

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**

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

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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

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

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Greenwood Close
Cardiff Gate Business Park
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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

		<u>Unrestricted</u>	<u>Restricted</u>	<u>2021</u>	<u>2020</u>
		<u>funds</u>	<u>funds</u>	<u>Total</u>	<u>Total</u>
	<u>Notes</u>	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<u>Income and endowments from:</u>					
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
<u>Expenditure on:</u>					
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
<u>Reconciliation of Funds</u>					
Total funds brought forward	15	<u>145,356</u>	<u>66,406</u>	<u>211,762</u>	<u>178,740</u>
Total funds carried forward	15	<u>193,905</u>	<u>84,325</u>	<u>278,230</u>	<u>211,762</u>

The notes form part of these financial statements

Mind in the Vale of Glamorgan

Balance Sheet 31st March 2021

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


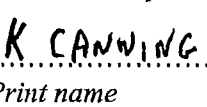
The directors/trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477 (2) relating to small companies, and that no member or members have requested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

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.

Mind in the Vale of Glamorgan

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

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:-

	<u>2021</u>	<u>2020</u>
	<u>£</u>	<u>£</u>
Depreciation on owned assets	2,538	1,870
Amortisation	789	-
Independent Examiners Fees	<u>2,964</u>	<u>3,655</u>
	<u>6,291</u>	<u>5,525</u>

Mind in the Vale of Glamorgan

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

	<u>2021</u>	<u>2020</u>
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	<u>1,300</u>	-
Membership fees	-	<u>81</u>
	<u>70,654</u>	<u>2,445</u>

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

	<u>2021</u>	<u>2020</u>
	<u>£</u>	<u>£</u>
4 Income from charitable activities	<u>378,130</u>	<u>381,401</u>

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

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

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

5 Income: Other Trading activities	<u>2021</u>	<u>2020</u>
	<u>£</u>	<u>£</u>
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	<u>19,141</u>	<u>35,056</u>
	29,317	81,068
Other food sales - At Barry and Penarth	-	10,049
Income generated by Fundraising	4,220	3,901
Other - Training & posters.	<u>1,525</u>	-
	<u>35,062</u>	<u>95,018</u>

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

6 Expenditure on : Charitable activities		RSTRCTD	RSTRCTD	RSTRCTD	RSTRCTD	RSTRCTD	RSTRCTD	RSTRCTD	2021	2020
		UNRSTRC	RSTRCTD	GP CENTRED	FAST TRACK	MOONDANCE	LOTTERY - IT	WATERLOO	OTHER	
		CORE	DAY	GUIDED	COUNSELLING	GROUP WORK	TAKES BALLS	FOUNDATION	MIND	
Direct costs	Note	COSTS	SERVICES	SELF HELP	VALE CLUSTER	& COURSES	TO TALK	WEBSITE/IT	EQUIP/IT	TOTAL
Salaries, NI and Pensions	8	17,254	154,454	104,788	25,800	17,825				320,121
Recruitment Costs				552						552
Supervision					4,192					4,192
Staff & volunteer training							79			79
Staff Travel Expenses			1,105							1,105
Volunteer Expenses			248							248
Business Stock -TIM/centres re food etc			1,450							1,450
Support costs allocated to activities - staff usage										
Affiliation Fees		1,643								1,643
Rent			17,472							17,472
Rates & water			189							189
Insurances	909		2,727							3,636
Repairs and Renewals			464							464
Equipment lease										-
Telephone and Postages	1,172		3,332	2,388	769	406	863		167	9,097
Print, Stationery and Photocopyin	740		479	2,069	403	274	464			4,429
Motor Expenses							2,454			2,454
Heating and Lighting			4,951							4,951
Cleaning & PPE	1,848		2,333				341			4,522
Publicity and Literature							5,663			5,663
Sundry Expenses	678		658		12		136			1,484
Computer Expenses				240	566			1,215	777	2,798
Depreciation	384		546	469					1,139	2,538
Amortisation								789		789
Governance costs	4,301									4,301
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
Governance costs were as follows:										
Professional Fees		667								667
Salaries, NI and Pensions	8	670								670
Committee Expenses & AGM		-								-
Independent Examiners Fees	2,964									2,964
	4,301		-							4,301

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

	<u>OTHER</u> <u>(Posters)</u>	<u>BARRY</u> <u>SHOP</u>	<u>WEST</u> <u>VALE</u> <u>SHOP</u>	<u>2021</u> <u>TOTAL</u>	<u>2020</u> <u>TOTAL</u>
<u>Direct costs</u>					
Salaries, NI and Pensions		3,252	3,252	6,504	6,504
Staff Travel Expenses		-	10	10	-
Volunteer Expenses		-	216	216	1,277
<u>Support costs allocated to activities</u>					
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
	<u>275</u>	<u>10,015</u>	<u>12,911</u>	<u>23,201</u>	<u>30,696</u>

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**

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

No employee received emoluments of more than £60,000

The number of employees (part-time and full-time) during the year was as follows:-

	<u>2021</u>	<u>2020</u>
Charitable activities	14	20
Governance costs	1	1
Fundraising	-	-
	<u>15</u>	<u>21</u>

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

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

12 TANGIBLE FIXED ASSETS

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

Mind in the Vale of Glamorgan

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

13 DEBTORS	<u>2021</u> <u>£</u>	<u>2020</u> <u>£</u>
Amounts due within one year:		
Grants receivable	-	45,320
Other - expenditure refundable	1,284	-
Insurance prepaid	<u>3,121</u>	<u>-</u>
	<u>4,405</u>	<u>45,320</u>
14 CREDITORS	<u>2021</u> <u>£</u>	<u>2020</u> <u>£</u>
Amounts falling due within one year:		
Deferred income - grants received for future services	74,172	-
Accrued Expenses	3,109	3,636
Holiday pay	<u>-</u>	<u>769</u>
	<u>77,281</u>	<u>4,405</u>

15 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

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

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

	<u>Balance</u> <u>01/04/2020</u>	<u>Income</u>	<u>Expenditure</u>	<u>Balance</u> <u>31/03/2021</u>
Unrestricted funds	<u>145,356</u>	<u>105,716</u>	<u>57,167</u>	<u>193,905</u>
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
	<u>66,406</u>	<u>378,130</u>	<u>360,211</u>	<u>84,325</u>
TOTAL FUNDS	<u>211,762</u>	<u>483,846</u>	<u>417,378</u>	<u>278,230</u>

COMPARATIVES FOR MOVEMENT IN FUNDS YEAR TO 31ST MARCH 2020

	<u>Balance</u> <u>01/04/2019</u>	<u>Income</u>	<u>Expenditure</u>	<u>Balance</u> <u>31/03/2020</u>
Unrestricted funds	<u>127,327</u>	<u>97,463</u>	<u>79,434</u>	<u>145,356</u>
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	-
	<u>51,413</u>	<u>381,401</u>	<u>366,408</u>	<u>66,406</u>
TOTAL FUNDS	<u>178,740</u>	<u>478,864</u>	<u>445,842</u>	<u>211,762</u>

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:

	<u>Balance</u> <u>01/04/2019</u>	<u>Income</u>	<u>Expenditure</u>	<u>Balance</u> <u>31/03/2021</u>
Unrestricted funds	<u>127,327</u>	<u>203,179</u>	<u>136,601</u>	<u>193,905</u>
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
	<u>51,413</u>	<u>699,549</u>	<u>666,637</u>	<u>84,325</u>
TOTAL FUNDS	<u>178,740</u>	<u>902,728</u>	<u>803,238</u>	<u>278,230</u>

16 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	<u>Unrestricted</u> <u>fund</u> £	<u>Restricted</u> <u>funds</u> £	<u>2021 Total</u> <u>funds</u> £	<u>2020 Total</u> <u>funds</u> £
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)
	<u>193,905</u>	<u>84,325</u>	<u>278,230</u>	<u>211,762</u>

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

<u>Income and endowments</u>	<u>2021</u>	<u>2020</u>
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	<u>483,846</u>	<u>478,864</u>
<u>Expenditure</u>		
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	<u>417,378</u>	<u>445,842</u>
Net income	<u>66,468</u>	<u>33,022</u>

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