

**4 Winds User Led Association
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2021**

CARSTON

Chartered accountants
1st Floor, Tudor House
16 Cathedral Road
Cardiff
CF11 9LJ

4 Winds User Led Association

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2021

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4 Winds User Led Association

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2021

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2021.

Reference and administrative details

Registered charity name	4 Winds User Led Association
Charity registration number	1071770
Company registration number	03607430
Principal office and registered office	65 Clare Road Grangetown Cardiff CF11 6QP

The trustees

Michael Jones	(Retired 3 December 2020)
Kathryn Lock	(Appointed 3 December 2020)
Bethan Thompson	(Appointed 3 December 2020)
Jonathan Roderick	
Anna Preece	
Robert Cooke	
Ann Fraser-Tippen	
Ken Urwin	
Patricia Fraser	

Company secretary Susan Jones

Independent examiner Farzana Ahmed FCCA
1st Floor, Tudor House
16 Cathedral Road
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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Objectives and activities

Our charitable objects as stated in our Memorandum and Articles of Association are:

'to promote the relief of persons experiencing mental health difficulties within the area of Cardiff, the Vale of Glamorgan and surrounding areas by providing an independent, user led resource / drop-in centre and associated support, in order to enable and empower users of its service to obtain their full rights and privileges as citizens'.

4Winds continues to provide an open access, user-led mental health resource service to adults of working age living in Cardiff and the Vale of Glamorgan. The service is unique in the locality; it is user led and user managed (the management is comprised exclusively of people who use / have used mental health services) and it operates a flexible and responsive service which includes some out of hours and bank holiday support. We also provide 1:1 guided self help service and deliver well being courses in community venues.

Our Mission statement is: 4Winds User Led Association exists to provide an open-access mental health resource for people living in Cardiff and surrounding areas. We promote recovery through provision of support, information and opportunities for involvement.

A range of recovery focused support services are offered by 4Winds. Whilst this year has been challenging because of COVID 19, we are pleased that all aspects of our service continued to be delivered albeit in different ways. The open access resource centre remained closed for this period due to the ongoing concerns the pandemic brought, but the core components of our service continues to be offered and the team adapted creatively and flexibly to the challenges of the restrictions placed on us. In brief our services include:

Social Contact and Peer Support Many service users accessing the service experience loneliness, isolation and low self-esteem. The service offers opportunities for individuals to make social contact and access peer support; a key factor in the recovery process for many people. Peer support has been identified as crucial to the recovery of mental health service users; this is an incredibly important and effective part of the service at 4Winds. Many robust networks of support have been established this way and many service users enjoy a much-increased quality of life as a result. Despite not being able to meet in the community/in the centre, we developed a number of regular online zoom groups which we supported people to access and also put people in touch with volunteer organisations in their communities which could help practically with some of the challenges faced during the pandemic such as accessing food or medication whilst shielding, etc.

Emotional support/Recovery Star support Workers offer a range of emotional support services including listening support, information and signposting, and liaising with health or social care professionals. Workers are encouraged to work flexibly, to take a holistic approach and to promote recovery and independence. All workers are also trained and licensed to use the Mental Health Recovery Star person centred outcomes tool which is invaluable for service users to identify support needs and to chart recovery in a holistic and person centred way. This kind of support continued to be offered by telephone and online.

Women only services A safe and supportive zoom group for women is provided every Wednesday from 11.30am - 12.30pm.

Opportunities for involvement/co-production We encourage user involvement at all levels of the organisation and ensure that the service develops in response to established user need. Much of the work we do is co-produced with people using mental health services. Even during the pandemic we managed to co-produce a new website with service users, workers and an IT consultant working together on a funding proposal and the setting up of a new website.

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Year ended 31 March 2021

Information The centre responds to many requests for information from service users and organisations and this continued during the pandemic this year. We responded to high volumes of telephone and email queries. We kept service users and organisations up to date with regular email mail outs and forwarded the useful updates from organisations such as Cardiff and Vale Action for Mental Health, the Wales Council for Voluntary Action and the Welsh Ambulance Service Trust. We held information sessions during our zoom groups including one by a mental health pharmacist on medication and focus groups whilst developing our website so that a variety of views and suggestions could be sought. The new website has had great feedback confirming that this is a useful source of information for people who use our service, organisation and the general public.

Vocational support Service users are encouraged to realise their potential, to recognise their skills and to pursue their aspirations. We provide information and support in accessing opportunities in education, training, volunteering, paid work, leisure facilities and the arts. Whilst many of these services moved online we were keen to share information on classes, to undertake some training online and to start planning activities for after the year end when we hope some restrictions will be lifted. We actively encourage service users to take up opportunities on offer via the Cardiff and Vale Recovery College, Adult Learning Wales and Dice (Cardiff Adult Community Courses) courses. We also deliver occasional training courses and wellbeing activities ourselves.

1:1 Guided Self Help Service Workers continue to provide a programme of guided self help via self referral, GP or PCLS (Primary Care Liaison Service) referral in the Cardiff City and South Gp cluster. Workers are fully trained in delivering this 6-8 week programme and are achieving outstanding outcomes for those with mild to moderate mental health issues. Sessions have had to be delivered by telephone or online, but this has not impacted on the quality of the service nor the numbers referred; indeed it has increased.

Delivery of Well being courses We have been unable to deliver the Stress Control and ACT-ion for Living courses in community venues, but we have supported and signposted people to the online versions available. We have organised some wellbeing sessions during zoom groups and regularly share details of opportunities online, etc.

Our aims and objectives as developed in our three-year business plan are:

Strategic Aims

- 1. To continue meeting the needs and promoting the recovery of people experiencing mental health difficulties.**

Objectives

- To continue providing a user-led mental health resource service that works flexibly to meet the needs of people using it.
- To continue with the provision of 1:1 guided self-help support via Gp/PCLS or self referral.
- To continue with the delivery of wellbeing courses in community venues (or online if appropriate).
- To ensure that the service is delivered within a recovery focussed approach and that we work to the Cardiff and Vale Charter for Adult Mental Health.
- To ensure that workers adopt a facilitative style in which diversity is celebrated and individual strengths are recognised.
- To offer a range of services including provision of information, social contact and peer support, emotional support, vocational support, dedicated women only space and opportunities for involvement.

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

- To publicise the service widely amongst a range of voluntary, statutory, primary care and community organisations to ensure that we reach those in need of the service.
- To maintain current working partnerships and explore opportunities for further partnerships to help us meet our aims.
- To keep abreast of local and national developments in policy and practice and ensure that we work within these.

2. To maintain and develop opportunities for service user involvement within the organisation.

Objectives

- To maintain the organisation as user-led and user managed (as currently stated in our constitution). The management committee will be made up exclusively of past / present users of mental health services, elected annually at the Association's AGM.
- To ensure that we work within our policy on service user involvement and review this policy regularly.
- To continue holding members meetings on a monthly basis.
- To continue holding a service user feedback/discussion week as part of our annual work on service user evaluation.
- To continue with present mechanisms and opportunities for getting involved and to constantly review these to ensure that they meet current needs.
- To ensure that every individual accessing the service is aware of the opportunities for becoming involved and is supported in the process if they so wish.
- To maintain links with Sefyll and continue involvement with the Sefyll Advisory Group.
- To keep up to date with policy and guidance such as the Welsh Assembly's 'Stronger in Partnership 2' and ensure that we develop a good model of user-led services.

3. To increase the current capacity of the organisation (in terms of staffing and finance)

Objectives

- To fundraise for the employment of an additional Project Worker to the staff team (to increase capacity of the service).
- To explore the potential for new partnerships which enhance the service and increase capacity.
- To access any funding opportunities that helps us to meet our aims and objectives.

Achievements and performance

We have continued to meet the needs of people experiencing mental health difficulties despite the challenges of the pandemic. Indeed, our support became more crucial to many during this time and we continued to provide a user-led mental health resource service. We did this in the early stages of the pandemic by reaching out to all those who used our service; by telephone, email or postal mail, assuring people that we were still there to offer mental health support, albeit in a different way. Many people referred to this as a lifeline and valued the telephone/online 1:1 support we offered. We also set up four weekly zoom groups after securing funding to buy equipment for staff to work from home. These were invaluable to so many people and continued to take place throughout the year. We put on extra sessions over the Christmas week, including a zoom on Christmas day and a 'party' on zoom one evening. We recorded 4,955 contacts for the year. Considering that the majority of contacts have been on a 1:1 support basis this is a fantastic achievement for a small team who managed to provide resource service support for nearly 100 people weekly throughout the pandemic.

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Year ended 31 March 2021

The range of services (social contact, emotional support, information vocational support, women only services and opportunities for involvement) already described continues to be available to all who use our service.

In addition to our resource centre service, we have been delighted to further establish our Guided self help service available in the Cardiff City and South Gp cluster area (covering the seven Gp surgeries in the Butetown/Grangetown areas). We received a total of 308 referrals during this year and achieved excellent outcomes for those completing the programme.

As mentioned earlier, this service increases the range of psychological interventions in Gp surgeries by offering a 6-8 week programme of guided self help. Referrals can be taken directly from Gp's, self referrals or the Primary Care Mental Health Liaison Service which started operating in this cluster in April 2020. We have developed a very good working relationship with this service and most of our referrals now come via that pathway. Due to the restrictions of the pandemic we have not been able to deliver the open access wellbeing courses (Stress Control and ACT-ion for Living) in this area, but have signposted and encouraged people to access the online versions of these and the Understanding Me course.

As well as having a management committee comprised exclusively of mental health service users we actively encourage people using the service to become involved in some aspect. This could be on a day to day basis through helping out with a particular activity such as our outreach and networking, sitting on an interview panel for new workers, or organising an event. Although this has been more difficult during the pandemic we have still maintained contact and opportunities and as previously mentioned managed to co-produce a new website during this time. We continue to support opportunities for service user involvement in training through developing links with Cardiff University and Cardiff Metropolitan University. A group of service users are now involved in delivering presentations as part of the social work degree and are also involved in aspects of planning course content. The quality of service user presentations has been excellent and we were pleased that we were able to deliver again during the year, albeit online rather than in person. Feedback as usual was excellent with the senior lecturer saying that this was one of the most valuable and insightful lectures of the who MA. We continue to develop outreach opportunities for service user volunteers. We also continue to provide service users with information on services such as the Cardiff and Vale Mental Health Service User Forum (Sefyll), which is an excellent channel for feeding in views, sharing information and getting involved in service provision. Their regular Service User Champions meetings which used to be held monthly at 4Winds moved online and we encouraged and supported people to attend.

Maintaining regular networking and liaison with other agencies is always crucial to our work and this became even more important during the pandemic - to communicate what we were doing, but also to keep informed on what others were doing. We have good working relationships with a number of partners in mental health and related fields and feel that these have strengthened rather than diminished during the pandemic. Our strong working relationship with Riverside Advice Services led to a successful joint bid for a partnership welfare rights project supporting those vulnerable to suicide and self harm. We were delighted to work more closely with them and offer such a crucial service at a time of high need. We are also delighted to report that we have strengthened our working relationship with the Hamadryad Community Mental Health Team who had invited us to be part of their weekly referral meeting so that they can refer directly to our service if and when appropriate. This has meant that many people who do not meet secondary care criteria have been offered the support of 4Winds services. We have achieved excellent outcomes for people and enhanced our working relationships; a very positive development.

On a general level we continue to be actively involved with Cardiff and Vale Action for Mental Health attending the forum and other relevant meetings, such as the Sefyll Advisory Group. We have also

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Year ended 31 March 2021

maintained involvement with the Cardiff and Vale Recovery and Wellbeing College and were pleased that our Manager continues to be involved with the College Board. This has been an excellent development and we have been pleased to encourage people to access the range of courses on offer. We have kept up to date with local and national developments in mental health and ensure that we develop our service in response to user need through seeking feedback and measuring outcomes achieved for service users through the Recovery Star and other measures.

Despite the year ending with the pandemic still ongoing, we are proud of the way that the 4Winds team adapted so quickly and flexibly to working in ways that meant the service still reached those in need. We have no doubt that the team and organisation will continue to meet any future challenges with resilience and commitment to delivering best practice at all times.

Financial review

The reserves balance at the year-end of 31 March 2021 amounted to £111,005 (2020:£70,506). This balance includes £1,207 of reserves restricted to the continued work of the Volunteer Outreach Project funded by the John Andrews Charitable Trust Fund. The unrestricted reserve balance was £109,798 (2020: £69,299), of which £90,984 is free reserves (i.e. not tied up in fixed assets).

Statement on Reserves

4Winds has a reserves policy of holding between 3 to 6 months of expenditure as unrestricted reserves. The free reserves balance of £90,984 at 31st March 2021 equals approximately 6 months running costs. The Trustees are satisfied that this level of reserves will help to meet possible unexpected obligations and give time to find alternative sources of funds in future if necessary. This policy is reviewed annually.

Going Concern

We have secured all of our projected income requirements for the current year (2021/22) but trustees are mindful of the uncertainty of future funding and shall continue to monitor the financial situation and take whatever steps are required to ensure that expenditure stays within income at all times. The pandemic is still with us and we cannot be sure of exactly what the future holds, particularly due to Covid-19 impact. However, the trustees will ensure that the overriding aim, as always, is to develop and improve the service for the benefit of those experiencing mental health problems in Cardiff and the Vale of Glamorgan.

Structure, governance and management

The organisation is a charitable company which is governed by its constitution (Memorandum and Articles of Association).

The board of trustees (Management Committee) is comprised of individuals who are members of the Association. Elections take place annually at the Association's Annual General Meeting (AGM). The Committee consists of up to nine full members and up to three co-opted non-voting members. At each AGM the three longest serving full members of the Management Committee, or whichever number will result in the creation of three vacancies, will stand down and three new Management Committee members will be elected by secret ballot of the membership during the AGM. The AGM is advertised to all members and through the Association's newsletter and general publicity. For further details on the appointment of trustees please refer to the Memorandum and Articles of Association.

4 Winds User Led Association**Company Limited by Guarantee****Trustees' Annual Report (Incorporating the Director's Report) *(continued)*****Year ended 31 March 2021**

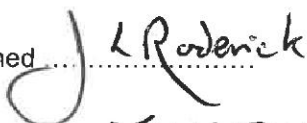
The Management Committee has developed a policy on risk. To address the risk of financial loss the trustees have a statement on reserves and aims towards building on the current level of reserves. There are procedures in place to help deal with risk in the workplace such as health, safety and security and relevant insurance policies are in place.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 13.01.22 and signed on behalf of the board of trustees by:

Signed



Print Name

JONATHAN L RODERICK

Trustee

Winds User Led Association

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of 4 Winds User Led Association

Year ended 31 March 2021

I report to the trustees on my examination of the financial statements of 4 Winds User Led Association ('the charity') for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity 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 company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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).

Although the charitable company's position at the year ended 31 March 2021 shows reasonable free reserves, we draw your attention to the trustees' explanation that future funding remains insecure and of the actions they have and intend to take, as included in the financial review section of the trustees' report and also the going concern policy. However, we are satisfied that the trustees have taken all reasonable steps to control and monitor the position and we do not propose to modify our opinion on the accounts.

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.



Farzana Ahmed FCCA
Independent Examiner

1st Floor, Tudor House
16 Cathedral Road
Cardiff
CF11 9LJ

27/01/2022

4 Winds User Led Association

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Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2021

		Unrestricted funds £	2021 Restricted funds £	Total funds £	2020 Total funds £
	Note				
Income and endowments					
Donations and legacies	5	7,415	—	7,415	400
Charitable activities	6	193,573	19,250	212,823	180,073
Other trading activities	7	614	—	614	2,392
Investment income	8	205	—	205	—
Total income		<u>201,807</u>	<u>19,250</u>	<u>221,057</u>	<u>182,865</u>
Expenditure					
Expenditure on charitable activities	9,10	180,558	—	180,558	179,459
Total expenditure		<u>180,558</u>	<u>—</u>	<u>180,558</u>	<u>179,459</u>
Net income		<u>21,249</u>	<u>19,250</u>	<u>40,499</u>	<u>3,406</u>
Transfers between funds		19,250	(19,250)	—	—
Net movement in funds		<u>40,499</u>	<u>—</u>	<u>40,499</u>	<u>3,406</u>
Reconciliation of funds					
Total funds brought forward		69,299	1,207	70,506	67,100
Total funds carried forward		<u>109,798</u>	<u>1,207</u>	<u>111,005</u>	<u>70,506</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on page 12 to 21 form part of these financial statements.

4 Winds User Led Association

Company Limited by Guarantee

Statement of Financial Position

31 March 2021

	Note	2021 £	2020 £
Fixed assets			
Intangible assets	16	17,500	—
Tangible fixed assets	17	1,314	9
		<u>18,814</u>	<u>9</u>
Current assets			
Debtors	18	2,868	4,414
Cash at bank and in hand		91,985	69,098
		<u>94,853</u>	<u>73,512</u>
Creditors: amounts falling due within one year	19	<u>2,662</u>	<u>3,015</u>
Net current assets		<u>92,191</u>	<u>70,497</u>
Total assets less current liabilities		<u>111,005</u>	<u>70,506</u>
Net assets		<u>111,005</u>	<u>70,506</u>
Funds of the charity			
Restricted funds		1,207	1,207
Unrestricted funds		109,798	69,299
Total charity funds	22	<u>111,005</u>	<u>70,506</u>

For the year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

The statement of financial position continues on the following page.

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Company Limited by Guarantee

Statement of Financial Position *(continued)*

31 March 2021

These financial statements were approved by the board of trustees and authorised for issue on 13/01/22, and are signed on behalf of the board by:

Signed J L Roderick

Print Name JONATHAN L RODERICK
Trustee

Signed V. S. L.

Print Name VENUS L. R. W. L.
Trustee

Company registration number: 03607430

4 Winds User Led Association

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2021

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 65 Clare Road, Grangetown, Cardiff, CF11 6QP.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

As at 31 March 2021 the charitable company had unrestricted reserves of £109,798, of which £90,984 are free reserves. The trustees have considered the going concern position in some detail and are satisfied that in the immediate future the steps that they have already taken to review costs and secure additional funding for the next financial year should be sufficient to keep the charity operational for at least 12 months. The detailed justification for this has been included in the financial review section of the trustees' annual report. On this basis the trustees are satisfied that no adjustments are required to the accounts at 31 March 2021 to reflect any uncertainty in going concern.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

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Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

3. Accounting policies *(continued)*

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities. All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Intangible assets

Intangible assets are initially recorded at cost, and are subsequently stated at cost less any accumulated amortisation and impairment losses. Any intangible assets carried at revalued amounts, are recorded at the fair value at the date of revaluation, as determined by reference to an active market, less any subsequent accumulated amortisation and subsequent accumulated impairment losses.

Intangible assets acquired as part of a business combination are only recognised separately from goodwill when they arise from contractual or other legal rights, are separable, the expected future economic benefits are probable and the cost or value can be measured reliably.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation.

4 Winds User Led Association

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

3. Accounting policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings	- 25% straight line
Office equipment	- 33% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. No such impairments were required in the year.

Government grants

Government grants are recognised at the fair value of the asset received or receivable. Grants are not recognised until there is reasonable assurance that the company will comply with the conditions attaching to them and the grants will be received. Where the grant does not impose specified future performance-related conditions on the recipient, it is recognised in income when the grant proceeds are received or receivable. Where the grant does impose specified future performance-related conditions on the recipient, it is recognised in income only when the performance-related conditions have been met. Where grants received are prior to satisfying the revenue recognition criteria, they are recognised as a liability.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4 Winds User Led Association

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

4. Limited by guarantee

Every member of the Charity undertakes to contribute such amount as may be required (not exceeding £10) to the Charity's assets if it should be wound up while he or she is a member or within one year after he or she ceases to be a member, for payment of the Charity's debts and liabilities contracted before he or she ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributories among themselves.

5. Donations and legacies

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Donations				
Donations	—	—	400	400
Grants				
Government grant income	7,415	7,415	—	—
	<u>7,415</u>	<u>7,415</u>	<u>400</u>	<u>400</u>

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Cardiff and Vale University Health Board	152,195	—	152,195
Cardiff and Vale University Health Board (Tier Zero)	38,878	—	38,878
Community Foundation Wales	—	17,500	17,500
Welsh Government Suicide and Self Harm Prevention	2,500	—	2,500
Glamorgan Voluntary Services	—	1,750	1,750
	<u>193,573</u>	<u>19,250</u>	<u>212,823</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Cardiff and Vale University Health Board	152,195	—	152,195
Cardiff and Vale University Health Board (Tier Zero)	27,878	—	27,878
Community Foundation Wales	—	—	—
Welsh Government Suicide and Self Harm Prevention	—	—	—
Glamorgan Voluntary Services	—	—	—
	<u>180,073</u>	<u>—</u>	<u>180,073</u>

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Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

7. Other trading activities

	Unrestricted Funds	Total Funds 2021	Unrestricted Funds	Total Funds 2020
	£	£	£	£
Subscriptions	1	1	29	29
Letting and licensing	—	—	840	840
Service user training	613	613	1,523	1,523
	<u>614</u>	<u>614</u>	<u>2,392</u>	<u>2,392</u>

8. Investment income

	Unrestricted Funds	Total Funds 2021	Unrestricted Funds	Total Funds 2020
	£	£	£	£
Bank interest receivable	205	205	—	—

9. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Resource Centre	178,415	—	178,415
Support costs	2,143	—	2,143
	<u>180,558</u>	<u>—</u>	<u>180,558</u>

	Unrestricted Funds	Restricted Funds	Total Funds 2020
	£	£	£
Resource Centre	176,644	428	177,072
Support costs	2,387	—	2,387
	<u>179,031</u>	<u>428</u>	<u>179,459</u>

10. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2021	Total fund 2020
	£	£	£	£
Resource Centre	178,415	—	178,415	177,176
Governance costs	—	2,143	2,143	2,283
	<u>178,415</u>	<u>2,143</u>	<u>180,558</u>	<u>179,459</u>

4 Winds User Led Association
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2021

11. Analysis of support costs

	Analysis of support costs £	Total 2021 £	Total 2020 £
General office	—	—	104
Governance costs	2,143	2,143	2,283
	<u>2,143</u>	<u>2,143</u>	<u>2,387</u>

12. Net income

Net income is stated after charging/(crediting):

	2021 £	2020 £
Depreciation of tangible fixed assets	435	104

13. Independent examination fees

	2021 £	2020 £
Fees payable to the independent examiner for: Independent examination of the financial statements	2,000	1,980

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021 £	2020 £
Wages and salaries	137,075	129,691
Social security costs	6,989	7,457
Employer contributions to pension plans	7,583	7,167
	<u>151,647</u>	<u>144,315</u>

The average head count of employees during the year was 6 (2020: 6). The average number of full-time equivalent employees during the year is analysed as follows:

	2021 No.	2020 No.
Number of service provision staff	5	5

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

Key Management Personnel

Key management personnel include all persons that have authority and responsibility for planning, directing and controlling the activities of the charity. The total compensation paid to key management personnel for services provided to the charity was £37,906 (2020:£35,038).

4 Winds User Led Association

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

15. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

All trustees are entitled to claim reasonable expenses incurred in connection with attending meetings. In 2020-21, no trustees claimed any expenses (2019-20 £199).

16. Intangible assets

	Intangible asset £
Cost	
Additions	17,500
At 31 March 2021	<u>17,500</u>
Amortisation	
At 1 April 2020 and 31 March 2021	—
Carrying amount	
At 31 March 2021	<u>17,500</u>
At 31 March 2020	<u>—</u>

17. Tangible fixed assets

	Fixtures and fittings £	Equipment £	Total £
Cost			
At 1 April 2020	725	3,345	4,070
Additions	—	1,740	1,740
At 31 March 2021	<u>725</u>	<u>5,085</u>	<u>5,810</u>
Depreciation			
At 1 April 2020	724	3,337	4,061
Charge for the year	—	435	435
At 31 March 2021	<u>724</u>	<u>3,772</u>	<u>4,496</u>
Carrying amount			
At 31 March 2021	<u>1</u>	<u>1,313</u>	<u>1,314</u>
At 31 March 2020	<u>1</u>	<u>8</u>	<u>9</u>

4 Winds User Led Association
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2021

18. Debtors

	2021	2020
	£	£
Prepayments and accrued income	1,150	1,003
Other debtors	1,718	3,411
	<u>2,868</u>	<u>4,414</u>

19. Creditors: amounts falling due within one year

	2021	2020
	£	£
Accruals and deferred income	2,316	2,470
Other creditors	240	545
Other creditors	106	–
	<u>2,662</u>	<u>3,015</u>

20. Pensions and other post-retirement benefits**Defined contribution plans**

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £7,583 (2020: £7,167).

21. Government grants

The amounts recognised in the financial statements for government grants are as follows:

	2021	2020
	£	£
Recognised in income from donations and legacies:		
Government grants income	<u>7,415</u>	<u>–</u>

22. Analysis of charitable funds**Unrestricted funds**

	At 1 April 2020	Income £	Expenditure £	Transfers £	At 31 March 2021
General funds	<u>69,299</u>	<u>201,807</u>	<u>(180,558)</u>	<u>19,250</u>	<u>109,798</u>

	At 1 April 2019	Income £	Expenditure £	Transfers £	At 31 March 2020
General funds	<u>65,465</u>	<u>182,865</u>	<u>(179,031)</u>	<u>–</u>	<u>69,299</u>

4 Winds User Led Association

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

22. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
John Andrews Charitable Trust	1,207	—	—	—	1,207
Community Foundation Wales	—	17,500	—	(17,500)	—
Glamorgan Voluntary Services	—	1,750	—	(1,750)	—
	<u>1,207</u>	<u>19,250</u>	<u>—</u>	<u>(19,250)</u>	<u>1,207</u>

	At 1 April 2019 £	Income £	Expenditure £	Transfers £	At 31 March 2020 £
John Andrews Charitable Trust	1,635	—	(428)	—	1,207
Community Foundation Wales	—	—	—	—	—
Glamorgan Voluntary Services	—	—	—	—	—
	<u>1,635</u>	<u>—</u>	<u>(428)</u>	<u>—</u>	<u>1,207</u>

The John Andrews Community Trust provided a grant of £4,891 in 2016-17 towards an outreach and networking project to raise further awareness of our service and to provide opportunities for volunteering.

Community Foundation Wales provided a grant of £17,500 towards development of the 4 Winds website and social media project.

Glamorgan Voluntary Services provided a grant of £1,750 towards the purchase of capital equipment to enable the 4 Winds team work remotely and continue providing mental health support services.

The website and social media costs along with the capital equipment costs (included as fixed assets) have been transferred to unrestricted funding as the funders have no long term interest in the assets.

4 Winds User Led Association

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

23. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Intangible assets	17,500	—	17,500
Tangible fixed assets	1,314	—	1,314
Current assets	93,646	1,207	94,853
Creditors less than 1 year	(2,662)	—	(2,662)
Net assets	<u>109,798</u>	<u>1,207</u>	<u>111,005</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Intangible assets	—	—	—
Tangible fixed assets	9	—	9
Current assets	72,304	1,207	73,511
Creditors less than 1 year	(3,014)	—	(3,014)
Net assets	<u>69,299</u>	<u>1,207</u>	<u>70,506</u>

24. Related parties

The charity was under the control of the trustees throughout the current and previous year.

There are no transactions with related parties required to be disclosed in the financial statements other than trustee expenses, as detailed in note 15.

25. Post balance sheet events

The Covid-19 pandemic has had a significant negative effect on the UK and World economy and, whilst the consequences of Covid-19 on the charitable company have been insignificant during the year and since the year-end, the trustees recognise that in the longer term its effect may be more significant. At this point in time any long-term effect on the charitable company is unknown, but the trustees remain confident of the financial position of the charitable company and its ability to meet its obligations and liabilities as they fall due. The trustees are confident that it is correct to prepare the accounts on a going concern basis and that this is not a subsequent event that requires an adjustment in the annual accounts.