

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**

Registered Office

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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.

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 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



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

Mind in the Vale of Glamorgan

Report of the Trustees for the Year Ended 31 March 2024

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.

Mind in the Vale of Glamorgan

Report of the Trustees for the Year Ended 31 March 2024

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.

Mind in the Vale of Glamorgan

Report of the Trustees for the Year Ended 31 March 2024

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 CCI (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.

Mind in the Vale of Glamorgan

Report of the Trustees for the Year Ended 31 March 2024

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.

Mind in the Vale of Glamorgan

Report of the Trustees for the Year Ended 31 March 2024

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.

Mind in the Vale of Glamorgan

Report of the Trustees for the Year Ended 31 March 2024

- 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.

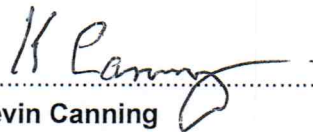
Mind in the Vale of Glamorgan

**Report of the Trustees
for the Year Ended 31 March 2024**

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



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.

Registered Office

Radnor House
Greenwood Close
Cardiff Gate Business Park
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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		<u>121,433</u>	<u>490,776</u>	<u>612,209</u>	<u>598,038</u>
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		<u>87,666</u>	<u>500,041</u>	<u>587,707</u>	<u>663,020</u>
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		<u>282,881</u>	<u>32,174</u>	<u>315,055</u>	<u>290,553</u>

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

The notes form part of these financial statements

Mind in the Vale of Glamorgan

Balance Sheet - continued 31 March 2024


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 - Trustee

The notes form part of these financial statements

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	<u>24,112</u>	<u>(32,091)</u>
Net cash provided by/(used in) operating activities		<u>24,112</u>	<u>(32,091)</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		<u>(1,822)</u>	<u>(31,639)</u>
Net cash used in investing activities		<u>(1,822)</u>	<u>(31,639)</u>
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		<u>264,296</u>	<u>328,026</u>
Cash and cash equivalents at the end of the reporting period		<u><u>286,586</u></u>	<u><u>264,296</u></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 31 March 2024

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	<u>24,112</u>	<u>(32,091)</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

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

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.

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	<u>21,853</u>	<u>21,075</u>

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	<u>2,000</u>	<u>81</u>
	<u>87,677</u>	<u>100,072</u>

Mind in the Vale of Glamorgan

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

4. INCOME FROM CHARITABLE ACTIVITIES

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

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
	<u>490,776</u>	<u>467,989</u>

5. RAISING FUNDS

Raising donations and legacies

	2024	2023
	£	£
Pencotre School	1,464	-
Cardiff marathon expenses	-	1,383
	<u>1,464</u>	<u>1,383</u>

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	<u>443,621</u>	<u>124,444</u>	<u>568,065</u>
	<u>445,000</u>	<u>141,243</u>	<u>586,243</u>

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	<u>4,054</u>	<u>4,978</u>
	<u>445,000</u>	<u>465,603</u>

8. SUPPORT COSTS

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

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

8. SUPPORT COSTS - continued

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

			2024	2023
	Other trading activities	Charitable activities	Total activities	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 & subscriptions	-	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
	<u>16,799</u>	<u>124,444</u>	<u>141,243</u>	<u>196,034</u>

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	<u>472</u>	<u>1,262</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

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	<u>10,173</u>	<u>10,095</u>
	<u>410,545</u>	<u>440,875</u>

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

	2024	2023
Charitable activities	12	16
Governance costs	<u>1</u>	<u>1</u>
	<u>13</u>	<u>17</u>

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	<u>100,072</u>	<u>-</u>	<u>100,072</u>
Total	<u>130,049</u>	<u>467,989</u>	<u>598,038</u>
EXPENDITURE ON			
Raising funds	-	1,383	1,383

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

13. INTANGIBLE FIXED ASSETS

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

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**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	<u>29,016</u>	<u>4,701</u>	<u>56,763</u>	<u>90,480</u>
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	<u>25,192</u>	<u>4,701</u>	<u>33,876</u>	<u>63,769</u>
NET BOOK VALUE				
At 31 March 2024	<u>3,824</u>	<u>-</u>	<u>22,887</u>	<u>26,711</u>
At 31 March 2023	<u>4,891</u>	<u>-</u>	<u>30,944</u>	<u>35,835</u>

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**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
	<u>28,484</u>	<u>13,313</u>

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)	<u>281,036</u>	<u>7,308</u>	<u>288,344</u>	<u>254,246</u>
	<u>282,881</u>	<u>32,174</u>	<u>315,055</u>	<u>290,553</u>

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	<u>300</u>	<u>7,230</u>	<u>-</u>	<u>7,530</u>
	<u>23,747</u>	<u>(9,265)</u>	<u>17,692</u>	<u>32,174</u>
TOTAL FUNDS	<u>290,553</u>	<u>24,502</u>	<u>-</u>	<u>312,055</u>

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

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

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
	<u>490,776</u>	<u>(500,041)</u>	<u>(9,265)</u>
TOTAL FUNDS	<u>612,209</u>	<u>(587,707)</u>	<u>24,502</u>

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
	<u>141,131</u>	<u>(156,230)</u>	<u>38,846</u>	<u>23,747</u>
TOTAL FUNDS	<u>355,535</u>	<u>(64,982)</u>	<u>-</u>	<u>290,553</u>

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)	-
	<u>467,989</u>	<u>(624,219)</u>	<u>(156,230)</u>
TOTAL FUNDS	<u>598,038</u>	<u>(663,020)</u>	<u>(64,982)</u>

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
	<u>141,131</u>	<u>(165,495)</u>	<u>56,538</u>	<u>32,174</u>
TOTAL FUNDS	<u>355,535</u>	<u>(40,480)</u>	<u>-</u>	<u>315,055</u>

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)	-
	<u>958,765</u>	<u>(1,124,260)</u>	<u>(165,495)</u>
TOTAL FUNDS	<u>1,210,247</u>	<u>(1,250,727)</u>	<u>(40,480)</u>

19. RELATED PARTY DISCLOSURES

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

Mind in the Vale of Glamorgan

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
	<u>87,677</u>	<u>100,072</u>
Charitable activities		
Grants	490,776	467,989
Counselling services	11,903	8,902
	<u>502,679</u>	<u>476,891</u>
Total incoming resources	612,209	598,038
EXPENDITURE		
Raising donations and legacies		
Pencotre School	1,464	-
Cardiff marathon expenses	-	1,383
	<u>1,464</u>	<u>1,383</u>
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

This page does not form part of the statutory financial statements

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
	<u>445,000</u>	<u>465,603</u>
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	-
	<u>130,239</u>	<u>183,931</u>
Governance costs		
Wages	925	925
Auditors' remuneration	3,651	3,024
AGM expenses	-	228
Legal and professional fees	6,428	7,926
	<u>11,004</u>	<u>12,103</u>
Total resources expended	<u>587,707</u>	<u>663,020</u>
Net income/(expenditure)	<u>24,502</u>	<u>(64,982)</u>

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