- The ability to maintain an active Management Committee with clear guidelines and training and to ensure a robust staffing structure to support the work of the charity.
- Maintain Mind Quality Management systems.
- Continue to use robust Outcome Measures in line with Matrix Cymru guidelines.
- To continue to work in collaboration with local colleges and Adult Learners Wales to offer accreditation to all volunteers and placements.

- To continue to maintain a high quality, cost effective, recovery focused service delivery.
- To access other funding streams to enhance our service delivery.
- To develop unrestricted funding streams within our current service delivery.
- To continue working collaboratively with all agencies within the Vale of Glamorgan to avoid duplication and ensure a seamless service.

The Trustees feel Mind in the Vale of Glamorgan have adapted well during the Covid-19 pandemic and have provided an ongoing service in a difficult time and will continue to do so in the future.

RESPONSIBILITY OF TRUSTEES

The charity trustees (who are also the directors for the purpose of company law) are responsible for preparing, in accordance with applicable law and regulations and in accordance with United Kingdom Generally Accepted Accounting Practice, the trustee/directors report and the financial statements for each financial year that give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources including its income and expenditure of the company and the surplus/deficit of the charity for that period.

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

a. Select suitable accounting policies and then apply them consistently;
b. Observe the methods and principles in the Charity SORP;
c. Make judgements and estimates that are reasonable and prudent;
d. State whether applicable UK Accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
e. Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees/directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and 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.

The trustees oversee the charity website which was set up voluntarily by

a website designer and maintained by two members of staff. The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

STATEMENT AS TO DISCLOSURE TO OUR INDEPENDENT EXAMINER In so far as the trustees/directors are aware at the time of approving our trustee's annual report:

a. There is no relevant information, being information needed by the examiner in connection with preparing their report, of which the examiner is unaware, and

b. The trustees have taken all steps that they are obliged to take as directors in order to make themselves aware of any relevant information and to establish that the examiner is aware.

SMALL COMPANIES

The accounts have been prepared in accordance with the special provisions for small companies FRS 102 1a.

The Trustees declare that they have approved the trustees' report (incorporating directors' report) above.

Signed on behalf of the charity's trustees/directors on

23 November 2021

Kevin Canning
Chair ..... K Canning .....

Caroline Chapman
Executive Manager ..... C. Chapman .....

Independent Examiner`s report to the Trustees of Mind in the Vale of Glamorgan

bpu Chartered Accountants

Radnor House
Greenwood Close
Cardiff Gate Business Park
Cardiff CF23 8AA

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1 accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2 the accounts do not accord with those records; or
3 the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4 the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

John Huw Palin
FCA
BPU Limited
Chartered Accountants

3 December 2021

Registered to carry on audit work and regulated for a range of investment business activities by the Institute of Chartered Accountants in England and Wales.

bpu Chartered Accountants is a trading name of BPU Ltd
Company Number 3723948
Registered in Wales

A list of directors is available from the registered office above

Mind in the Vale of Glamorgan

Statement of Financial Activities (Income and Expenditure Account) for the Year Ended 31st March 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Income and endowments from:					
Donations, Covid-19 grants & Legacies	3	70,654	-	**70,654**	**2,445**
Charitable activities	4	-	378,130	**378,130**	**381,401**
Other trading activities	5	35,062	-	**35,062**	**95,018**
Total Income		**105,716**	**378,130**	**483,846**	**478,864**
Expenditure on:					
Charitable activities	6	33,966	360,211	**394,177**	**415,146**
Other trading activities	7	23,201	-	**23,201**	**30,696**
Total Expenditure		**57,167**	**360,211**	**417,378**	**445,842**
Net income/(expenditure)		**48,549**	**17,919**	**66,468**	**33,022**
Reconciliation of Funds					
Total funds bought forward	15	**145,356**	**66,406**	**211,762**	**178,740**
Total funds carried forward	15	**193,905**	**84,325**	**278,230**	**211,762**

The notes form part of these financial statements

Mind in the Vale of Glamorgan

Balance Sheet
31st March 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Intangible Assets	11	2,996	-
Tangible Assets	12	5,598	1,703
		8,594	1,703
CURRENT ASSETS			
Debtors	13	4,405	45,320
Cash at Bank and in Hand		342,512	169,144
		346,917	214,464
CREDITORS : Amounts Falling Due within One Year	14	(77,281)	(4,405)
NET CURRENT ASSETS		269,636	210,059
TOTAL ASSETS LESS CURRENT LIABILITES		278,230	211,762
FUNDS			
Unrestricted funds	15	193,905	145,356
Restricted funds	15	84,325	66,406
TOTAL FUNDS		278,230	211,762

The directors/trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477 (2) relating to small companies, and that no member or members have requested an audit pursuant to section 476 (1) of the Act.

The trustees/directors acknowledge their responsibilities for:

(i) ensuring that the charitable company keeps adequate accounting records which comply with section 386 & 387 of the Companies Act 2006, and

(ii) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficit for the financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime

The financial statements were approved by the Board of the Trustees and authorised for issue on 23 November 2021 and were signed on its behalf by:

K Canning ..... K CANNING .....

Signature *Print name*

Company registration number: 03180757
Charity certificate number:1066411

The notes form part of these financial statements.

Mind in the Vale of Glamorgan

Notes to the Financial Statements for the Year Ended 31st March 2021

1 ACCOUNTING POLICIES

Basis of preparing the financial Statements
The financial statements of the charitable company , which meets the definition of a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019), Financial Reporting Standard 102 'Financial Reporting Standard applicable in the UK and the Republic of Ireland' and the Companies Act 2006, incorporating section 1A for smaller entities . The financial statements are presented in sterling which is the functional currency of the company and rounded to the nearest £ and have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably. The following specific policies are applied to particular categories of income:

i) Voluntary income is received by way of donations and membership fees and is included in accounts when receivable.

ii) Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant which will normally be when the grant is actually received. Grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Deferred income represents grant monies received for future periods and released to incoming resources in the period to which it relates.

iii) Trading income is included when receivable.

iv) Donated services and facilities are included at the value to the charity where this can be quantified and are material.

v) Investment income and all other income is recognised when receivable.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets
Amortisation is provided on Intangible fixed assets at rates calculated to write off the cost of each asset over its estimated useful life. Assets are originally included at cost and amortised over three years on a straight line basis.

Tangible fixed assets
Depreciation is provided on tangible fixed assets at rates calculated to write off the cost of each asset over its estimated useful life. Assets are originally included at cost and depreciated as:

Office equipment - charged on a straight line basis over four years.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted Funds are those funds received or generated for the objects of the Charity without further specified purpose and are available to use at the discretion of the Trustees in accordance with the charitable objectives of the charity.

Restricted Funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the Donor or when funds are raised for particular restricted purposes. Expenditure which meets these criteria is identified to the Fund, together with a fair allocation of management and support costs.

Cash Flow Statement
The company has not prepared a Cash Flow Statement on the grounds that the company is small.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution scheme for employees. Contributions to the scheme are charged fully to the Statement of Financial Activities in the period that they relate to.

2 NET INCOME/(EXPENDITURE) FOR THE YEAR

This is stated after charging:-	**2021**	**2020**
	£	**£**
Depreciation on owned assets	**2,538**	1,870
Amortisation	**789**	-
Independent Examiners Fees	**2,964**	3,655
	6,291	5,525

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued
for the Year Ended 31st March 2021

		2021	2020
3 Income: Donations, Covid-19 grants and Legacies			
Donations received		**10,015**	2,364
Government grants - HMRC JRS	19,339		
Government grants - VOGC re shops	40,000		
Government grants - Barry town Council	1,300	**60,639**	-
Membership fees		**-**	81
		70,654	2,445

All donation & legacy income is unrestricted in 2021 and prior year.

	2021	2020
	£	£
4 Income from charitable activities	**378,130**	381,401

Grants received , included in the above, are as follows:

		2021 Total	2020 Total
		£	£
Cardiff & Vale UHB	Day services	**179,425**	182,415
Vale of Glamorgan Council	Barry day services	**56,161**	54,671
Vale of Glamorgan Council	Western Vale day services	**30,213**	29,187
Cardiff & Vale UHB - Tier 0	GP Centred - guided self help	**73,591**	83,386
Cardiff & Vale UHB - GP cluster	Fast track counselling	**-**	31,742
Moondance	Group work & courses	**18,240**	-
Lottery	It takes balls to talk	**10,000**	-
Waterloo foundation	Website & IT costs	**5,000**	-
MIND (NAMH)	Equipment/IT	**5,500**	-
		378,130	381,401

The funds are restricted to providing the services as set out in the grant funding agreements.

5 Income: Other Trading activities	2021	2020
	£	£
Sale of goods & services - TIM Café Takings	-	14,028
Sale of goods & services - Barry Shop Takings	10,176	31,984
Sale of goods and services - Western Vale Shop Takings	19,141	35,056
	29,317	81,068
Other food sales - At Barry and Penarth	-	10,049
Income generated by Fundraising	4,220	3,901
Other - Training & posters.	1,525	-
	35,062	**95,018**

All Trading income is unrestricted in 2021 and prior year.
Tim Café closed in the 2020 year.

Notes to the Financial Statements - continued for the Year Ended 31st March 2021

6 Expenditure on : Charitable activities

Direct costs	Note	UNRSTRC CORE COSTS	RSTRCTD DAY SERVICES	RSTRCTD GP CENTRED GUIDED SELF HELP	RSTRCTD FAST TRACK COUNSELLING VALE CLUSTER	RSTRCTD MOONDANCE GROUP WORK & COURSES	RSTRCTD LOTTERY - IT TAKES BALLS TO TALK	RSTRCTD WATERLOO FOUNDATION WEBSITE/IT	RSTRCTD OTHER MIND EQUIP/IT	2021 TOTAL	2020 TOTAL
Salaries, NI and Pensions	8	17,254	154,454	104,788	25,800	17,825				320,121	327,657
Recruitment Costs				552						552	840
Supervision					4,192					4,192	-
Staff & volunteer training							79			79	1,643
Staff Travel Expenses			1,105							1,105	4,841
Volunteer Expenses			248							248	1,020
Business Stock -TIM/centres re food etc			1,450							1,450	13,161
Support costs allocated to activities - staff usage											
Affiliation Fees		1,643								1,643	1,246
Rent			17,472							17,472	19,110
Rates & water			189							189	473
Insurances		909	2,727							3,636	4,623
Repairs and Renewals			464							464	2,958
Equipment lease										-	1,335
Telephone and Postages		1,172	3,332	2,388	769	406	863		167	9,097	8,300
Print, Stationery and Photocopyin		740	479	2,069	403	274	464			4,429	4,962
Motor Expenses							2,454			2,454	1,233
Heating and Lighting			4,951							4,951	4,343
Cleaning & PPE		1,848	2,333				341			4,522	4,309
Publicity and Literature							5,663			5,663	630
Sundry Expenses		678	658		12		136			1,484	4,249
Computer Expenses				240	566			1,215	777	2,798	570
Depreciation		384	546	469					1,139	2,538	1,870
Amortisation								789		789	-
Governance costs		4,301								4,301	5,773
Expenses covered unrestricted		5,037		(4,772)		(265)				-	-
		33,966	190,408	105,734	31,742	18,240	10,000	2,004	2,083	394,177	415,146
Governance costs were as follows:											
Professional Fees		667								667	846
Salaries, NI and Pensions	8	670								670	620
Committee Expenses & AGM		-								-	652
Independent Examiners Fees		2,964								2,964	3,655
		4,301	-							4,301	5,773

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued for the Year Ended 31st March 2021

7 **Expenditure on: Providing Sale of goods & services**

	OTHER (Posters)	BARRY SHOP	WEST VALE SHOP	2021 TOTAL	2020 TOTAL
Direct costs					
Salaries, NI and Pensions		3,252	3,252	**6,504**	6,504
Staff Travel Expenses		-	10	**10**	-
Volunteer Expenses		-	216	**216**	1,277
Support costs allocated to activities					
Rent		4,000	5,400	**9,400**	12,177
Rates and water		64	303	**367**	1,813
Insurances			-	-	332
Repairs and Renewals		281	340	**621**	2,141
Telephone and Postages		679	692	**1,371**	1,774
Printing, Stat. & Photocopying	275	-	-	**275**	277
Heating and Lighting		1,354	1,701	**3,055**	3,389
Cleaning & PPE		385	892	**1,277**	463
Sundry Expenses		-	105	**105**	549
	275	**10,015**	**12,911**	**23,201**	**30,696**

All Trading expenditure is unrestricted in 2021 and the prior year.
Other is printing costs of posters on behalf of MIND Cardiff at cost.

8 **STAFF COSTS AND NUMBERS**

	2021 £	2020 £
Salaries and Wages	**297,498**	304,231
Social Security Costs	**22,135**	22,933
	319,633	327,164
Pension contributions to defined Contributions Scheme	**7,662**	7,617
	327,295	334,781
Allocated as follows:		
Charitable activities	**320,121**	327,657
Trading activities	**6,504**	6,504
Governance	**670**	620
	327,295	334,781

No employee received emoluments of more than £60,000

The number of employees (part-time and full-time) during the year was as follows:-	2021	2020
Charitable activities	**14**	20
Governance costs	**1**	1
Fundraising	**-**	-
	15	21

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued
for the Year Ended 31st March 2021

9 TRUSTEES' REMUNERATION AND BENEFITS

The Trustees received no remuneration and did not receive any other benefits during the year ended 31st March 2021 or the 2020 year. The Trustees were not reimbursed for any expenses during the year or the previous year.

10 RELATED PARTY TRANSACTIONS

There were no related party transactions in the year.

11 INTANGIBLE FIXED ASSETS

	Website £
COST	
Additions in the Year	3,785
AMORTISATION	
Charge for the Year	789
At 31st March 2021	2,996

12 TANGIBLE FIXED ASSETS

	Equipment £	Office Equipment £	Van	Total £
COST				
At 1st April 2020	23,871	17,349	4,701	**45,921**
Additions in the Year	-	6,433	-	**6,433**
At 31st March 2021	23,871	23,782	4,701	**52,354**
DEPRECIATION				
At 1st April 2020	23,871	15,646	4,701	**44,218**
Charge for the Year	-	2,538	-	**2,538**
At 31st March 2021	23,871	18,184	4,701	**46,756**
NET BOOK VALUE				
At 31st March 2021	-	5,598	-	**5,598**
At 31st March 2020	-	1,703	-	1,703

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued for the Year Ended 31st March 2021

13 DEBTORS

	2021 £	2020 £
Amounts due within one year:		
Grants receivable	-	45,320
Other - expenditure refundable	1,284	-
Insurance prepaid	3,121	-
	4,405	45,320

14 CREDITORS

	2021 £	2020 £
Amounts falling due within one year:		
Deferred income - grants received for future services	74,172	-
Accrued Expenses	3,109	3,636
Holiday pay	-	769
	77,281	4,405

15 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	2020 Total funds £
Income and endowments from:			
Donations and legacies	2,445	-	2,445
Charitable activities	.	381,401	381,401
Other trading activities	95,018	-	95,018
Total Income	97,463	381,401	478,864
Expenditure on:			
Charitable activities	48,738	366,408	415,146
Other - on providing Sale of goods & services	30,696	-	30,696
Total Expenditure	79,434	366,408	445,842
Net movement in funds	18,029	14,993	33,022
Reconciliation of Funds			
Total funds brought forward	127,327	51,413	178,740
Total funds carried forward	145,356	66,406	211,762

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued for the Year Ended 31st March 2021

15 CONTINUED

MOVEMENT IN FUNDS YEAR TO 31ST MARCH 2021

	Balance 01/04/2020	Income	Expenditure	Balance 31/03/2021
Unrestricted funds	145,356	105,716	57,167	193,905
Restricted funds				
Day services	1,113	265,799	190,408	76,504
GP Centred - guided self help	33,551	73,591	105,734	1,408
Vale cluster- Fast track counselling	31,742	-	31,742	-
Moondance		18,240	18,240	-
Lottery		10,000	10,000	-
Waterloo foundation		5,000	2,004	2,996
MIND (NAMH) Equipment	-	5,500	2,083	3,417
	66,406	378,130	360,211	84,325
TOTAL FUNDS	211,762	483,846	417,378	278,230

COMPARATIVES FOR MOVEMENT IN FUNDS YEAR TO 31ST MARCH 2020

	Balance 01/04/2019	Income	Expenditure	Balance 31/03/2020
Unrestricted funds	127,327	97,463	79,434	145,356
Restricted funds				
Day services	771	224,989	224,647	1,113
GP Centred - guided self help	33,530	83,386	83,365	33,551
Vale cluster- Fast track counselling	-	31,742	-	31,742
TIM	160	41,284	41,444	-
MIND Grant van	352	-	352	-
Morrisons Foundation	16,600	-	16,600	-
	51,413	381,401	366,408	66,406
TOTAL FUNDS	178,740	478,864	445,842	211,762

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued for the Year Ended 31st March 2021

15 CONTINUED

A CURRENT YEAR 12 MONTHS AND PRIOR YEAR 12 MONTHS COMBINED POSITION IS AS FOLLOWS:

	Balance 01/04/2019	Income	Expenditure	Balance 31/03/2021
Unrestricted funds	127,327	203,179	136,601	**193,905**
Restricted funds				
Day services	771	490,788	415,055	76,504
GP Centred - guided self help	33,530	156,977	189,099	1,408
TIM	160	41,284	41,444	-
MIND Grant van	352	-	352	-
Morrisons Foundation	16,600	-	16,600	-
Waterloo foundation	-	5,000	2,004	2,996
MIND (NAMH) Equipment	-	5,500	2,083	3,417
	51,413	699,549	666,637	**84,325**
TOTAL FUNDS	**178,740**	**902,728**	**803,238**	**278,230**

16 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund	Restricted funds	2021 Total funds	2020 Total funds
	£	£	£	£
Fixed assets	207	8,387	**8,594**	1,703
Current assets	196,807	150,110	**346,917**	214,464
Current liabilities	(3,109)	(74,172)	**(77,281)**	(4,405)
	193,905	**84,325**	**278,230**	**211,762**

17 GOING CONCERN

There are no material uncertainties about the charity's ability to continue as a going concern.

18 FINANCIAL INSTRUMENTS

The Charity has only basic financial instruments (Bank and cash) and these are included in the accounts as and when they are received.

19 LIABILITIES OF TRUSTEES

The entity is a private company limited by guarantee with no share capital.

Mind in the Vale of Glamorgan

Detailed Statement of Financial Activities for the Year Ended 31st March 2021

Income and endowments	2021	2020
Cardiff & Vale University Health Board	179,425	182,415
Vale of Glamorgan Council - Barry	56,161	54,671
Vale of Glamorgan Council - Western Vale	30,213	29,187
Cardiff & Vale UHB - Tier Zero GP Cluster - Central, East & West Vale	73,591	83,386
Cardiff & Vale UHB - Vale cluster - Fast track counselling	-	31,742
Moondance Foundation	18,240	-
Lottery	10,000	-
Waterloo Foundation	5,000	-
MIND (NAMH)	5,500	-
Sale of goods and services - Barry Shop	10,176	31,984
Sale of goods and services - TIM Café	-	14,028
Sale of goods and services - Food - other	-	10,049
Sale of goods and services - Western Vale Shop	19,141	35,056
Unrestricted Donations	10,015	2,364
Membership fees	-	81
Government & Council Covid-19 grants received	60,639	-
Generated by Fundraising	4,220	3,901
Other Income - Miscellaneous	1,525	-
Total incoming resources	483,846	478,864
Expenditure		
Salaries, NI and Pensions	327,295	334,781
Recruitment Costs	552	840
Supervision	4,192	-
Staff & Trustee training	79	1,643
Committee Expenses and AGM	-	652
Staff Travel Expenses	1,115	4,841
Volunteer Expenses	464	2,297
Affiliation Fees	1,643	1,246
Rent - main offices, resource centres & Café	17,472	19,110
Rent - shop premises	9,400	12,177
Rates	556	2,286
Insurances	3,636	4,955
Repairs and Renewals	1,085	5,099
Equipment Lease	-	1,335
Telephone and Postages	10,468	10,074
Printing, Stationery and Photocopying	4,704	5,239
Motor Expenses	2,454	1,233
Heating and Lighting	8,006	7,732
Cleaning	5,799	4,772
Publicity and Literature	5,663	630
Business Stock - Food etc - TIM/Other	1,450	13,161
Professional Fees	667	846
Sundry Expenses	1,589	4,798
Computer Expenses	2,798	570
Independent Examiners Fees	2,964	3,655
Depreciation	2,538	1,870
Amortisation	789	-
Total resources expended	417,378	445,842
Net income	66,468	33,022