

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



**Report of the Trustees and**  
**Financial Statements for the Year Ended 31 March 2025**  
**for**  
**Mind in the Vale of Glamorgan**

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

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

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

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

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

**Mind in the Vale of Glamorgan**

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for the Year Ended 31 March 2025**

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## **Mind in the Vale of Glamorgan**

### **Report of the Trustees for the Year Ended 31 March 2025**

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

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

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

03180757 (England and Wales)

##### **Registered Charity number**

1066411

##### **Registered office**

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

##### **Trustees**

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

##### **Company Secretary**

C J Chapman

##### **Independent Examiner**

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

##### **Company Bank**

Unity Trust Bank PLC  
9 Brindley place  
Birmingham  
B1 2HB



## **ANNUAL TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2025**

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

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Governing Document**

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

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

#### **Recruitment and Appointment of the Management Committee**

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

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

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

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

## **Mind in the Vale of Glamorgan**

### **Report of the Trustees for the Year Ended 31 March 2025**

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

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

#### **Responsibilities of the Trustees (Governance and Management)**

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

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

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

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

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

Our Impact Report for Services Delivered 2024-2025



Our outcomes:



## Mind in the Vale of Glamorgan

### Report of the Trustees for the Year Ended 31 March 2025

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## **OBJECTIVES AND ACTIVITIES**

### **Principles – How our activities deliver public benefit**

The Trustees have carefully considered the Charity Commission's guidance on public benefit. Mind in the Vale of Glamorgan is an independent mental health charity affiliated with Mind nationally. We exist to support people experiencing mental health problems by providing information, guidance, and services that empower individuals to understand their rights and make informed choices.

We recognise that mental health support must be tailored to the individual. Our approach is holistic and person-centred, offering services that are accessible, adaptable, and focused on recovery. We work in partnership with other agencies to ensure the best outcomes for everyone.

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

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

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

### **Our Environment**

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

### **The Key Objectives of Mind in the Vale of Glamorgan**

#### **Our Commitment to Recovery-Focused Mental Health Support**

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

#### **Person-Centred Support**

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

### **Evidence-Based Interventions**

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

### **Legislative Alignment**

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

### **Integrated Working**

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

### **Volunteering Pathways**

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

### **Lifelong Learning**

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

### **Employment Retention Support**

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

### **Mindful Employer Charter**

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

### **Challenging Stigma and Discrimination**

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

### **Social Prescribing**

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

## Mind in the Vale of Glamorgan

### Report of the Trustees for the Year Ended 31 March 2025

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#### Services and significant activities

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

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

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

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

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

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

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

## **Mind in the Vale of Glamorgan**

### **Report of the Trustees for the Year Ended 31 March 2025**

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

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

### **Community Opportunity Day Services**

#### **Mind in the Vale of Glamorgan – Support and Partnerships**

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

Close collaboration with the Vale Locality Mental Health Team enables the development of care pathways for individuals who may not require secondary mental health services, supports discharge planning, and facilitates timely access to appropriate support.

Mind in the Vale of Glamorgan attends weekly Multi-Disciplinary Team (MDT) and Referral meetings with the Vale Locality Mental Health Team to support integrated, coordinated care.

The organisation offers a broad range of services, including:

- Peer Support
- Guided Self-Help
- One-to-One Support
- Group Work
- Training
- Practical and Emotional Support
- Job Retention Services
- Counselling
- Social Prescribing
- Anger Management

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

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

## **Mind in the Vale of Glamorgan**

### **Report of the Trustees for the Year Ended 31 March 2025**

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

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

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

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

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

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

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

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

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

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

## **Mind in the Vale of Glamorgan**

### **Report of the Trustees for the Year Ended 31 March 2025**

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#### **The Mind Shop – Llantwit Major**

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

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

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

#### **Counselling Service**

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

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

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

## Mind in the Vale of Glamorgan

### Report of the Trustees for the Year Ended 31 March 2025

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#### Mind Quality Mark

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

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

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

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

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

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

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

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

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

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

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

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

## **Mind in the Vale of Glamorgan**

### **Report of the Trustees for the Year Ended 31 March 2025**

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#### **Financial Review and Reserves Policy**

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

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

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

#### **Risks Policy**

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

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

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

## **PLANS FOR THE FUTURE**

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

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

Key priorities for us include:

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

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

### **RESPONSIBILITY OF TRUSTEES**

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

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

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

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

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

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

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

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

**Mind in the Vale of Glamorgan**

**Report of the Trustees  
for the Year Ended 31 March 2025**

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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 .....

4<sup>th</sup> December 2025

**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 2025.

#### Responsibilities and basis of report

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

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

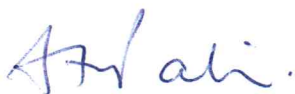
#### Independent examiner's statement

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

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

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

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



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

BPU Limited  
Chartered Accountants

Date: 4 December 2025

**Mind in the Vale of Glamorgan**

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

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

The notes form part of these financial statements

**Mind in the Vale of Glamorgan**

**Balance Sheet  
31 March 2025**

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

The notes form part of these financial statements

## Mind in the Vale of Glamorgan

### Balance Sheet - continued 31 March 2025

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

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

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

  
.....  
K Canning - Trustee

The notes form part of these financial statements

**Mind in the Vale of Glamorgan**

**Cash Flow Statement  
for the Year Ended 31 March 2025**

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

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

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

#### 2. ANALYSIS OF CHANGES IN NET FUNDS

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

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.

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

**Taxation**

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

**Fund accounting**

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

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

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**2. DONATIONS AND LEGACIES**

	2025	2024
	£	£
Donations	<u>9,158</u>	<u>21,850</u>

**3. OTHER TRADING ACTIVITIES**

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

## Mind in the Vale of Glamorgan

### Notes to the Financial Statements - continued for the Year Ended 31 March 2025

#### 4. INCOME FROM CHARITABLE ACTIVITIES

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

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

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

#### 5. RAISING FUNDS

##### Raising donations and legacies

	2025	2024
	£	£
Fundraising costs	<u>1,184</u>	<u>1,464</u>

#### 6. CHARITABLE ACTIVITIES COSTS

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

## Mind in the Vale of Glamorgan

### Notes to the Financial Statements - continued for the Year Ended 31 March 2025

#### 7. DIRECT COSTS OF CHARITABLE ACTIVITIES

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

#### 8. SUPPORT COSTS

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

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

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

## Mind in the Vale of Glamorgan

### Notes to the Financial Statements - continued for the Year Ended 31 March 2025

#### 8. SUPPORT COSTS - continued

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

#### 9. NET INCOME/(EXPENDITURE)

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

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

#### 10. TRUSTEES' REMUNERATION AND BENEFITS

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

##### Trustees' expenses

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

## Mind in the Vale of Glamorgan

### Notes to the Financial Statements - continued for the Year Ended 31 March 2025

#### 11. STAFF COSTS

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

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

	2025	2024
Charitable activities	13	12
Governance costs	<u>1</u>	<u>1</u>
	<u>14</u>	<u>13</u>

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

#### 12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

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

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

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

13. INTANGIBLE FIXED ASSETS

	Website £
<b>COST</b>	
At 1 April 2024 and 31 March 2025	<u>3,785</u>
<b>AMORTISATION</b>	
At 1 April 2024 and 31 March 2025	<u>3,785</u>
<b>NET BOOK VALUE</b>	
At 31 March 2025	<u>-</u>
At 31 March 2024	<u>-</u>

14. TANGIBLE FIXED ASSETS

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

**Mind in the Vale of Glamorgan**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2025**

**15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

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

**16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

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

**17. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

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

## Mind in the Vale of Glamorgan

### Notes to the Financial Statements - continued for the Year Ended 31 March 2025

#### 18. MOVEMENT IN FUNDS

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

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

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

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

18. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

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

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	121,433	(87,666)	33,767
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<u>612,209</u>	<u>(587,707)</u>	<u>24,502</u>

## Mind in the Vale of Glamorgan

### Notes to the Financial Statements - continued for the Year Ended 31 March 2025

#### 18. MOVEMENT IN FUNDS - continued

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

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

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

**19. RELATED PARTY DISCLOSURES**

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

## Mind in the Vale of Glamorgan

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

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

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 2025

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

This page does not form part of the statutory financial statements