

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**

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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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 CCI's (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

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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)).

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Cardiff CF23 8AA

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.

A handwritten signature in black ink, appearing to read 'John Huw Palin'.

John Huw Palin
FCA
BPU Limited
Chartered Accountants

28th October 2022

Registered to carry on audit work
in the UK and regulated for a range
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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

		<u>Unrestricted</u>	<u>Restricted</u>	<u>2022</u>	<u>2021</u>
		<u>funds</u>	<u>funds</u>	<u>Total</u>	<u>Total</u>
	<u>Notes</u>	<u>£</u>	<u>£</u>	<u>funds</u>	<u>funds</u>
				<u>£</u>	<u>£</u>
<u>Income and endowments from:</u>					
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
<u>Expenditure on:</u>					
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
<u>Reconciliation of Funds</u>					
Total funds brought forward	15	<u>193,905</u>	<u>84,325</u>	<u>278,230</u>	<u>211,762</u>
Total funds carried forward	15	<u>214,404</u>	<u>141,131</u>	<u>355,535</u>	<u>278,230</u>

The notes form part of these financial statements

Mind in the Vale of Glamorgan

Balance Sheet

31st March 2022

	<u>Notes</u>	<u>2022</u> £	<u>2021</u> £
FIXED ASSETS			
Intangible Assets	11	1,734	2,996
Tangible Assets	12	<u>7,897</u>	<u>5,598</u>
		9,631	8,594
CURRENT ASSETS			
Debtors	13	26,422	4,405
Cash at Bank and in Hand		<u>328,026</u>	<u>342,512</u>
		354,448	346,917
CREDITORS : Amounts Falling			
Due within One Year	14	<u>(8,544)</u>	<u>(77,281)</u>
NET CURRENT ASSETS		<u>345,904</u>	<u>269,636</u>
TOTAL ASSETS LESS CURRENT LIABILITES		<u>355,535</u>	<u>278,230</u>
FUNDS			
Unrestricted funds	15	214,404	193,905
Restricted funds	15	<u>141,131</u>	<u>84,325</u>
TOTAL FUNDS		<u>355,535</u>	<u>278,230</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 28th October 2022 and were signed on its behalf by:

K Canning
Signature

Kevin Canning
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

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

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

	<u>2022</u>	<u>2021</u>
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	<u>(9,700)</u>	<u>183,586</u>

2 Analysis of changes in net debt

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

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.

Mind in the Vale of Glamorgan

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

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:-

	<u>2022</u>	<u>2021</u>
	<u>£</u>	<u>£</u>
Depreciation on owned assets	2,487	2,538
Amortisation	1,262	789
Independent Examiners Fees	<u>2,989</u>	<u>2,964</u>
	<u>6,738</u>	<u>6,291</u>

Mind in the Vale of Glamorgan

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

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

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

	<u>2022</u>	<u>2021</u>
	<u>£</u>	<u>£</u>
4 Income from charitable activities	<u>528,774</u>	<u>378,130</u>

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

	<u>2022</u>	<u>2021</u>
	<u>Total</u>	<u>Total</u>
	<u>£</u>	<u>£</u>
Cardiff & Vale UHB	183,834	179,425
Vale of Glamorgan Council	58,408	56,161
Vale of Glamorgan Council	31,420	30,213
Cardiff & Vale UHB - Tier 0	197,562	73,591
Cardiff & Vale UHB & C.V. GP Cluster	42,000	-
Morrisons Foundation	15,550	
Moondance	-	18,240
Lottery	-	10,000
Waterloo foundation	-	5,000
Mind National	-	5,500
	<u>528,774</u>	<u>378,130</u>

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

5 Income: Other Trading activities	<u>2022</u>	<u>2021</u>
	<u>£</u>	<u>£</u>
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
	<u>75,035</u>	<u>35,062</u>

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		RSTRCTD						2022	2021
		UNRSTRC	RSTRCTD	GP CENTRED	WATERLOO	OTHER	SINGLE		
Direct costs	Note	CORE COSTS	DAY SERVICES	GUIDED SELF HELP	FOUNDATION WEBSITE/IT	MIND EQUIP/IT	POINT OF 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 20227 Expenditure on: Providing Sale of goods & services

	<u>BARRY</u> <u>SHOP</u>	<u>WEST</u> <u>VALE</u> <u>SHOP</u>	<u>2022</u> <u>TOTAL</u>	<u>2021</u> <u>TOTAL</u>
<u>Direct costs</u>				
Salaries, NI and Pensions	3,252	3,252	6,504	6,504
Staff Travel Expenses	4	-	4	10
Volunteer Expenses	231	253	484	216
<u>Support costs allocated to activities</u>				
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
	<u>9,853</u>	<u>13,805</u>	<u>23,658</u>	<u>23,201</u>

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

8 **STAFF COSTS AND NUMBERS**

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

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:-**

	<u>2022</u>	<u>2021</u>
Charitable activities	16	14
Governance costs	1	1
Fundraising	-	-
	<u>17</u>	<u>15</u>

Mind in the Vale of Glamorgan

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

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

12 TANGIBLE FIXED ASSETS

	<u>Equipment</u> <u>£</u>	<u>Office</u> <u>Equipment</u> <u>£</u>	<u>Van</u> <u>£</u>	<u>Total</u> <u>£</u>
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	<u>23,871</u>	<u>28,568</u>	<u>4,701</u>	<u>57,140</u>
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	<u>23,871</u>	<u>20,671</u>	<u>4,701</u>	<u>49,243</u>
NET BOOK VALUE				
At 31st March 2022	<u>-</u>	<u>7,897</u>	<u>-</u>	<u>7,897</u>
At 31st March 2021	<u>-</u>	<u>5,598</u>	<u>-</u>	<u>5,598</u>

Mind in the Vale of Glamorgan

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

13 DEBTORS	<u>2022</u> <u>£</u>	<u>2021</u> <u>£</u>
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
	<u>26,422</u>	<u>4,405</u>
14 CREDITORS	<u>2022</u> <u>£</u>	<u>2021</u> <u>£</u>
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	-
	<u>8,544</u>	<u>77,281</u>

15 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

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

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued
for the Year Ended 31st March 2022**15 CONTINUED****MOVEMENT IN FUNDS YEAR TO 31ST MARCH 2022**

	<u>Balance</u> <u>01/04/2021</u>	<u>Income</u>	<u>Expenditure</u>	<u>Balance</u> <u>31/03/2022</u>
Unrestricted funds	<u>193,905</u>	<u>98,084</u>	<u>77,585</u>	<u>214,404</u>
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
	<u>84,325</u>	<u>528,774</u>	<u>471,968</u>	<u>141,131</u>
TOTAL FUNDS	<u>278,230</u>	<u>626,858</u>	<u>549,553</u>	<u>355,535</u>

COMPARATIVES FOR 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 National - 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>

Mind in the Vale of Glamorgan

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:

	<u>Balance</u> <u>01/04/2020</u>	<u>Income</u>	<u>Expenditure</u>	<u>Balance</u> <u>31/03/2022</u>
Unrestricted funds	<u>145,356</u>	<u>203,800</u>	<u>134,752</u>	<u>214,404</u>
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
	<u>66,406</u>	<u>906,904</u>	<u>832,179</u>	<u>141,131</u>
TOTAL FUNDS	<u>211,762</u>	<u>1,110,704</u>	<u>966,931</u>	<u>355,535</u>

16 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	<u>Unrestricted</u> <u>fund</u>	<u>Restricted</u> <u>funds</u>	<u>2022 Total</u> <u>funds</u>	<u>2021 Total</u> <u>funds</u>
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
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)
	<u>214,404</u>	<u>141,131</u>	<u>355,535</u>	<u>278,230</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 2022

<u>Income and endowments</u>	<u>2022</u>	<u>2021</u>
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
<u>Expenditure</u>		
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

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