Conwy Mind

England & Wales · Charity number 1073596

Details

Other names	ABERCONWY MIND, North West Wales Mind
Status	Registered
Legal form	Charitable company
Company number	03630284
Registered	1999-01-28
Register	View on the Charity Commission register

Contact

Address	Unit 5325 North Wales Business Park Abergele LL22 8LJ
Phone	01492 879907
Email	info@aberconwymind.org.uk
Website	www.conwymind.org.uk

Activities

Objects: The charity's objects ('Objects') are specifically restricted to the following, in association with Mind (the National Association for Mental Health):(1) To promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.(2) To relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination

Activities: Mental health resource centre offering various activiies such as self help groups, alternative therapies, art and crafts and many more

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment
- **Who:** People With Disabilities, Other Defined Groups

Downloaded from opencharities.uk/ew/1073596

Geography

- **Area of benefit:** ABERCONWY
- Conwy
- Gwynedd
- Isle Of Anglesey

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£615,634	£635,186	£602,903	21
2024-03-31	£668,081	£660,157	£622,455	21
2023-03-31	£575,423	£541,015	£614,531	21
2022-03-31	£450,076	£544,601	-	-
2021-03-31	£518,815	£478,048	£674,648	11

Trustees

Name	Role	Appointed
Claire Jackson		2023-04-27
Dr Carolyn Hinds		2020-02-17
Guto Davies		2024-12-05
Michael Owen		2024-12-05
ROBIN GARETH HOLDEN		2013-06-25

Downloaded from opencharities.uk/ew/1073596

Conwy Mind

England & Wales - Charity number 1073596

Accounts

REGISTERED COMPANY NUMBER: 03630284 (England and Wales)
REGISTERED CHARITY NUMBER: 1073596

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

FOR

CONWY MIND

Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

CONWY MIND

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

	Page
Report of the Trustees	1 to 9
Independent Examiner's Report	10
Statement of Financial Activities	11 to 12
Balance Sheet	13 to 14
Cash Flow Statement	15
Notes to the Cash Flow Statement	16
Notes to the Financial Statements	17 to 33

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).

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. Under these Articles the members of the Board of Trustees are elected at a General Meeting to serve for a period of three years. The Articles of Association are reviewed regularly to ensure they continue to support the purpose of Conwy Mind and are in accordance with current legislation.

The charity uses the services of the following agents and advisers in carrying out its responsibilities to the community at large:

Banking

The current account and a savings account are with Santander bank, with a further Savings account in Nationwide Building Society.

Accountants

Conwy Mind use Williams Denton Chartered Certified Accountants, Trinity Square, Llandudno

Responsibilities of members of the executive committee:

Company law requires the trustees to prepare financial statements for each financial year which give a 'true and fair" view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy, at any time, the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Senior Management Structure

Conwy Mind, which is a member of the Mind Federation, is a local independent charity based in Abergele, providing mental health support to the people of Conwy County. The Senior Management structure consists of the CEO, who has been with Conwy Mind for Six years, Services Manager and Finance Manager. The Senior Management team and Board of Trustees are supported by a Office Manager and Governance support role.

Strategy

The strategy was instrumental in formulating our current business plan which is reviewed regularly by the CEO who provides monthly updates to the board.

We have been awarded the Mind Quality Mark (MQM), which is renewed every three years, and is a standard endorsed by the Charity Commission. We were also the winner in the Mind Excellence awards for Leadership

We also renewed our Investing in Volunteers accreditation.

Risk management is on-going using a robust, embedded, Risk Register which is up-dated by the CEO, and which is subject to regular scrutiny by the board of trustees. This register details any governance, business and/or operational risks which the charity faces. A system of red, amber and green warnings is in place to flag up degrees of risk to ensure necessary action can be taken in good time to mitigate these.

Conwy Mind has indemnity insurance to cover trustees and former trustees up to the value of £500,000, which is shared over all LMA's as part of the standard Mind block insurance.

Trustees

There are currently nine trustees, and the Board of Trustees meets bimonthly, following an agreed agenda which overs risk, strategy and business planning, safeguarding and management accounts statements and report. The CEO provides a monthly report covering operational performance, outcomes of funding applications, networking and regional influencing and other relevant matters.

There are three named officers, Chair, Vice Chair and Treasurer who are elected at a General Meeting to serve for a period of three years.

There are currently three subcommittees which meet either monthly or quarterly. These cover Governance, Finance and Income Generation and People and Organisational Development. The Board of Trustees intend to review the terms of reference and delegated authority for each sub-committee to ensure scrutiny and good governance practice, ensuring that the sub-committee structure remains fit for purpose.

As part of the review of succession planning, a trustee recruitment process was undertaken, and 3 new trustees were appointed to the Board. One Trustee resigned in the year. New Trustees undertake a detailed induction process and are assigned a mentor trustee to support them through their first six months. The current Chair will be stepping down in March 2026 and there will be an election process for securing a new Chair. The Board have undergone a review of its structures and processes following the recruitment of new trustees.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Conwy Mind is affiliated to the national organisation of Mind and incorporates the national aims and objectives into its constitution. The Mind Federation review has been undertaken, and Conwy Mind has been actively involved in consultation and shaping the new future direction of the Mind Federation, endorsing a stronger together approach and working more closely under the umbrella of the Federation First. Federation First is the agreed approach for how we will work better together as a federation.

Conwy Mind is working towards its strategic aims under the 2023 - 2028 Strategy and the Board of Trustees closely monitors the strategy to ensure that it continues to be relevant and on track through quarterly meetings and CEO reports.

The trustees confirm that they have referred to the guidance in the Charity Commission's guidelines on public benefit when reviewing the aims and objectives of the Charity Commission's guidelines, section C1.

Our Vision: For as long as you need us, we will be there for you. With one in four people experiencing a mental health issue, which is almost 75,000 people in Conwy needing our help and support for their mental health and well-being.

Our purpose: Supporting people and communities to better understand managing good mental, enabling people to be able to think, feel and react in ways that they need and want to live their life. We will do this through:

o Delivery of excellent services
o Raising awareness
o Education and training

Conwy Mind Values:

o Kindness
o Respect
o Integrity
o Teamwork

Conwy Mind embraces the refreshed Mind Federation Values of :

o We put people first,
o We're stronger together.
o We speak up for what is right.
o We never stop learning.
o We demand better for mental health.

This is the second year of our strategic achievements against our current 2023 -2028 strategy.

Our strategic objectives

1. Reach as many people as possible: making sure people have a better understanding of mental health and how they can support themselves and others

Achievements so far:
1,414 people supported. Developed a range of services for people to access to help support their mental health. This includes more structured programmes of support such as counselling and Supported Self-help to increasing our community and groups offers. Successfully secured 3-year funding from the National Lottery Community Fund to develop our early intervention programme Changing Minds, with the introduction of Mental Health MOT's.

Increasing volunteering opportunities across the organisation, we have been able to reach more people through our groups and activities.

2. Raise awareness and tackle stigma

Achievements so far:
We have increased our social media presence. Increased our community presence through our fundraising and attendance at networking events. Range of activity through Mental Health awareness week and took part in local mind week supported through Mind Cymru to raise awareness about the importance of Local Minds across Wales.

3. Develop and expand services for Children and Young People

Achievements so far:
We have continued to develop our offer for Young People, offering Supported Self Help and more flexible support through support calls and signposting. We supported 201 young people through our 1-1 support and are now based in 3 local secondary schools one day a week and have referral pathways with the remaining secondary schools in Conwy.

4. Build an organisation which is fit for the future

Achievements so far:
We continue to invest in our fundraising ambitions and saw the creation of our Income Generation Team to drive this work forward. We have continued to be creative in looking for financial sustainability solutions which has seen the development of InnerPace, our holistic fitness and wellness social enterprise opportunity.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Conwy Mind continued to operate in a difficult financial climate but successfully secured numerous grant funding opportunities to support delivery of services. The grant funding landscape remains challenging, with fewer larger grant opportunities available and more grants for between £10,000 and £15,000 and for a period of 12 months. Delivering reoccurring services is a challenge as funders constantly require something new and different. We are finding that our offer needs to change to meet the funder requirements.

Throughout 2024 -2025, Conwy Mind supported 1414 individuals through a range of services including Supported Self Help, Counselling, signposting and support calls, groups and activities and dedicated support to Young People.

We have seen an increase in the complexity of individuals being referred to or contacting Conwy Mind for support. Individuals are presenting with a range of issues including housing and homelessness, domestic abuse and trauma, debt, welfare benefit issues, need for more specialist interventions. We also continue to support people who are on waiting lists for statutory services, providing ongoing support whilst they wait.

Changing Minds National Lottery funding

We were delighted to be awarded 3-year funding from The National Lottery Community Fund for our Changing Minds project. The project focuses on improving mental health in the community. The project aims to help people earlier and build confidence around mental health. We have designed a Mental Health MOT (check ins) and created a network of local Mental Health Changemakers to enable positive conversations and shift attitudes around mental health. The project got underway in November and to date over 50 Mental Health MOT's have been delivered, with over 83% of attendees never previously accessed Conwy Mind services before.

ICAN Community Hub

The ICAN community hub service, commissioned by the Health Board for a further 12 months supported 553 individuals. The ICAN Hub offers personalised and flexible support to individuals through groups and activities, support to access Supported Self Help, signposting to other organisations and support through our volunteer Keeping Connected Befriending Service. The ICAN community hub provides a front door to support and other services. There is still no long-term commitment from the Health Board as to the future commission of this service. There will be a review of the service specification, and we hope further clarity will be given from the Health Board.

Counselling Services

Our counselling services were delivered through the Parabl Talking Therapies contract and paid counselling offer. The Parabl Talking Therapies contract was extended for a further 12 months with the intention for the contract to finish in March 2025. As we approached January, the Health Board notified all partners that the contract would continue but with no additional uplift to funding. As part of our sustainability review, the Parabl contract was not financially viable, and Conwy Mind have been supplementing this contract for several years.

A decision was made to review the current structure and delivery of Parabl. Unfortunately, this placed our current Counsellors at risk of redundancy. The consultation concluded in April 2025, with redundancies being made. However, as part of the consultation process, we discussed implementing a Self Employed/Freelance counselling model Moving to a self-employed/freelance model to delivery our counselling services as safeguarding the provision of this much needed service, increased reach and the ability to offer more specialism with the model. We will be monitoring the implementation of this model over the next six months.
Due to the uncertainty of the direction of the Health Board with the Parabl contract, Conwy Mind will continue to deliver to people on the current client waiting list only.

Courses and Groups

222 people accessed groups and community-based activities.

Through small grants we have been able to deliver a range of different groups and, community-based activities. Through funding from the Community Rail Partnership grant and Transport for Rails, we were able to offer Rails for Trails, a walking programme for different groups in the community including women experiencing menopause, men and young people. The walks proved extremely popular especially the men's groups. Funding was secured through the Gwynt Y Mor fund to continue delivery of Mums Matter and pilot groups for Dads. Through partnership with Conwy Council Culture, we have delivered a range of art groups under the Taith project, and we hope to develop this relationship further into 2025 -2026.

Young People Support

We were able to deliver on our commitment to supporting Young People through a funding award from the Moondance Foundation and our own fundraised income. We supported 201 number of young people to access support through our Supported Self-help programme, support calls and signposting. The Team have continued to build and develop relationships with secondary schools and key organisations working with Young People including the Family centres. The team are based in 3 secondary schools one day a week, offering appointments for the supported self-help service and offer appointments outside of school.

Volunteering

Volunteers are at the heart of our work, making a real impact across the organisation. We recruited new volunteers to our Keeping Connected services and our volunteers have been instrumental in supporting the delivery of our groups, coffee mornings, Taith creative arts project, helping us to support more people.

Lived Experience

Conwy Mind is committed to ensuring the voices of people who access our services and those in the wider community. People with lived experience have been instrumental in helping the team design and test our new Mental Health MOT's and will also be a key part of the delivery of the Changemaker sessions aimed at reducing the stigma around mental health.

We constantly seek feedback around our services, and this is monitored on a quarterly basis and the feedback is reported to the Board of Trustees at the quarterly trustee meetings.

We were especially keen to work alongside young people to help shape our future service development and engagement with young people. Conwy Mind has established a youth steering group, made up of young people aged 11 -18. This group will be instrumental in helping us increase our engagement with young people.

Training

We continued to deliver mental training. In 2024/25 we delivered a total of 196 training hours and 24 courses. 231 people attended the courses which included Mental Health First Aid, Mental Health Awareness and bespoke training sessions for organisations including College Menai. We are in the process of reviewing our training offer as there are several other organisations delivering mental health training across the area, some of which is funded and offered for free. We need to understand the value and uniqueness of what we can offer as Conwy Mind rather than duplicating offers such as Mental Health First Aid. We will explore this in the coming year to see how we develop this income stream further.

FINANCIAL REVIEW

Financial position

The statement of financial activities shows a total income level of £615,634 which is lower than the previous year (2023/2024) of £668,081.

2024/2025 has been a challenging period for Conwy Mind, reflecting the broader sector wide pressures on funding and service delivery. Conwy Mind made a small deficit of £19,552, marking a shift from the previous year's income position. This outcome is primarily due to significant reduction in available grant funding, with many funders either pausing their grant funding programmes or distributing smaller amounts across a wider pool of applicants.

Strategic Review and Service Adaptation

In response to this financial pressure, the Board of Trustees undertook a review of our services. As a result, we have made the difficult decision to introduce charges for our counselling services. This strategic shift is aimed at ensuring the long-term sustainability of our mental health support offerings.

Consequently, we have had to make redundancies within our counselling team, and our counsellors will no longer be employed directly by Conwy Mind. Instead, will transition to a sessional counsellor model, which will allow us to:

" Expand the range of counselling services offered
" Provide both individual and group-based support
" Operate with greater flexibility and cost-efficiency

Strengthening Financial Resilience

To support our revised services model and improve our financial position, we have established a new Income Support Team at the end of the financial year. This team includes two dedicated fundraisers who will lead efforts to:

" Increase fundraising income
" Expand our presence and donor engagement across the counties of Gwynedd, Ynys Mon, and Conwy
" Build stronger community partnerships and diversify income streams

Voluntary Support

We continue to benefit from the dedication of our 12 volunteers, who play a vital role in delivering, befriending, counselling, and fundraising activities. Their contribution remains central to our mission and impact.

Going Concern

Despite the financial loss this year, the Board of Trustees have reviewed the charity's forecasts, revised business plan and strategic direction. We are confident the Conwy Mind has adequate resources and a sustainable plan to continue operating for the foreseeable future.

There are no material uncertainties identified that would cast doubt on the charity's ability to continue. Therefore, the Trustees confirm that the going concern basis remains appropriate in preparing the financial statements.

FINANCIAL REVIEW

Reserves policy

The charity needs financial resources to achieve its purpose and must plan for the longer term to ensure continuity and the ability to respond to unexpected events or opportunities.

During the year, the reserves were reviewed. In line with our current Reserves Policy the level of reserves to be held as a minimum are between £270,000 and £300,000 to meet our contractual obligations.

Conwy Mind has continued to demonstrate prudent financial management throughout the year, maintaining a stable financial position despite the challenges often faced by small grant reliant charities. These reserves provide a strong foundation for future growth and innovation, enabling the charity to explore and invest in new ventures that will enhance the long-term sustainability and broaden its impact in the community.

FUTURE PLANS

As we look ahead, Conwy Mind remains committed to adapting and growing in response to the needs of our communities. In the coming year, 2025-2026, we will focus on embedding our refreshed strategic objectives, including expanding access to timely, person-centred mental health support and strengthening our services for young people.

We plan to develop our partnership working, improve digital access through initiatives like our new digital triage system, and continue building a more financially sustainable future through innovation and fundraising. A key priority will be completing the Mind Quality Mark, investing in our workforce, and embedding equity, diversity, and inclusion across everything we do.

We also intend to review and strengthen our governance arrangements, including the introduction of a Board management platform to improve oversight and efficiency. In parallel, we will strengthen how we measure and communicate the impact of our work-capturing real change through both data and lived experience.

As part of our commitment to innovation and long-term sustainability Conwy Mind are looking to launch InnerPace, a social enterprise that blends physical fitness with low-level mental health support.

InnerPace is about education with tailored fitness programmes designed to empower individuals to build resilience, improve mental clarity, and achieve a balanced lifestyle.

By introducing a revenue-generating model, InnerPace will play a vital role in strengthening the financial sustainability of Conwy Mind. The income generated will support our core charitable services, reduce reliance on short term funding, and enable us to reinvest in innovative mental health initiatives across the County of Conwy.

This new venture reflects our strategic vision to diversify income streams while continuing to meet the evolving needs of the communities. InnerPace is a movement towards integrated, accessible and sustainable well-being.

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
03630284 (England and Wales)

Registered Charity number
1073596

Registered office
Unit 5325
First Floor
North Wales Business Park
Abergele
CONWY
LL22 8LJ

Trustees

Guto Davies	Chair	Appointed 05/12/2024
Mike Owen	Treasurer	Appointed 05/12/2024
Jacky Baldini		Resigned 18 November 2025
Carol Ann Cunningham		
Michael Fitzgerald Carter		
Carolyn Mary Hinds		
Robin Gareth Holden		
Claire Elizabeth Jackson		
Emma Bell Davies		Appointed 05/12/2024

Company Secretary
Mrs D Roberts

Independent Examiner
Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Approved by order of the board of trustees on 22/12/25 and signed on its behalf by:

M. Owen
.....
Mr Mike Owen - Trustee

Independent examiner's report to the trustees of Conwy Mind ('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 Association of Chartered Certified Accountants, 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.



MARTIN STEVEN BARRETT
The Association of Chartered Certified Accountants

Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Date: 22/12/2025

CONWY MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	**2025 Total funds £**	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	**183,631**	**365,327**	**548,958**	620,814
Other trading activities	3	**33,770**	-	**33,770**	32,024
Investment income	4	**32,906**	-	**32,906**	15,243
Total		**250,307**	**365,327**	**615,634**	668,081
EXPENDITURE ON					
Raising funds	5	**42,480**	-	**42,480**	3,353
Charitable activities	6				
Lloyds Bank		-	-	-	20,297
Parabl		-	**47,808**	**47,808**	47,023
BCUHB		**68,653**	-	**68,653**	67,722
Active Monitoring Programme		-	-	-	47,158
Active Monitoring GP Conwy Cluster		-	-	-	57,135
Head Office		**6,176**	-	**6,176**	-
External Training		**13,126**	-	**13,126**	23,771
General Funds		-	-	-	(24,710)
ICAN Community Hub		-	**95,955**	**95,955**	96,269
Recovery College CCBC		-	-	-	5,821
VWG Small Grant		-	**40,125**	**40,125**	27,079
Whole School Approach		-	-	-	2,210
Moondance		-	**27,344**	**27,344**	13,185
Cost of Living Grant					20,000
Early Support Schools and Colleges		-	-	-	42,445
Abergele in Action		-	**15,281**	**15,281**	17,857
Postcode Community Trust		**24,999**	-	**24,999**	25,008
Fundraising / Donations		**42,481**	-	**42,481**	101,188
Conwy Mind Counselling		**41,433**	-	**41,433**	4,728
Group Support - Mindfulness					1,198
Get Active		-	**11,339**	**11,339**	18,197
Ending Rural Homelessness		-	**42,461**	**42,461**	27,306
Voluntary Sector Key Fund		-	-	-	15.724
Mind Grant		-	-	-	193

The notes form part of these financial statements

CONWY MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	**2025 Total funds £**	2024 Total funds £
Group Support - Mums Matter		-	**16,265**	**16,265**	-
Groundwork NW		-	**22,927**	**22,927**	-
Mental Health - BL Changing Minds		-	**53,044**	**53,044**	-
Get Active - MIND ASICS		-	**11,339**	**11,339**	-
Taith			**1,950**	**1,950**	-
MIND LMGF		**10,000**	-	**10,000**	-
-					
Total		**249,348**	**385,838**	**635,186**	660,157
NET INCOME/(EXPENDITURE)		**959**	**(20,511)**	**(19,552)**	7,924
Transfers between funds	17	**(13,641)**	**13,641**	-	-
Net movement in funds		**(12,682)**	**(6,870)**	**(19,552)**	7,924
RECONCILIATION OF FUNDS					
Total funds brought forward		**588,476**	**33,979**	**622,455**	614,531
TOTAL FUNDS CARRIED FORWARD		**575,794**	**27,109**	**602,903**	622,455

The notes form part of these financial statements

CONWY MIND

BALANCE SHEET
31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	**2025 Total funds £**	2024 Total funds £
FIXED ASSETS					
Intangible assets	11	**9,600**	-	**9,600**	-
CURRENT ASSETS					
Debtors	13	**20,852**	**2,780**	**23,632**	44,065
Investments	14	-	-	-	335,758
Cash at bank		**633,502**	**52,576**	**686,078**	323,742
		654,354	**55,356**	**709,710**	703,565
CREDITORS					
Amounts falling due within one year	15	**(88,160)**	**(28,247)**	**(116,407)**	(81,110)
NET CURRENT ASSETS		**566,194**	**27,109**	**593,303**	622,455
TOTAL ASSETS LESS CURRENT LIABILITIES		**575,794**	**27,109**	**602,903**	622,455
NET ASSETS		**575,794**	**27,109**	**602,903**	622,455
FUNDS	17				
Unrestricted funds				**575,794**	588,476
Restricted funds				**27,109**	33,979
TOTAL FUNDS				**602,903**	622,455

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 notes form part of these financial statements

continued...

BALANCE SHEET - continued
31 MARCH 2025

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

The financial statements were approved by the Board of Trustees and authorised for issue on 22/12/25 and were signed on its behalf by:

M. Owen

Mr Mike Owen - Trustee

The notes form part of these financial statements

CONWY MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	3,272	(46,549)
Net cash provided by/(used in) operating activities		3,272	(46,549)
Cash flows from investing activities			
Purchase of intangible fixed assets		(9,600)	-
Disposal of current asset investment		335,758	-
Interest received		32,906	15,243
Net cash provided by investing activities		359,064	15,243
Change in cash and cash equivalents in the reporting period		362,336	(31,306)
Cash and cash equivalents at the beginning of the reporting period		323,742	355,048
Cash and cash equivalents at the end of the reporting period		686,078	323,742

The notes form part of these financial statements

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
	£	£
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	**(19,552)**	7,924
Adjustments for:		
Interest received	**(32,906)**	(15,243)
Investment valuation	-	8,362
Decrease/(increase) in debtors	**20,433**	(26,056)
Increase/(decrease) in creditors	**35,297**	(21,536)
Net cash provided by/(used in) operations	**3,272**	(46,549)

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.24	Cash flow	**At 31.3.25**
	£	£	**£**
Net cash			
Cash at bank	**323,742**	**362,336**	**686,078**
	323,742	**362,336**	**686,078**
Liquid resources			
Deposits included in cash	-	-	-
Current asset investments	**335,758**	**(335,758)**	-
	335,758	**(335,758)**	-
Total	**659,500**	**26,578**	**686,078**

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 once the company has entitlement to the income, it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Grant income is included when the related conditions for the grant have been met.

Donations are credited to the revenue account when received. The charity received the benefit of work carried out by volunteers, but no monetary value is placed upon this in the accounts.

Other income is recognised in the period in which it is receivable and to the extent the goods or services have been provided.

Expenditure
Expenditure is recognised when there is a legal or constructive obligation to transfer economic benefit to a third party. Expenditure is classed by activity. The costs of each activity are made up of direct charitable costs and support costs and are allocated directly to that activity.

Direct costs are the costs involved in each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity are apportioned between those activities on a basis consistent with the use of resources.

Support and Governance costs are those costs incurred directly in support of expenditure. Support costs include management costs, head office costs and governance costs incurred in connection with the administration of the company and compliance with constitutional and statutory requirements.

All expenditure is accounted for on an accruals basis consistent with the use of resources.

Computer software
Intangible assets are amortised on a straight line basis over their useful lives. The useful lives of intangible assets are as follow:

Computer Software - 4 years straight line
No amortisation has been posted in the year as the software has not been completed.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- 5% on reducing balance
Plant and machinery	- 20% on reducing balance

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.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting

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.

Going concern

The Trustees have considered the company's position at the time of signing the financial statements. The Trustees have also considered the company's forecasts.

Based on this, the Trustees have concluded that they have a reasonable expectation that the company will have adequate resources to continue operational existence for the foreseeable future, and at least twelve months from the date of signing these financial statements, they therefore continue to adopt the going concern basis of accounts in preparing these financial statements.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be reliably measured by the company, this is normally on notification of the interest paid.

Operating Leases

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	**79,435**	65,238
Grants	**469,523**	555,576
	548,958	620,814

continued...

2. DONATIONS AND LEGACIES - continued

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

	2025	2024
	£	£
BCUHB	**69,200**	67,722
Lloyds Foundation - Enable/Invest	**-**	16,667
Parabl	**47,808**	47,023
Big Lottery Fund - Awards for All	**4,851**	-
ICAN Conwy	**96,931**	96,269
Active Monitoring Programme	**-**	47,158
Active Monitoring GP Conwy Cluster	**-**	50,433
Moondance	**27,383**	11,683
VWG Small Grant	**35,864**	25,013
Abergele in Action	**17,876**	17,848
Cost of Living Grant	**-**	11,000
Early Support Schools and Colleges	**-**	41,482
Postcode Community Trust	**25,000**	25,000
Fundraising / Donations	**-**	24,663
Head Office	**-**	5,000
Get Active	**4,165**	20,835
Group Support - Mindfulness	**-**	4,850
Ending Rural Homelessness	**34,030**	27,206
Voluntary Sector Key Fund	**-**	15,724
Groundwork North Wales	**15,000**	-
Group Support- Mums Matter	**16,422**	-
Mental Health- BL Changing Minds	**53,043**	-
Get Active- Mind ASICS	**10,000**	-
Mind- LMGF	**10,000**	-
Taith	**1,950**	-
	469,523	555,576

continued...

3. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Paid Counselling	13,675	-
Training Income	19,255	27,103
Other Income	840	4,921
	33,770	32,024

4. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	32,906	15,243

5. RAISING FUNDS

Other trading activities

	2025	2024
	£	£
Fundraising and Publicity	42,480	3,353

continued...

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Parabl	24,853	22,955	47,808
BCUHB	42,779	25,874	68,653
Head Office	168,450	(162,274)	6,176
External Training	8,977	4,149	13,126
ICAN Community Hub	60,587	35,368	95,955
VWG Small Grant	16,186	23,939	40,125
Moondance	18,544	8,800	27,344
Abergele in Action	10,326	4,955	15,281
Postcode Community Trust	17,107	7,892	24,999
Fundraising / Donations	29,850	12,631	42,481
Conwy Mind Counselling	28,050	13,383	41,433
Get Active	7,003	4,336	11,339
Ending Rural Homelessness	28,686	13,775	42,461
Group Support - Mums Matter	11,119	5,146	16,265
Groundwork NW	12,296	10,631	22,927
Mental Health - BL Changing Minds	37,180	15,864	53,044
Get Active - MIND ASICS	7,003	4,336	11,339
Taith	1,233	717	1,950
MIND LMGF	6,676	3,324	10,000
	6,676	3,324	10,000
	536,905	55,801	592,706

continued...

7. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Parabl	**22,955**	-	-	**22,955**
BCUHB	**19,444**	**33**	**6,397**	**25,874**
Head Office	**(162,274)**	-	-	**(162,274)**
External Training	**4,149**	-	-	**4,149**
ICAN Community Hub	**19,974**	**79**	**15,315**	**35,368**
VWG Small Grant	**23,939**	-	-	**23,939**
Moondance	**8,800**	-	-	**8,800**
Abergele in Action	**4,955**	-	-	**4,955**
Postcode Community Trust	**7,892**	-	-	**7,892**
Fundraising / Donations	**12,631**	-	-	**12,631**
Conwy Mind Counselling	**13,383**	-	-	**13,383**
Get Active	**4,336**	-	-	**4,336**
Ending Rural Homelessness	**13,775**	-	-	**13,775**
Group Support - Mums Matter	**5,146**	-	-	**5,146**
Groundwork NW	**10,631**	-	-	**10,631**
Mental Health - BL Changing Minds	**15,864**	-	-	**15,864**
Get Active - MIND ASICS	**4,336**	-	-	**4,336**
Taith	**642**	-	**75**	**717**
MIND LMGF	**3,324**	-	-	**3,324**
	33,902	**112**	**21,787**	**55,801**

8. 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.

continued...

8. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

There were trustees expenses paid for the year ended 31 March 2025 of £561 (2024 - £791)

9. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	467,746	498,173
	467,746	498,173

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

	2025	2024
Direct Charitable	18	21
Administration	3	1
	21	22

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

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	204,290	416,524	620,814
Other trading activities	28,600	3,424	32,024
Investment income	15,243	-	15,243
Total	248,133	419,948	668,081
EXPENDITURE ON			
Raising funds	3,353	-	3,353
Charitable activities			
Lloyds Bank	20,297	-	20,297
Parabl	-	47,023	47,023
BCUHB	67,722	-	67,722
Active Monitoring Programme	-	47,158	47,158
Active Monitoring GP Conwy Cluster	-	57,135	57,135
External Training	23,771	-	23,771
General Funds	(24,710)	-	(24,710)
ICAN Community Hub	-	96,269	96,269
Recovery College CCBC	-	5,821	5,821
VWG Small Grant	-	27,079	27,079
Whole School Approach	-	2,210	2,210
Moondance	-	13,185	13,185
Cost of Living Grant	-	20,000	20,000

continued...

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Early Support Schools and Colleges	-	42,445	42,445
Abergele in Action	-	17,857	17,857
Postcode Community Trust	25,008	-	25,008
Fundraising / Donations	101,188	-	101,188
Conwy Mind Counselling	4,728	-	4,728
Group Support - Mindfulness	-	1,198	1,198
Get Active	-	18,197	18,197
Ending Rural Homelessness	-	27,306	27,306
Voluntary Sector Key Fund	-	15,724	15,724
Mind Grant	193	-	193
Total	221,550	438,607	660,157
NET INCOME/(EXPENDITURE)	26,583	(18,659)	7,924
Transfers between funds	(27,689)	27,689	-
Net movement in funds	(1,106)	9,030	7,924
RECONCILIATION OF FUNDS			
Total funds brought forward	589,582	24,949	614,531
TOTAL FUNDS CARRIED FORWARD	588,476	33,979	622,455

continued...

11. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
Additions	**9,600**
NET BOOK VALUE	
At 31 March 2025	**9,600**
At 31 March 2024	-

12. TANGIBLE FIXED ASSETS

	Improvements to property £	Plant and machinery £	Totals £
COST			
At 1 April 2024 and 31 March 2025	**37,977**	**109,924**	**147,901**
DEPRECIATION			
At 1 April 2024 and 31 March 2025	**37,977**	**109,924**	**147,901**
NET BOOK VALUE			
At 31 March 2025	-	-	-
At 31 March 2024	-	-	-

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	**400**	4,457
Prepayments and accrued income	**9,352**	25,922
Prepayments	**13,880**	13,686
	23,632	44,065

14. CURRENT ASSET INVESTMENTS

	2025 £	2024 £
Other	-	335,758

continued...

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	**3,632**	4,814
Social security and other taxes	**6,986**	7,864
Pension	**2,214**	2,460
Accruals and deferred income	**103,575**	65,972
	116,407	81,110

16. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2025	2024
	£	£
Within one year	**37,397**	37,397
Between one and five years	**27,276**	64,773
	64,673	102,170

continued...

17. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
Fundraising and Donations	-	(11,706)	-	(11,706)
BCUHB	-	549	-	549
External Training	2,400	6,129	-	8,529
Head Office	583,900	33,746	(13,641)	604,005
Conwy Mind Counselling	100	(27,759)	-	(27,659)
Postcode Community Trust	2,076	-	-	2,076
	588,476	959	(13,641)	575,794
Restricted funds				
Lottery Building	3,652	-	-	3,652
Moondance	2,956	40	-	2,996
WCVA Volunteering Wales Grant	4,263	(4,261)	-	2
Abergele in Action	-	2,594	-	2,594
Early Support Schools and Colleges	5,530	-	-	5,530
ICAN Community Hub	1,609	975	-	2,584
Get Active	2,638	(7,173)	4,535	-
Big Lottery- Mindfulness	-	4,851	-	4,851
Ending Rural Homelessness	13,331	(8,431)		4,900
Get Active - Mind ASICS	-	(1,338)	1,338	-
Groundwork North Wales		(7,768)	7,768	-
	33,979	(20,511)	13,641	27,109
TOTAL FUNDS	622,455	(19,552)	-	602,903

continued...

17. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Fundraising and Donations	**79,431**	**(91,137)**	**(11,706)**
BCUHB	**69,202**	**(68,653)**	**549**
External Training	**19,255**	**(13,126)**	**6,129**
Head Office	**33,746**	**-**	**33,746**
Conwy Mind Counselling	**13,674**	**(41,433)**	**(27,759)**
Postcode Community Trust	**24,999**	**(24,999)**	**-**
MIND- LMGF	**10,000**	**(10,000)**	**-**
	250,307	**(249,348)**	**959**
Restricted funds			
ICAN Conwy	**96,930**	**(95,955)**	**975**
Parabl Talking Therapies	**47,808**	**(47,808)**	**-**
Moondance	**27,384**	**(27,344)**	**40**
WCVA Volunteering Wales Grant	**35,864**	**(40,125)**	**(4,261)**
Abergele in Action	**17,875**	**(15,281)**	**2,594**
Get Active	**4,166**	**(11,339)**	**(7,173)**
Big Lottery- Mindfulness	**4,851**	**-**	**4,851**
Ending Rural Homelessness	**34,030**	**(42,461)**	**(8,431)**
Get Active - Mind ASICS	**10,001**	**(11,339(**	**(1,338)**
Groundwork North Wales	**15,001**	**(22,769)**	**(7,768)**
Group Support - Mums Matter	**16,423**	**(16,423)**	**-**
Mental Health - BL Changing Minds	**53,044**	**(53,044)**	**-**
Taith	**1,950**	**(1,950)**	
	365,327	**(385,838)**	**(20,511)**
TOTAL FUNDS	**615,634**	**(635,186)**	**(19,552)**

continued...

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
Fundraising and Donations	14,571	(14,571)	-	-
Lloyds Bank Foundation	3,630	(3,630)	-	-
External Training	93	(93)	2,400	2,400
Head Office	568,971	45,118	(30,189)	583,900
Conwy Mind Counselling	40	(40)	100	100
Mind Grant	193	(193)	-	-
Postcode Community Trust	2,084	(8)	-	2,076
	589,582	26,583	(27,689)	588,476
Restricted funds				
ICAN Conwy	-	-	1,609	1,609
Active Monitoring GP Conwy Cluster	6,702	(6,702)	-	-
Recovery College	2,497	(2,497)	-	-
Moondance	1,502	(1,502)	2,956	2,956
WCVA Volunteering Wales Grant	2,066	(2,066)	4,263	4,263
Whole School Approach	2,210	(2,210)	-	-
Abergele in Action	9	(9)	-	-
Cost of Living Grant	9,000	(9,000)	-	-
Early Support Schools and Colleges	963	(963)	5,530	5,530
Get Active	-	2,638	-	2,638
Big Lottery- Mindfulness	-	3,652	-	3,652
Ending Rural Homelessness	-	-	13,331	13,331
	24,949	(18,659)	27,689	33,979
TOTAL FUNDS	614,531	7,924	-	622,455

continued...

17. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Fundraising and Donations	89,902	(104,473)	(14,571)
BCUHB	67,722	(67,722)	-
Lloyds Bank Foundation	16,667	(20,297)	(3,630)
External Training	23,678	(23,771)	(93)
Head Office	20,476	24,642	45,118
Conwy Mind Counselling	4,688	(4,728)	(40)
Mind Grant	-	(193)	(193)
Postcode Community Trust	25,000	(25,008)	(8)
	248,133	(221,550)	26,583
Restricted funds			
Active Monitoring Programme	47,158	(47,158)	-
ICAN Conwy	96,269	(96,269)	-
Parabl Talking Therapies	47,023	(47,023)	-
Active Monitoring GP Conwy Cluster	50,433	(57,135)	(6,702)
Recovery College	3,324	(5,821)	(2,497)
Moondance	11,683	(13,185)	(1,502)
WCVA Volunteering Wales Grant	25,013	(27,079)	(2,066)
Whole School Approach	-	(2,210)	(2,210)
Abergele in Action	17,848	(17,857)	(9)
Cost of Living Grant	11,000	(20,000)	(9,000)
Early Support Schools and Colleges	41,482	(42,445)	(963)
Get Active	20,835	(18,197)	2,638
Big Lottery- Mindfulness	4,850	(1,198)	3,652
Ending Rural Homelessness	27,306	(27,306)	-
Voluntary Sector Key Fund	15,724	(15,724)	-
	419,948	(438,607)	(18,659)
TOTAL FUNDS	668,081	(660,157)	7,924

continued...

17. 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 £
Unrestricted funds				
Fundraising and Donations	14,571	(26,277)	-	(11,706)
BCUHB	-	549	-	549
Lloyds Bank Foundation	3,630	(3,630)	-	-
External Training	93	6,036	2,400	8,529
Head Office	568,971	78,864	(43,830)	604,005
Conwy Mind Counselling	40	(27,799)	100	(27,659)
Mind Grant	193	(193)	-	-
Postcode Community Trust	2,084	(8)	-	2,076
	589,582	27,542	(41,330)	575,794
Restricted funds				
ICAN Conwy	-	975	1,609	2,584
Active Monitoring GP Conwy Cluster	6,702	(6,702)	-	-
Recovery College	2,497	(2,497)	-	-
Moondance	1,502	(1,462)	2,956	2,996
WCVA Volunteering Wales Grant	2,066	(6,327)	4,263	2
Whole School Approach	2,210	(2,210)	-	-
Abergele in Action	9	2,585	-	2,594
Cost of Living Grant	9,000	(9,000)	-	-
Early Support Schools and Colleges	963	(963)	5,530	5,530
Get Active	-	(4,535)	4,535	-
Big Lottery- Mindfulness	-	8,503	-	8,503
Ending Rural Homelessness		(8,431)	13,331	4,900
Get Active - Mind ASICS		(1,338)	1,338	-
Groundwork North Wales		(7,768)	7,768	-
	24,949	(39,170)	41,330	27,109
TOTAL FUNDS	614,531	(11,628)	-	602,903

continued...

17. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Fundraising and Donations	169,333	(195,610)	(26,277)
BCUHB	136,924	(136,375)	549
Lloyds Bank Foundation	16,667	(20,297)	(3,630)
External Training	42,933	(36,897)	6,036
Head Office	54,222	24,642	78,864
Conwy Mind Counselling	18,362	(46,161)	(27,799)
Mind Grant	-	(193)	(193)
Postcode Community Trust	49,999	(50,007)	(8)
MIND- LMGF	10,000	(10,000)	-
	498,440	(470,898)	27,542
Restricted funds			
Active Monitoring Programme	47,158	(47,158)	-
ICAN Conwy	193,199	(192,224)	975
Parabl Talking Therapies	94,831	(94,831)	-
Active Monitoring GP Conwy Cluster	50,433	(57,135)	(6,702)
Recovery College	3,324	(5,821)	(2,497)
Moondance	39,067	(40,529)	(1,462)
WCVA Volunteering Wales Grant	60,877	(67,204)	(6,327)
Whole School Approach	-	(2,210)	(2,210)
Abergele in Action	35,723	(33,138)	2,585
Cost of Living Grant	11,000	(20,000)	(9,000)
Early Support Schools and Colleges	41,482	(42,445)	(963)
Get Active	25,001	(29,536)	(4,535)
Big Lottery- Mindfulness	9,701	(1,198)	8,503
Ending Rural Homelessness	61,336	(69,767)	(8,431)
Voluntary Sector Key Fund	15,724	(15,724)	-
Get Active - Mind ASICS	10,001	(11,339)	(1,338)
Groundwork North Wales	15,001	(22,769)	(7,768)
Group Support - Mums Matter	16,423	(16,423)	-
Mental Health - BL Changing Minds	53,004	(53,004)	-

continued...

17. MOVEMENT IN FUNDS - continued

Taith	1,950	(1,950)	-
	785,275	(824,445)	(39,170)
TOTAL FUNDS	1,283,715	(1,295,343)	(11,628)

18. RELATED PARTY DISCLOSURES

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

Conwy Mind

England & Wales - Charity number 1073596

Accounts

REGISTERED COMPANY NUMBER: 03630284 (England and Wales)
REGISTERED CHARITY NUMBER: 1073596

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

FOR

CONWY MIND

Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

CONWY MIND

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

CONTENT

	Page
Report of the Board of Trustees	1 - 10
Independent Examiner's Report	11
Statement of Financial Activities	12 - 13
Balance Sheet	14
Notes to the Cash Flow statement	17
Notes to the Financial Statements	18 - 33
Detailed Statement of Financial Activities	34 - 35

CONWY MIND

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

LEGAL AND ADMINISTRATIVE INFORMATION

Board of Trustees	Jacky Baldini Carol Ann Cunningham Mr Michael Fitzgerald Carter Mrs Carolyn Mary Hinds Mr Robin Gareth Holden Mrs Claire Elizabeth Jackson Ruth Thomas (Resigned 04/11/2024)
Company Secretary	Denise Joanne Roberts
Charity Number	1073596
Company Number	03630284 (England & Wales)
Registered Office	Unit 5325 First Floor North Wales Business Park Abergele Conwy LL22 8LJ
Accountants	Williams Denton Cyf 13 Trinity Square Llandudno Conwy LL30 2RB
Independent Examiners	Williams Denton Cyf Chartered Certifed Accountants Glaslyn Ffordd Y Parc Parc Menai Bangor Gwynedd LL57 4FE
Bankers	Santander Bank 45 Lord Street Liverpool L2 6PB Nationwide Building Society Nationwide House Pipers Way Swindon SN38 1NW

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.

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

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. Under these Articles the members of the Board of Trustees are elected at a General Meeting to serve for a period of three years. The Articles of Association are reviewed regularly to ensure they continue to support the purpose of Conwy Mind and are in accordance with current legislation.

The charity uses the services of the following agents and advisers in carrying out its responsibilities to the community at large:

Banking

The current account and a savings account are with Santander bank, with a further Savings account in Nationwide Building Society.

Accountants

Conwy Mind use Williams Denton Chartered Certified Accountants, Trinity Square, Llandudno LL30 2RB

Responsibilities of members of the executive committee:

Company law requires the Trustees to prepare financial statements for each financial year which give a 'true and fair" view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy, at any time, the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Senior Management Structure

Conwy Mind, which is a member of the Mind Federation, is a local independent charity based in Abergele, providing mental health support to the people of Conwy County. The Senior Management structure consists of the CEO, who has been with Conwy Mind for Six years, Services Manager and Finance Manager. The Senior Management team and Board of Trustees are supported by an Office Manager and Governance support role.

Strategy

The strategy was instrumental in formulating our current business plan which is reviewed regularly by the CEO who provides monthly updates to the board.

We have been awarded the Mind Quality Mark (MQM), which is renewed every three years, and is a standard endorsed by the Charity Commission. We were also the winner in the Mind Excellence awards for Leadership.

We also renewed our Investing in Volunteers accreditation.

Risk management is on-going using a robust, embedded, Risk Register which is updated by the CEO, and which is subject to regular scrutiny by the Board of Trustees. This register details any governance, business and/or operational risks which the charity faces. A system of red, amber and green warnings is in place to flag up degrees of risk to ensure necessary action can be taken in good time to mitigate these.

Conwy Mind has indemnity insurance to cover trustees and former trustees up to the value of £500,000, which is shared over all LMA's as part of the standard Mind block insurance.

Trustees

There are currently seven trustees, and the Board of Trustees meet quarterly, following a set agenda covering all essential elements such as Health & Safety, Safeguarding and Financial reports, as well as updates on outcomes of bids, development of services and all other meaningful milestones. These meetings are recorded, and minutes presented to the Board of Trustees for approval prior to the next meeting. There are three named officers, Chair, Vice Chair and Treasurer who are elected at a General Meeting to serve for a period of three years.

There are currently three sub-committees which meet either monthly or quarterly. These cover Governance, Finance and Income Generation and, People and Services. The Governance subcommittee is responsible for reviewing and updating all policies and procedures in line with the Mind Quality Mark. The board may devolve its decision-making powers to these committees, decisions are then ratified by the board at their meetings or via correspondence. These committees were initially set up to correspond to areas of responsibility defined in the MQM. Following successful completion of the MQM we are monitoring these committees to see if they continue to meet our requirements.

During the year one Trustee resigned, and a new Trustee joined the board keeping our numbers stable. We continue to look at how we can best diversify our board. A skills audit of trustees has recently been undertaken and results will feed into our on- going board recruitment and maintenance process. We take EDI extremely seriously and the Chair, CEO and board secretary have undergone training in board diversification.

There is a detailed recruitment and selection process in place for the engagement of new trustees, which follows all relevant governance regulations and policies, particularly EDI. Prospective trustees are asked to provide two references and undergo a DBS (Disclosure and Barring) check before they are invited to join the board.

All new Trustees are supported through a robust six-month induction programme with a named Trustee as their 'mentor'.

We are scheduled to undertake an exercise to review our governance processes/procedures and documentation.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Conwy Mind is affiliated to the national organisation of Mind and incorporates the national aims and objectives in its constitution. Whilst Conwy Mind fully subscribes to, and supports, the vision and purpose detailed in national Mind's overarching strategy the Trustees recognise that 'one size does not fit all' and that what works in the inner-city areas of the UK doesn't necessarily apply in the County of Conwy areas where the area is rich in tourism and the reality of the rural farming community.

As previously stated, a revised strategy has been developed for Conwy Mind for the period 2023 to 2028, and extensive consultation has been undertaken with all interested parties to ensure it will be fit for purpose over the coming years.

The trustees confirm that they have referred to the guidance in the Charity Commission's guidance on public benefit when reviewing the aims and objectives of C1.

1. Our Vision: For as long as you need us, we will be here for you. With one in four people experiencing a mental health issue, that is almost 75.000 people in Conwy needing our help and support for their mental health and well-being.

2. Our Purpose: Supporting people and communities to a better understand managing good mental health, enabling people to be able to think, feel and react in the ways that they need and want to live their life. We will do this through:

- Delivery of excellent services.
- Raising awareness and tackling stigma.
- Education and training.

3. Our Values
- Kindness
- Respect
- Integrity
- Teamwork

This is the first year of our strategy achievements against our current 2023 - 2028 strategy.

Our Strategic objectives

1. Reach as many people as possible: making sure people have a better understanding of mental health and how they can support themselves and others:

Achievement so far - We have increased the number of people we have supported over the last 12 months and increased our reach through our engagement, volunteering, fundraising and social media activities.

2. Raise awareness and tackle stigma across our communities:

Achievement so far - We teamed up with Kinmel Bay Football club to help raise awareness around suicide in men, creating a powerful video highlighting the need for men to reach out for mental health support. This campaign reached over 35000 people through our social media channels.
3. Develop and expand services for children and Young Persons aged 11- 25 and those who support them:

Achievement so far - We have established our Young Person's Support Team, who work across local schools in the County of Conwy providing 1-1 support. We continue to seek funding to develop this area of work as we understand the challenges facing young people in the County of Conwy.

4. Build an organisation which is fit for the future and best placed to respond to opportunities ahead

Achievements for far - We have invested and developed a robust fundraising plan. We will continue to review Income Generation, looking to be creative, exploring innovative ideas to help grow and develop services across the three counties of Conwy Gwynedd and Ynys Mon.

ACHIEVEMENT AND PERFORMANCE

Charitable activities
Achievements and Performance

This year presented a unique set of challenges for Conwy Mind, marked by the cost-of-living crisis, reduced funding for core services, and an ongoing increasing demand for our support services. Despite these hurdles, we remained dedicated in our commitment to mental health support and service provision.

Throughout the year 2023-24, we extended our support to over 2,300 individuals, offering one-on-one support, counselling, Active Monitoring, group activities, and support for young people. Our mental health practitioners provided invaluable assistance to 886 people, while our Supported Self-Help service aided 340 individuals, and 129 individuals received counselling. Notably, over half of those seeking our services did so for issues related to depression, anxiety, low mood, and low self-esteem.

The trend of individuals turning to Conwy Mind for support has grown, particularly as they face prolonged waiting times for statutory services. Many of those we assist are on waiting lists for specialist services, some for over a year. Our support acts as a crucial safety net, preventing them from falling through the cracks of the system. The cost-of-living crisis has further compounded these challenges, necessitating longer-term support as individuals navigate complex benefit and housing systems, which can exacerbate mental health difficulties.

The biggest challenge for Conwy Mind remains the lack of long-term funding opportunities, with most services only receiving funding on yearly basis. This makes planning difficult. We continue to engage with statutory providers to discuss funding opportunities and highlight the benefits of our services for the people we support.

Supported Self Help

The termination of the GP cluster contract for Supported Self-Help in September 2023 was a significant loss, given the services demonstrated success and impact. Efforts to secure continued funding from the Local Health Board have thus far been unsuccessful. Additionally, the conclusion of National Mind's funding for Supported Self-Help in March has prompted us to adapt our approach. We have integrated a core service offer into our existing framework, delivered by Mental Health Wellbeing Practitioners who include supported self-help as part of their comprehensive support package.

ICAN hub

Our ICAN hub services, commissioned by the Local Health Board, was extended for a further 12 months, but still no long-term commitment from the health board. Funding remains on a year-by-year basis. The hub, offers flexible and personalised support, including support calls for those awaiting other services. The primary service requested through the ICAN hub is one-on-one support, supplemented by our outreach efforts at local Jobcentres and collaborations with initiatives like the Kind Bay Initiative and the Citizens Advice Bureau in Llandudno.

Counselling

Our Parabl Talking Therapies service continued albeit with a degree of uncertainty around whether this service would continue, and we continued to accept clients whilst waiting for confirmation from the Local Health Board. We have supported people with a range of issues including anxiety and depression, childhood trauma, relationship breakdown and bereavement.

90% of people reported an improvement in their mental health and wellbeing from counselling.

Alongside Parabl we have begun to offer a paid counselling service, and we will continue to grow and develop this in 2024 – 2025. The demand for counselling has increased and Parabl continues to operate a large waiting list, combined with the need for the organisation to look at developing more sustained income streams.

Courses and Groups

Through a grant award from National Mind, we piloted the Get Active Service, encouraging those with mental health issues to engage in physical activity. The service has been met with enthusiasm and success. Our Get Active Coordinator has introduced a variety of activities, including walks, yoga, and relaxation sessions, which we hope to expand in the coming year.

In partnership with Conwy Council, we have facilitated art groups as part of the Taith project, enriching the lives of our participants through creative expression.

Young People support

Our commitment to young people's mental health remains a key strategic objective for the next 5 years. We supported 56 young individuals through self-help and participated in a project with National Mind and Anna Freud in local schools. Although this partnership concluded in December 2023, we retained our skilled staff to continue providing one-on-one mental health support in our local schools, and we are actively seeking funding to sustain this service.

We commissioned a survey of over 314 young individuals, primarily aged 11-15, in order to identify their major stressors which include: school body image concerns, future uncertainties, friendships, the grief of losing someone close, the stigma associated with seeking help, fear of judgment, distrust, shyness, and the potential for dismissal are significant barriers.

"I didn't care for the future at all before I started with Conwy Mind, I'd have rather it not happen and I refused to think about it. Now I'm actually excited to see what the future holds."

Training

We have continued to promote and develop our training offer to organisations and businesses. This is key development area for income generation and diversification. Our training programmes have continued to flourish, with courses such as Mental Health First Aid and Youth Mental Health First Aid being delivered to various organisations, including the Local Health Board and Coleg Llandrillo. We have trained 47 new Mental Health First Aiders in the workplace and delivered mental health awareness sessions to over 250 individuals. Going into 2024 – 2025 a key priority for Conwy Mind is to develop Training further.

Volunteering

Volunteering remains a cornerstone of our operations. Our WCVA funded pilot project enabled 700 individuals to experience volunteering in a flexible manner. Although this funding has concluded, we have received UK levelling up funding to continue our Keeping Connected program, which combats loneliness and isolation through regular telephone support. Our recruitment campaign for new volunteers has seen a surge in interest, particularly for our annual fundraising events like Mental Elf and Seal Splash.

Lived Experience

Conwy Mind is committed to ensuring that we hear the voices of people who access our services and those in the wider community to better understand how we can meet the growing mental health needs.

Over the last 12 months we have undertaken several surveys including reaching out to young people to gather feedback about what support is needed.

We also take part in the Community Practice community for Lived Experience, hosted by National Mind to learn and develop our approach to lived experience hearing from Local Minds across the Mind network.

We will continue to develop this area of work and working closely with our neighbouring local minds and Mind Cymru on the wider Lived Experience work across Wales.

Last year we gathered the views from over 450 people, with over 300 of those being young people. People told us they want:

o Informal check ins with tailored support plans
o Training to help them support others
o A choice of access, online, over the phone and face to face in community venues
o Groups to help with sleep, confidence, relaxation and mindfulness, and mood. o Outdoor activities
o Peer support and mental health champions

We will work to incorporate this feedback into our work and service development over the coming years.

Digital Support

Our Digital Support reach has increased over the last 12 months. We have invested in a new website, and we continue to look at developing our content.

Our services information on social media continues to grow, especially with a 400% increase in our Instagram exposure and reach, helped by our many collaborations with local businesses such as the INK Gallery

We have been utilising MailChimp to send out a monthly newsletter and other important events to a list that has grown to over 200 people now.

FINANCIAL REVIEW

Financial position

The statement of financial activities shows a total income level of £668,081 which is higher than the previous year (2023/2024) of £575,423.

Our fundraising income increased to £65,238 income (2023: £17,765) reflecting the benefit of investing in the new Fundraising and Community Engagement Officer role.

For the financial year 2023/2024 much of our funding was short term with 12 months being the longest term of funding. For 2024/2025 we have been awarded grant funding from the Big Lottery to support our Changing Minds project which will run for three years from November 2024.

Conwy Mind is reliant on voluntary support and there are currently 18 volunteers supporting the activities of the charity. Much of the work carried out by volunteers is befriending and counselling services. We also have 4 volunteers assisting with fundraising events. The Board of Trustees acknowledge and appreciate the support and achievements of the people who volunteer their time to support Conwy Mind.

We closely monitor our finances to ensure we can continue to provide services that will benefit the County of Conwy for many years to come.

Going Concern

Having revised our services strategy, forecasts and business plan the Board of Trustees have a reasonable expectation that the organisation has adequate resources to continue in operational existence for the foreseeable future. The Board of Trustees continue to monitor the situation closely on a regular basis. The Trustees have not identified any material uncertainties which would mean that the charity would be unable to operate for the foreseeable future. For this reason, the Board of Trustees continue to adopt the going concern basis in preparing the financial statements. Further details regarding the going concern basis can be found in the accounting policies.

Fundraising and Income Generation

Income Generation is a priority for the organisation. A key strategic objective is to become less reliant on short term funding streams.

We successfully appointed a dedicated fundraising role in January 23 and developed a robust fundraising plan for our first full year of fundraising. We successful generated over £70k income through community fundraising, Charity of Year, and fundraising events. We want to grow and expand our fundraising work to include an Income Generation Lead and a dedicated fundraising role for the counties of Ynys Mon and Gwynedd. These two new posts are crucial in the next stage of the strategy and business plan for 2024 – 2025 onwards.

We have continued to increase our training offer to organisations and businesses in Conwy. We are working to continually develop this area of income generation. We want to explore how we can work more collaboratively with our neighbouring local minds on areas of income generation and maximise opportunities across North Wales which will benefit the three local minds in North Wales.

Investment Policy and objectives

The Board of Trustees have monitored the investment portfolio very carefully. The investment is a balanced strategy to generate returns from both capital appreciation and income and will typically balance the mix of assets. The Board of Trustees met with Rowan Dartington to review the progress of the investment. The investment was not performing as well as expected and the Board of Trustees considered the best way forward. It was agreed that due to the poor performance and the risk associated with this investment, the Board of Trustees have decided to cash in the portfolio and instead move the funds to a high interest bank account.

FINANCIAL REVIEW

Reserves policy

The charity needs financial resources to achieve its purpose and must plan for the longer term to ensure continuity and the ability to respond to unexpected events or opportunities.

During the year, the reserves were reviewed. In line with our current Reserves Policy the level of reserves to be held as a minimum are between £270,000 and £300,000 to meet our contractual obligations

Effect of Cost-of-Living crisis

We continue to feel the effects of the cost-of-living crisis as both an organisation and the increase in numbers of people seeking support. We are still seeing the trend of people needing longer term support coupled with more complex challenges around finances, debt and housing issues. We expect this trend to continue well into the next financial year and we wait to see what the new incumbent government will introduce.

FUTURE PLANS

We are driven by our strategy and our key strategic objectives. Most concerning for Conwy Mind is the lack of long term funding available and less opportunities for funding available. There is increased competition for smaller funding pots. We are aware that we need to look at our own ways of growing and expanding our income through our own fundraising initiatives. We will be looking at how we can develop our profile and relationships across the three counties of Conwy, Ynys Mon and Gwynedd over the coming 12 months, with the hope of replicating the success and support we have had in Conwy.

We are aware that we may be looking to make some difficult decisions about the future of services should the funding not continue or reduce. This may result in staff redundancies in the coming year, but we will work to look at alternative solutions as we want to retain our skilled staff.

Evidencing our work is key and we will be investing in a new client record system to help us better evidence the impact of the work we do.

Approved by order of the board of trustees on 12/11/24 and signed on its behalf by:

Carol Ann Cunningham - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CONWY MIND

Independent examiner's report to the trustees of Conwy Mind ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report
As the charity's trustees of the Company (and 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 Association of Chartered Certified Accountants, 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 to enable a proper understanding of the accounts to be reached.

MARTIN STEVEN BARRETT
The Association of Chartered Certified Accountants

Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Date: 12/11/24

CONWY MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations & Legacies	2	204,290	416,524	620,814	553,795
Other trading activities	3	28,600	3,424	32,024	16,191
Investment income	4	15,243	-	15,243	5,437
Total		**248,133**	**419,948**	**668,081**	**575,423**
EXPENDITURE ON					
Raising funds	5	3,353	-	3,353	20
Charitable activities	6				
Head Office					(62,136)
General Funds		(24,710)	-	(24,710)	-
Conwy Mind Counselling		4,728	-	4,728	(40)
External Training		23,771	-	23,771	14,098
Fundraising / Donations		101,188	-	101,188	22,538
Lloyds Banking Foundation		20,297	-	20,297	27,713
Adferiad Parabl		-	47,023	47,023	46,557
BCUHB Mental Health Grant		67,722	-	67,722	66,394
Mind Active Monitoring Programme		-	47,158	47,158	50,876
Active Monitoring GP Conwy Cluster		-	57,135	57,135	94,817
Mind Co-Op Resilience Fund		-	-	-	28,758
Garfield Weston		-	-	-	12,500
BCUHB ICAN Community Hub		-	96,269	96,269	107,025
Conwy CBC Recovery College		-	5,821	5,821	38,466
WCVA Voluntary Wales Grant		-	27,079	27,079	14,753
Mind Whole School Approach		-	2,210	2,210	6,300
Moondance		-	13,185	13,185	15,953
Conwy CBC ASC Steering Group		-	-	-	4,960
BCUHB Health Inequality		-	-	-	1,108
Conwy CBC Co-production		-	-	-	1,953
Mind Cost of Living Grant		-	20,000	20,000	-
Mind Early Support Schools & Colleges		-	42,445	42,445	12,864
Abergele in Action		-	17,857	17,857	12,987
Comic Relief Cost of Living Fund		-	-	-	18,385
Postcode Community Trust		25,008	-	25,008	4,166
National Lottery Community Award		-	1,198	1,198	-
Mind Get Active		-	18,197	18,197	-
Digatref Rural Homelessness		-	27,306	27,306	-
CVSC UK Levelling Up		-	15,724	15,724	-
Mind Grant		193		193	
Total		**221,550**	**438,607**	**660,157**	**541,015**

CONWY MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
NET INCOME/(EXPENDITURE)		26,583	(18,659)	7,924	34,408
Transfers between funds	16	(27,689)	27,689	-	-
Net movement in funds		(1,106)	9,030	7,924	34,408
RECONCILIATION OF FUNDS					
Total funds brought forward		589,582	24,949	614,531	580,123
TOTAL FUNDS CARRIED FORWARD		**588,476**	**33,979**	**622,455**	**614,531**

CONWY MIND

BALANCE SHEET
31 MARCH 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
CURRENT ASSETS					
Debtors	**12**	16,262	27,803	44,065	18,009
Investments	**13**	335,758	-	335,758	344,120
Cash at bank		280,516	43,226	323,742	356,291
		632,536	**71,029**	**703,565**	**718,420**
CREDITORS					
Amounts falling due in one year	**14**	(44,060)	(37,050)	(81,110)	(103,889)
NET CURRENT ASSETS		**588,476**	**33,979**	**622,455**	**614,531**
TOTAL ASSETS LESS CURRENT LIABILITIES		**588,476**	**33,979**	**622,455**	**614,531**
NET ASSETS		**588,476**	**33,979**	**622,455**	**614,531**
FUNDS					
Unrestricted funds				588,476	589,582
Restricted funds				33,979	24,949
TOTAL FUNDS				**622,455**	**614,531**

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on

12/11/24 and were signed on its behalf by:



Carol Ann Cunningham - Trustee

CONWY MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	**(46,549)**	65,360
Net cash (used in)/provided by operating activities		**(46,549)**	65,360
Cash flows from investing activities			
Interest received		**15,243**	5,437
Net cash provided by investing activities		**15,243**	5,437
Change in cash and cash equivalents in the reporting period		**(31,306)**	70,797
Cash and cash equivalents at the beginning of the reporting period	2	**355,048**	284,251
Cash and cash equivalents at the end of the reporting period	2	**323,742**	355,048

NOTES TO THE CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2024

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net income for the reporting period (as per the Statement of Financial Activities)	7,924	34,408
Adjustments for:		
Interest received	(15,243)	(5,437)
Investment valuation	8,362	5,880
(Increase)/decrease in debtors	(26,056)	81,551
Decrease in creditors	(21,536)	(51,042)
Net cash (used in)/provided by operations	**(46,549)**	**65,360**

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2024 £	2023 £
Notice deposits (less than 3 months)	323,742	356,291
Overdrafts included in bank loans and overdrafts falling due within one year	-	(1,243)
Total cash and cash equivalents	**323,742**	**355,048**

3. ANALYSIS OF CHANGES IN NET FUNDS

	At 01.04.23 £	Cash flow £	At 31.03.24 £
Net cash			
Cash at bank	356,291	(32,549)	323,742
Bank overdraft	(1,243)	1,243	-
	355,048	**(31,306)**	**323,742**
Liquid resources			
Deposits included in cash	-	-	-
Current asset investments	**344,120**	**(8,362)**	**335,758**
	344,120	**(8,362)**	**335,758**
Total	**699,168**	**(39,668)**	**659,500**

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 once the company has entitlement to the income, it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Grant income is included when the related conditions for the grant have been met.

Donations are credited to the revenue account when received. The charity received the benefit of work carried out by volunteers, but no monetary value is placed upon this in the accounts.

Other income is recognised in the period in which it is receivable and to the extent the goods or services have been provided.

Expenditure
Expenditure is recognised when there is a legal or constructive obligation to transfer economic benefit to a third party. Expenditure is classed by activity. The costs of each activity are made up of direct charitable costs and support costs and are allocated directly to that activity.

Direct costs are the costs involved in each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity are apportioned between those activities on a basis consistent with the use of resources.

Support and Governance costs are those costs incurred directly in support of expenditure. Support costs include management costs, head office costs and governance costs incurred in connection with the administration of the company and compliance with constitutional and statutory requirements.

All expenditure is accounted for on an accruals basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates to write off each asset over its estimated useful life.

Improvements to property	- 5% on reducing balance
Plant and machinery	- 20% on reducing balance

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 restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for restricted purposes.

1. ACCOUNTING POLICIES - continued

Going concern
The Trustees have considered the company's position at the time of signing the financial statements. The Trustees have also considered the company's forecasts.

Based on this, the Trustees have concluded that they have a reasonable expectation that the company will have adequate resources to continue operational existence for the foreseeable future, and at least twelve months from the date of signing these financial statements, they therefore continue to adopt the going concern basis of accounts in preparing these financial statements.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be reliably measured by the company, this is normally on notification of the interest paid.

Operating Leases

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight-line basis over the lease term.

2. DONATIONS AND LEGACIES

	2024 £	2023 £
Donations	65,238	17,765
Grants	555,576	536,030
	620,714	**553,795**

2. DONATIONS AND LEGACIES - continued

	2024 £	2023 £
Head Office	5,000	1,000
Mind Organisational Development Grant	24,663	9,221
BCUHB Mental Health Grant	67,722	66,394
BCUHB Health Inequality	-	1,108
Lloyds Banking Foundation	16,667	27,250
Adferiad Parabl	47,023	46,557
BCUHB ICAN Community Hub	96,269	93,000
Mind Active Monitoring Programme	47,158	50,876
Active Monitoring GP Conwy Cluster	50,433	101,519
Co-Op Resilience Fund	-	16,482
Garfield Weston	-	12,500
WCVA Voluntary Wales Grant	25,013	16,594
Mind Whole School Approach	-	8,510
Moondance	11,683	17,455
ASC Steering Group	-	4,960
Abergele in Action	17,848	12,996
Conwy CBC Co-production	-	1,953
Mind Cost of Living Grant	11,000	9,000
Mind Early Support Schools and Colleges	41,482	13,827
Comic Relief Cost of Living Fund	-	18,385
Postcode Community Trust	25,000	6,250
Mind Grant	-	193
National Lottery Community Award	4,850	-
Mind Get Active	20,835	-
Digatref Rural Homelessness	27,206	-
CVSC UK Levelling Up	15,724	-
	555,576	**536,030**

3. OTHER TRADING ACTIVITIES

	2024 £	2023 £
Training Income	27,103	16,191
Other Income	4,921	-
	32,024	**16,191**

4. INVESTMENT INCOME

	2024 £	2023 £
Deposit Account Interest	**15,243**	**5,437**

5. RAISING FUNDS

Other trading activities

	2024 £	2023 £
Fundraising and Publicity	**3,353**	**20**

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support Costs (See note 7)	Total
	£	£	£
General Funds	173,731	(198,441)	(24,710)
Conwy Mind Counselling	-	4,728	4,728
External Training	21,130	2,641	23,771
Fundraising / Donations	38,642	62,546	101,188
Lloyds Banking Foundation	13,450	6,847	20,297
Adferiad Parabl	35,453	11,570	47,023
BCUHB Mental Health Grant	47,508	20,214	67,722
Mind Active Monitoring Programme	37,627	9,531	47,158
Active Monitoring GP Conwy Cluster	41,279	15,856	57,135
BCUHB ICAN Community Hub	70,997	25,272	96,269
Conwy CBC Recovery College	-	5,821	5,821
WCVA Voluntary Wales Grant	23,936	3,143	27,079
Mind Whole School Approach	-	2,210	2,210
Moondance	6,282	6,903	13,185
Mind Cost of Living Grant	16,836	3,164	20,000
Mind Early Support Schools & Colleges	34,695	7,750	42,445
Abergele in Action	12,404	5,453	17,857
Postcode Community Trust	-	25,008	25,008
National Lottery Community Award	820	378	1,198
Mind Get Active	14,246	3,951	18,197
Digatref Rural Homelessness	4,661	22,645	27,306
CVSC UK Levelling Up	11,499	4,225	15,724
Mind Grant	-	193	193
	605,196	**51,608**	**656,804**

7. SUPPORT COSTS

	Management Costs £	Governance Costs £	Total £
General Funds	(249,998)	51,557	(198,441)
Conwy Mind Counselling	4,728	-	4,728
External Training	2,641	-	2,641
Fundraising / Donations	62,499	47	62,546
Lloyds Banking Foundation	6,847	-	6,847
Adferiad Parabl	11,570	-	11,570
BCUHB Mental Health Grant	20,214	-	20,214
Mind Active Monitoring Programme	9,531	-	9,531
Active Monitoring GP Conwy Cluster	15,856	-	15,856
BCUHB ICAN Community Hub	25,272	-	25,272
Conwy CBC Recovery College	5,821	-	5,821
WCVA Voluntary Wales Grant	3,143	-	3,143
Mind Whole School Approach	2,210	-	2,210
Moondance	6,898	5	6,903
Mind Cost of Living Grant	3,164	-	3,164
Mind Early Support Schools & Colleges	7,750	-	7,750
Abergele in Action	5,453	-	5,453
Postcode Community Trust	25,008	-	25,008
National Lottery Community Award	378	-	378
Mind Get Active	3,951	-	3,951
Digatref Rural Homelessness	22,645	-	22,645
CVSC UK Levelling Up	4,225	-	4,225
Mind Grant	193	-	193
	(1)	**51,609**	**51,608**

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were trustees' expenses paid for the year ended 31 March 2024 of £791.10 (2023 - £646.40)

9. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	498,173	418,524
	498,173	418,524

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

	2024	2023
Direct Charitable	21	20
Administration	1	1
	22	21

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

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	146,458	407,337	553,795
Other trading activities	16,191	-	16,191
Investment income	5,437	-	5,437
Total	**168,086**	**407,337**	**575,423**
EXPENDITURE ON			
Raising funds	20	-	20
Charitable activities			
Head Office	(62,136)	-	(62,136)
Conwy Mind Counselling	(40)	-	(40)
External Training	14,098	-	14,098
Fundraising / Donations	22,538	-	22,538
Lloyds Banking Foundation	27,713	-	27,713
Adferiad Parabl	-	46,557	46,557
BCUHB	66,394	-	66,394
Mind Active Monitoring Programme	-	50,876	50,876
Active Monitoring GP Conwy Cluster	-	94,817	94,817
Co-Op Resilience Fund Mind Grant	-	17,186	17,186
Garfield Weston	-	12,500	12,500
ICAN Community Hub	-	107,025	107,025
Conwy CBC Recovery College	-	38,466	38,466
Voluntary Wales Grant	-	14,753	14,753
Whole School Approach	-	6,300	6,300
Moondance	-	15,953	15,953

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Conwy CBC ASC Steering Group	-	4,960	4,960
BCUHB Health Inequality	-	1,108	1,108
Conwy CBC Co-production	-	1,953	1,953
Mind Early Support Schools & Colleges	-	12,864	12,864
Abergele in Action	-	12,987	12,987
Comic Relief Cost of Living Fund	18,385	-	18,385
Mind Co-Op Resilience Fund	-	11,572	11,572
Postcode Community Trust	4,166	-	4,166
Total	**91,138**	**449,877**	**541,015**
NET INCOME/(EXPENDITURE)	**76,948**	**(42,540)**	**34,408**
RECONCILIATION OF FUNDS			
Total funds brought forward	512,634	67,489	580,123
TOTAL FUNDS CARRIED FORWARD	**589,582**	**24,949**	**614,531**

11. TANGIBLE FIXED ASSETS

	Improvements to property £	Plant and machinery £	Totals £
COST			
At 1 April 2023 and 31 March 2024	37,977	109,924	**147,901**
DEPRECIATION			
At 1 April 2023 and 31 March 2024	37,977	109,924	**147,901**
NET BOOK VALUE			
At 31 March 2024	-	-	-
At 31 March 2023	-	-	-

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	4,457	-
Prepayments and accrued income	25,922	3,345
Prepayments	13,686	14,664
	44,065	**18,009**

13. CURRENT ASSET INVESTMENTS

	2024	2023
	£	£
Other	**335,758**	**344,120**

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Bank loans and overdrafts (see note 15)	-	1,243
Trade creditors	4,814	5,807
Social security and other taxes	7,864	-
Pension	2,460	1,860
Accruals and deferred income	65,972	94,979
	81,110	**103,889**

15. LOANS

An analysis of the maturity of loans is given below:

	2024	2023
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	**-**	**1,243**

16. MOVEMENT IN FUNDS

	At 01.04.23 £	Net movement In funds £	Transfers between funds £	At 31.03.24 £
Unrestricted funds				
Fundraising / Donations	14,571	(14,571)	-	-
Lloyds Bank Foundation	3,630	(3,630)	-	-
External Training	93	(93)	2,400	2,400
Head Office	568,971	45,118	(30,189)	583,900
Conwy Mind Counselling	40	(40)	100	100
Postcode Community Trust	2,084	(8)	-	2,076
Mind Grant	193	(193)	-	-
	589,582	**26,583**	**(27,689)**	**588,476**
Restricted funds				
BCUHB ICAN Community Hub	-	-	1,609	1,609
Active Monitoring GP Conwy Cluster	6,702	(6,702)	-	-
Conwy CBC Recovery College	2,497	(2,497)	-	-
WCVA Voluntary Wales Grant	2,066	(2,066)	4,263	4,263
Mind Whole School Approach	2,210	(2,210)	-	-
Moondance	1,502	(1,502)	2,956	2,956
Abergele in Action	9	(9)	-	-
Mind Cost of Living Grant	9,000	(9,000)	-	-
Mind Early Support Schools & Colleges	963	(963)	5,530	5,530
Mind Get Active	-	2,638	-	2,638
National Lottery Community Award	-	3,652	-	3,652
Digatref Rural Homelessness	-	-	13,331	13,331
	24,949	**(18,659)**	**27,689**	**33,979**
TOTAL FUNDS	**614,531**	**7,924**	**-**	**622,455**

16. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement In funds £
Unrestricted funds			
Conwy Mind Counselling	4,688	(4,728)	(40)
External Training	23,678	(23,771)	(93)
Fundraising and Donations	89,902	(104,473)	(14,571)
BCUHB Mental Health Grant	67,722	(67,722)	-
Lloyds Banking Foundation	16,667	(20,297)	(3,630)
Head Office	20,476	24,642	45,118
Postcode Community Trust	25,000	(25,008)	(8)
Mind Grant	-	(193)	(193)
	248,133	**(221,550)**	**26,583**
Restricted funds			
BCUHB ICAN Community Hub	96,269	(96,269)	-
Mind Active Monitoring Programme	47,158	(47,158)	-
Adferiad Parabl	47,023	(47,023)	-
Active Monitoring GP Conwy Cluster	50,433	(57,135)	(6,702)
Conwy CBC Recovery College	3,324	(5,821)	(2,497)
WCVA Voluntary Wales Grant	25,013	(27,079)	(2,066)
Mind Whole School Approach	-	(2,210)	(2,210)
Moondance	11,683	(13,185)	(1,502)
Mind Cost of Living Grant	11,000	(20,000)	(9,000)
Mind Early Support Schools & Colleges	41,482	(42,445)	(963)
Abergele in Action	17,848	(17,857)	(9)
Mind Get Active	20,835	(18,197)	2,638
National Lottery Community Award	4,850	(1,198)	3,652
Digatref Rural Homelessness	27,306	(27,306)	-
CVSC UK Levelling Up	15,724	(15,724)	-
	419,948	**(438,607)**	**(18,659)**
TOTAL FUNDS	**668,081**	**(660,157)**	**7,924**

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 01.04.22 £	Net movement In funds £	At 31.03.24 £
Unrestricted funds			
Head Office	-	(5,880)	(5,880)
Head Office	499,937	74,914	574,851
Conwy Mind Counselling	-	40	40
External Training	-	93	93
Fundraising / Donations	10,604	3,967	14,571
Lloyds Bank Foundation	2,093	1,537	3,630
Postcode Community Trust-	-	2,084	2,084
Mind Grant	-	193	193
	512,634	**76,948**	**589,582**
Restricted funds			
Active monitoring GP Conwy Cluster	-	6,702	6,702
Conwy CBC Recovery College	40,963	(38,466)	2,497
Co-Op Resilience Fund Mind Grant	12,276	(12,276)	-
BCUHB ICAN Community Hub	14,025	(14,025)	-
WCVA Voluntary Wales Grant	225	1,841	2,066
Mind Whole School Approach	-	2,210	2,210
Moondance	-	1,502	1,502
Mind Cost of Living Grant	-	9,000	9,000
Mind Early Support Schools & Colleges	-	963	963
Abergele in Action	-	9	9
	67,489	**(42,540)**	**24,949**
TOTAL FUNDS	**580,123**	**34,408**	**614,531**

16. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement In funds £
Unrestricted funds			
Head Office	-	(5,880)	(5,880)
Head Office	6,898	68,016	74,914
Conwy Mind Counselling	-	40	40
External Training	14,191	(14,098)	93
Fundraising / Donations	26,525	(22,558)	3,967
BCUHB Mental Health Grant	66,394	(66,394)	-
Lloyds Banking Foundation	29,250	(27,713)	1,537
Comic Relief Cost of Living	18,385	(18,385)	-
Postcode Community Trust	6,250	(4,166)	2,084
Mind Grant	193	-	193
	168,086	**(91,138)**	**76,948**
Restricted funds			
Mind Active Monitoring Programme	50,876	(50,876)	-
Adferiad Parabl	46,557	(46,557)	-
Active Monitoring GP Conwy Cluster	101,519	(94,817)	6,702
Garfield Weston	12,500	(12,500)	-
BCUHB ICAN Community Hub	93,000	(107,025)	(14,025)
Conwy CBC Recovery College	-	(38,466)	(38,466)
Co-Op Resilience Fund Mind Grant	4,910	(17,186)	(12,276)
Co-Op Resilience Fund Mind Grant (Extend)	11,572	(11,572)	-
WCVA Voluntary Wales Grant	16,594	(14,753)	1,841
Mind Whole School Approach	8,510	(6,300)	2,210
Moondance	17,455	(15,953	1,502
Conwy CBC ASC Steering Group Fund	4,960	(4,960)	-
Abergele in Action	12,996	(12,987)	9
BCUHB Health Inequality	1,108	(1,108)	-
Conwy CBC Co-production	1,953	(1,953)	-
Mind Cost of Living Grant	9,000	-	9,000
Mind Early Support Schools & Colleges	13,827	(12,864)	963
	407,337	**(449,877)**	**(42,540)**
TOTAL FUNDS	**575,423**	**(541,015)**	**34,408**

16. MOVEMENT IN FUNDS - continued

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

	At 01.04.22 £	Net Movement In funds £	Transfers between funds £	At 31.03.24 £
Unrestricted funds				
Head Office	499,937	114,152	(30,189)	583,900
Conwy Mind Counselling	-	-	100	100
External Training	-	-	2,400	2,400
Fundraising / Donations	10,604	(10,604)	-	-
Lloyds Banking Foundation	2,093	(2,093)	-	-
Postcode Community Trust	-	2,076	-	2,076
	512,634	**103,531**	**(27,689)**	**588,476**
Restricted funds				-
Co-Op Resilience Fund Mind Grant	12,276	(12,276)	-	
BCUHB ICAN Community Hub	14,025	(14,025)	1,609	1,609
Conwy CBC Recovery College	40,963	(40,963)	-	-
WCVA Voluntary Wales Grant	225	(225)	4,263	4,263
Moondance	-	-	2,956	2,956
Mind Early Support Schools & Colleges	-	-	5,530	5,530
Mind Get Active	-	2,638	-	2,638
National Lottery Community Award	-	3,652	-	3,652
Digatref Rural Homelessness	-	-	13,331	13,331
	67,489	**(61,199)**	**27,689**	**33,979**
TOTAL FUNDS	**580,123**	**42,332**	**-**	**622,455**

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement In funds £
Unrestricted funds			
Head Office	-	(5,880)	(5,880)
Head Office	27,374	92,658	120,032
Conwy Mind Counselling	4,688	(4,688)	-
External Training	37,869	(37,869)	-
Fundraising / Donations	116,427	(127,031)	(10,604)
Lloyds Bank Foundation	45,917	(48,010)	(2,093)
BCUHB	134,116	(134,116)	-
Comic Relief Cost of Living	18,385	(18,385)	-
Postcode Community Trust	31,250	(29,174)	2,076
Mind Grant	193	(193)	-
	416,219	**(312,688)**	**103,531**
Restricted funds			
Adferiad Parabl	93,580	(93,580)	-
Mind Active Monitoring Programme	98,034	(98,034)	-
Active Monitoring GP Conwy Cluster	151,952	(151,952)	-
Co-Op Resilience Fund Mind Grant	4,910	(17,186)	(12,276)
Co-op Resilliance Fund Mind (Extend)	11,572	(11,572)	-
Garfield Weston	12,500	(12,500)	-
ICAN Community Hub	189,269	(203,294)	(14,025)
Conwy CBC Recovery College	3,324	(44,287)	(40,963)
WCVA Voluntary Wales Grant	41,607	(41,832)	(225)
Mind Whole School Approach	8,510	(8,510)	-
Moondance	29,138	(29,138)	-
Conwy CBC ASC Steering Group Fund	4,960	(4,960)	-
BCUHB Health Inequality	1,108	(1,108)	-
Abergele in Action	30,844	(30,844)	-
Conwy CBC Co-production	1,953	(1,953)	-
Mind Cost of Living Grant	20,000	(20,000)	-
Mind Early Support Schools & Colleges	55,309	(55,309)	-
Mind Get Active	20,835	(18,197)	2,638
National Lottery Community Aware	4,850	(1,198)	3,652
Digatref Rural Homelessnes	27,306	(27,306)	-
CVSC UK Levelling Up	15,724	(15,724)	-
	827,285	**(888,484)**	**(61,199)**
	1,243,504	**(1,201,172)**	**42,332**

17. RELATED PARTY DISCLOSURES

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

18. OPERATING LEASE COMMITMENTS

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2024 £	2023 £
Within one year	37,397	37,746
Between two and five years	62,424	99,821
	99,821	**137,567**

CONWY MIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	65,238	17,765
Grants	555,576	536,030
	620,814	**553,795**
Other trading activities		
Training Income	27,103	16,191
Other Income	4,921	-
	32,024	**16,191**
Investment income		
Deposit account interest	15,243	5,437
Total incoming resources	**668,081**	**575,423**
EXPENDITURE		
Other trading activities		
Fundraising and Publicity	3,353	20
Charitable activities		
Wages	498,173	418,524
Rent & Rates	36,000	36,000
Insurance	6,923	6,179
Telephone	5,497	3,111
Advertising	11,030	4,842
Charitable Expenditure	-	4,364
Maintenance	12,036	8,432
Volunteer Costs and Expenses	1,899	512
Staff Training	10,573	5,715
Group Activities	1,077	686
Computer Costs	17,166	9,137
Staff Expenses	1,348	2,270
Staff Travel	2,457	1,463
Recruitment	226	-
Trustee Expenses	791	646
	605,196	**501,881**
Support costs		
Management		
Management costs recharged	**(1)**	-

CONWY MIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
Management		
Governance costs		
Accountancy fees	11,217	9,037
Legal fees	13,673	11,758
Office Costs	13,393	7,719
Bank Charges	110	70
Cleaning	2,558	1,916
Health Insurance	2,296	2,734
Decrease in CA investments	8,362	5,880
	51,609	**39,114**
Total resources expended	**660,157**	**541,015**
Net income	**7,924**	**34,408**

Conwy Mind

England & Wales - Charity number 1073596

Accounts

REGISTERED COMPANY NUMBER: 03630284 (England and Wales)
REGISTERED CHARITY NUMBER: 1073596

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

FOR

CONWY MIND

Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

CONWY MIND

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

	Page
Report of the Trustees	1 to 9
Independent Examiner's Report	10
Statement of Financial Activities	11 to 12
Balance Sheet	13 to 14
Cash Flow Statement	15
Notes to the Cash Flow Statement	16
Notes to the Financial Statements	17 to 31
Detailed Statement of Financial Activities	32 to 33

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

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 2023. 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).

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. Under those Articles, the members of the Executive Committee are elected at a GENERAL MEETING to serve a period of 3 years, which can be extended for a maximum of 9years.

The charity uses the services of the following agents and advisers in carrying out its responsibilities to the community at large:

Banking
The current account and a savings account are with Santander bank, with a further Savings account in Nationwide Building Society.

Accountants
Conwy Mind use Williams Denton Chartered Accountants Trinity Sq Llandudno

Responsibilities of members of the executive committee:
Company law requires the trustees to prepare financial statements for each financial year which give a 'true and fair" view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy, at any time, the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Day to day management of the charity is delegated to the Chief Executive Officer Denise Roberts and a team of paid staff.

Senior Management Structure

Conwy Mind, which is a member of the Mind Federation, is a local independent charity based in Abergele, providing mental health support to the people of Conwy County. During lockdown Conwy Mind developed its on-line services and hybrid working which facilitated further development and expansion once lockdown restrictions were lifted. Staff have also resumed working within the community providing face to face support to those who use our services. We are currently in the final stages of developing our five-year strategy (2023- 2028) which will provide our blueprint for the future. An extensive information gathering exercise has been undertaken, consulting with our: funders; partners; staff; the users of our services and volunteers, through mostly, face to face meetings. Feedback has been positive and has helped shape our strategy. This will in turn feed into our business plan, which is currently a work in progress. We are working towards refreshing our Mind Quality Mark and Investing In Volunteers accreditations. The MQM standard is endorsed by the Charity Commission and is an on-going process.

There are currently seven trustees, and The Board of Trustees meets monthly, following a set agenda covering the essential elements such as Health & Safety, Safeguarding and Financial reports, as well as updates on outcomes of bids, development of services and other meaningful milestones. These meetings are minuted and presented to the Board of Trustees for approval prior to the next meeting. There are three named officers, Chair, Vice Chair and Treasurer who are elected at a General Meeting to serve for a period of three years.

There are currently three sub-committees which meet monthly. These cover Governance, Finance and People and Services. The Governance subcommittee is responsible for reviewing and updating all policies and procedures in line with the Mind Quality Mark. The board may devolve its decision-making powers to these committees, decisions are then ratified by the board at their monthly meetings. These committees were initially set up to correspond to areas of responsibility defined in the MQM, as we have now completed the assessment process and have had verbal confirmation of our success, the scope and nature of these committees is to be reviewed to assess whether they need to be revised going forward.

We are also about to embark on an exercise to expand and diversify our board, to ensure all the voices throughout our area of operations are heard, particularly those of people with lived experience. We take EDI extremely seriously and the Vice Chair and CEO have recently undergone training in board diversification.

There is a detailed recruitment and selection process in place for the engagement of new trustees, which follows all relevant governance regulations and policies, particularly EDI. Prospective trustees are asked to provide two references and undergo a DBS (Disclosure and Barring) check before they are invited to join the board.

All new Trustees are supported through a robust six-month induction programme with a named Trustee as their 'mentor'.
Conwy Mind has grown the number of volunteers over the past year with over twenty now in place. New and interesting roles are being developed. Volunteer recruitment is underpinned by a comprehensive Volunteer Policy which covers all aspects of the volunteer cycle.
Risk management is on-going using a robust, embedded, Risk Register which is up-dated by the CEO, and which is subject to regular scrutiny by the board of trustees. This register details any business and/or operational risks which the charity faces. A system of red, amber and green warnings is in place to flag up degrees of risk to ensure necessary action can be taken in good time to mitigate these.

Conwy Mind has indemnity insurance to cover trustees and former trustees up to the value of £500,000, which is shared over all LMA's as part of the standard Mind block insurance.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Conwy Mind is affiliated to the national organisation of Mind and incorporates the national aims and objectives in its constitution. Whilst Conwy Mind fully subscribes to, and supports, the vision and purpose detailed in national Mind's overarching strategy the Trustees recognise that 'one size does not fit all' and that what works in the inner-city areas of the UK doesn't necessarily apply in the Conwy areas of tourism and the reality of the rural farming community.

As previously stated a revised strategy has been developed for Conwy Mind for the period 2023 to 2028, and extensive consultation has been undertaken with all interested parties to ensure it will be fit for purpose over the coming years.

The trustees confirm that they have referred to the guidance in the Charity Commission's guidance on public benefit when reviewing the aims and objectives of Conwy Mind and in planning future activities.

Our Vision, Purpose and Values

Our Vision in Conwy Mind

For as long as you need us, we will be here for you. With one in four people experiencing a mental health issue, that's almost 75.000 people in Conwy needing our help and support for their mental health and well-being.

Our Purpose

Supporting people and communities to a better understanding of good mental health, enabling people to be able to think, feel and react in the ways that they need and want to live their life. We will do this through:

- Delivery of excellent services.
- Raising awareness and tackling stigma.
- Education and training

Our Values

- Kindness
- Respect
- Integrity
- Teamwork

Our Strategic Objectives 2023 -2028

1. Reach as many people as possible: Making sure people have better understanding of mental health and how they can support themselves and others.
2. Raise awareness and tackle stigma across our communities.
3. Develop and expand services for children and Young People aged 11 -25 and for those who support them.
4. Build an organisation which is fit for the future and best placed to respond to opportunities ahead.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Achievements and Performance

Despite the challenges following on from the pandemic, we continued to grow and develop the organisation, increasing services and reaching new audiences including children and Young People.

During 2022/23, we reached over 2000 people through our services and face to face engagement activities and provided 1-1 support to 1282 people across Conwy. We supported 150 children and young people, offering a range of services and engagement opportunities.

22/23 was a period of reflection and presented an opportunity to review the past 2 years and to begin focusing on the future of the organisation, beginning discussions, and planning for the next 5-year strategy, ensuring that the organisation is best placed to meet the future challenges ahead.

There were new opportunities for the organisation, which included an expansion of designated area to include Anglesey and Gwynedd, partnership development with Abergele in Action and Homelessness partnership on Anglesey to submit a 5-year application to the National Lottery.

Legacy of covid and the cost-of-living crisis coupled with lack of support from statutory services, has seen increased demand for our services with a higher degree of complexity being presented. People are needing support for longer with many facing multiple complex issues. Over the next 12 months, we foresee this demand continuing to increase.

We continue to monitor the Cost-of-Living crisis and the effect it has on our organisation and the people we support.

ICAN Community Hub

The ICAN Community Hub, funded through Betsi Cadwaladr Health Board, was extended for a further 12 months and as the main point of contact for services supported over 1000 referrals and 700 people going on to receive 1-1 support, support calls, signposting, and onward referrals. We established new hubs across the county including Colwyn Bay Jobcentre and Llanrwst library.

We saw an increase in take up of our support calls, especially where people were struggling to receive support from statutory services as they did not meet the threshold or were waiting list. 607 support calls were delivered.

This last year our support calls have helped people to feel more able to manage many aspects of their lives. One of the biggest differences people have reported is feeling more comfortable talking about their mental health, having the language to talk to professionals and better able to be open with their friends and family, resulting in strong support networks in their day-to-day life.

Courses and Groups

Over the last year we have grown our offer of groups and courses, including informal peer support sessions, structured mental health courses and more formal training for businesses and organisations. We have also piloted community delivered groups with a creative focus in partnership with places like Oriel Mostyn, Melody through the Mind and Pride.

Alongside these our counsellors have delivered several Anxiety Management courses and our trainer, Nick, ran 5 Ways to Wellbeing walks in collaboration with Carneddau Landscape Partnership, Transport for Wales, Creating Enterprise and TAPE. During these walks the group explored the beautiful countryside in Conwy and looked at simple actions people can take to apply the five ways to their everyday lives.

Courses offered.

- Mums Matter support group

- Anxiety Management course
- Arts for Wellbeing
- Life-music group
- Mental Health First Aid both adult and young people's versions
- Mental Health Awareness
- Coffee mornings, Walk and Talks

Talking Therapies Hub

Active Monitoring

We continued to provide Active Monitoring through the contract with Mind Cymru and we were able to increase the offer of support across Conwy through the additional contract with the Conwy GP Clusters. The GP contract ensured provision for people across the county, working closely with GPs across Conwy and surgery based Occupational Therapists has enabled us to extend our reach and provide more accessible mental health support, with reduced waiting times and improved referral pathways.

93.1% saw an improvement in their wellbeing.
88.2% saw a reduction in anxiety.
89.7% saw an improvement in depression.

Counselling services

Over the course of the last year, we have continued to deliver counselling through our Parabl service and have supported people with a range of issues including anxiety and depression related to relationships, family, bereavement, disability, physical health.

Anxiety/Depression/Other MH issues/Physical Health issues, Injury and Disability/ Bereavement/ Loneliness/ Self-Esteem/ Relationship and Family Issues/Cost of Living Crisis related issues/Unemployment.

There has been a sharp increase in the demand for face-to-face counselling at our Abergele office, though we continue to offer the option of receiving counselling on the phone or by Zoom.

We received 141 referrals for 1-1 counselling and delivered 450 counselling hours. The counsellors also delivered a number of anxiety management courses across the year.

Young People Hub

A key strategic ambition has been to grow and develop services for Children and Young People. We continued to offer 1-1 support through Active Monitoring for children and Young People and continued to develop our presence in local secondary schools with student support sessions and promoting our services widely through mental health awareness talks and events. We were also delighted to receive funding for two young people's projects, one in partnership with Abergele Youth Shedz and the other as part of the national project with Anna Freud and Mind.

The project with Youth Shedz supports young people who are at risk of falling out of mainstream education. This opportunity has allowed us to pilot a less structured form of support where the young people can engage in creative activities such as film making podcasts to build confidence and awareness of mental health and identify ways of supporting themselves and others.

We also have three practitioners working for our SCESS project (Anna Freud and Mind), which supports young people, school staff and parents nationally through 1-to-1 online sessions and webinars, giving them the chance to talk openly about their mental health and develop a tool kit of support.

Training Hub

We continued to offer training across the county and working in partnership with the other two local minds we have successful delivered Youth Mental Health First aid across Betsi Cadwaladr Health Board to a range of different staff and departments.

Volunteering

Through funding with WCVA Small Volunteering grants project, we were able to continue developing our new approach to volunteering, offering more flexible approach with more meaningful roles. We have recruited over 20 volunteers. We worked alongside and listened to our volunteers to create a more engaging volunteer programme. We have seen an increase in people wanting to volunteer for our organisation. We also begun the reaccreditation of Investors in Volunteers.

We want to make volunteering part of everything we do at Conwy Mind, and a new two-year project, funded by the WCVA is helping us to draw on the huge wealth of experience volunteers bring to us to develop new and innovative services and to explore the benefits of a co-production approach. Making connections with other agencies such as Diverse Cymru and Guide Dogs for the Blind to share volunteers and train them to support people accessing both services.

Projects our volunteers have been involved in:

" Fundraisers, Befriending, Course Assistants e.g., Mums Matter, ACT with Yoga, coffee mornings, arts for wellbeing workshops, creative writing, Lifemusic etc.

Lived Experience

Conwy Mind is committed to ensuring anyone with personal experience of mental health difficulties has the chance to shape and co-produce our services.

Over this last year we have been speaking to people within the community to find out what support is needed and break down the barriers to accessing or reaching out for help.

We have also been developing more opportunities for lived experience leadership, including co-producing Conwy Mind's new five-year strategy plan and engaging more people online to share their views.
We were delighted to hold two face-to-face consultation events, inviting people to share their ideas, knowledge and experience of using existing mental health services, with an overall aim of identifying local need and develop future services in response to this.

Over the next year we plan to expand on this work, circulating surveys more widely and introducing a regular forum for people to feedback on aspects of our work.

Digital support

The organisations decision to invest in a social media and marketing apprentice has proved successful, increasing our engagement and reach across the area. The total unique people reached through Facebook was up by 71% on the previous year, reaching over 66k people. We saw an increase of 69% of users to our website and an increase of unique visitors up by 101% on the previous year.

FINANCIAL REVIEW

Financial position

The total Income received for the period was £575,423k and the total expenditure was £535,135k.

There were grants received from Betsi Cadwaladr Health Board, Lloyds Banking Foundation, Moondance, Comic Relief Covid Crisis support and towards the end of the financial year Postcode Community Trust. The organisation was successful in its application to National Mind for an organisational development grant for the Fundraising and Engagement role, helping to diversify and strengthen the organisation's income streams.

The organisation renewed contracts for the ICAN Community Hub, Active Monitoring partnership with Mind Cymru, GP Conwy Cluster contract. Further contracts were successful with National Mind to deliver the Whole School Approach and the Anna Freud Early Schools and Colleges support.

However, the organisation still recognises the short-term nature of the funding received, only the Postcode Community Trust funding has been confirmed for 2 years all other funding including contracts are 12 months or less. This makes income diversification a priority for the following year. Conwy Mind needs to increase other sources of non-restricted income to balance out the short-term nature of current funding streams.

Fundraising

Diversifying our income streams through Fundraising and other activities including external training and paid therapy services remains a priority for the organisation. The Board of Trustees are committed to developing this area of work, recognising the risk of reliance on short term funding. Through an organisation development grant from National Mind and supported investment from our unrestricted funds, the Board supported the decision to invest in the development of a Fundraising and Community Engagement Officer to support its strategic objective of building an organisation fit for the future and ending our reliance on short term funds.

We have been limited with extending our training offer as the trainer role has only been 2 days a week, but we will be investing resource to support the extension of this role to full time to enable us to capitalise of the additional requests for training. As part of our strategy consultation events, other organisation saw Conwy Mind as being a leader in offering and developing external training.

Investment policy and objectives

Following the sale of the building in Llandudno the trustees chose to create an investment portfolio which is managed by Rowan Dartington. The investment is a balanced strategy to generate returns from both capital appreciation and income and will typically balance the mix of assets. Investments are made across a diverse ethical portfolio with risk spread across different assets. Discretionary management of the portfolio is handled by Rowan Darlington, who report to the board every six months.

The investment portfolio did not perform as well as expected over the financial year. This was down to several factors: Increased interest rates; Ukrainian war; stock markets poor performance; low risk strategies performed less well than the high-risk strategies. Ethical investments do not perform as well as investments in oil and gas. Following advice from Rowan Dartington, who expect our investment to perform at 5% plus per annum over the next four years, it was agreed to leave the money where it is at this point in time.

FINANCIAL REVIEW

Reserves policy

At the end of the year the unrestricted funds were £595,462k.

These reserves are in keeping with the reserves policy and reflect the degree of uncertainty regarding the organisations current funding streams of being less than 12 months. The reserves are considered adequate to cover any changes to the organisations. The reserves will be used to support growth areas within the organisation including investment into business development which will include additional resource to support the development of external training, workplace wellbeing programmes and additional capacity to grow our paid therapy services. This use of reserves will help establish and grow further income streams and support the sustainability of the organisation.

The effect of Covid -19 Pandemic and Cost of Living crisis on Conwy Mind

Covid 19 continued to be a dominant factor and continued to affect service delivery as face-to-face support was limited during part of the year. The organisation continued to offer support through telephone and online. The organisation has learnt from the pandemic and through feedback from service users a more blended service offer is preferred. The cost-of-living crisis has seen an increase in demand for our services, with people requiring more intense and longer-term support, with a continued lack of longer term funds to support this delivery. The cost-of-living crisis and increased pressure on statutory services has influenced our strategic plans for 2023 -2028.

FUTURE PLANS

The key priorities for 2023 -2024 are:

" Build a sustainable organisation which is fit for the future, crucial to this is the reduction of our reliance on short term funding. Professional fund raisers are to be recruited to facilitate this. We will plan and develop our environmental sustainability plans which will be important to consider as we explore how we will meet the challenges of an increased geographical area.

" Develop core services to increase our reach across Conwy County. Developing a core service, we are known for is a key priority and will also help us to reach people who do not currently engage with our services. Our Core service offer will help to meet the challenges presented by the cost-of-living crisis and increased demands of statutory services.

" Develop and expand services for young people between the ages of 11-25. We will undertake work to consult with children and young people to ensure we are responding to their needs and designing services and support which they will engage with.

" Become a fully informed trauma organisation. Working to the ACE framework within Wales we will embed this approach, working alongside other organisations in North Wales.

" Raise awareness and tackle stigma. Breaking down barriers and encouraging communities to support each other. We will increase our engagement activities to ensure that people are able to speak about mental health and get the support they need at the right time.

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
03630284 (England and Wales)

Registered Charity number
1073596

Registered office
Unit 5325
First Floor
North Wales Business Park
Abergele
CONWY
LL22 8LJ

Trustees
Mrs J Baldini Retired
Mrs J A Horsnell
Mr R Holden Retired
Ms C Cunningham Retired
Dr C Hinds Self Employed Clinical Psychologist, Dbt
Dr M F Carter Retired
Mrs R Thomas

Company Secretary
Mrs D Roberts

Independent Examiner
Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Approved by order of the board of trustees on 18 Sept 2023 and signed on its behalf by:

C H Cunningham

Ms C Cunningham - Trustee

Independent examiner's report to the trustees of Conwy Mind ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

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 Association of Chartered Certified Accountants, 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.

MARTIN STEVEN BARRETT
The Association of Chartered Certified Accountants

Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Date: 18/9/23

CONWY MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	**146,458**	**407,337**	**553,795**	440,411
Other trading activities	3	**16,191**	**-**	**16,191**	8,892
Investment income	4	**5,437**	**-**	**5,437**	677
Other income		**-**	**-**	**-**	96
Total		**168,086**	**407,337**	**575,423**	450,076
EXPENDITURE ON					
Raising funds	5	**20**	**-**	**20**	144
Charitable activities	6				
Agor		**-**	**-**	**-**	1,805
Lloyds Bank		**27,713**	**-**	**27,713**	6,240
Conwy Mind		**-**	**-**	**-**	1,255
ICAN Conwy		**-**	**-**	**-**	100,001
Parabl		**-**	**46,557**	**46,557**	46,557
BCUHB		**66,394**	**-**	**66,394**	66,394
Active Monitoring Programme		**-**	**50,876**	**50,876**	51,176
Active Monitoring GP Conwy Cluster		**-**	**94,817**	**94,817**	38,580
Conwy Council Mental Health Family Worker		**-**	**-**	**-**	138
Head Office		**(62,136)**	**-**	**(62,136)**	51,471
External Training		**14,098**	**-**	**14,098**	13,455
Co-Op Resilience Fund Mind Grant		**-**	**17,186**	**17,186**	31,919
Conwy Council Youth Grant		**-**	**-**	**-**	14,583
Garfield Weston		**-**	**12,500**	**12,500**	12,500
ICF My Generation (Mind)		**-**	**-**	**-**	9,735
Recovery College CCBC		**-**	**38,466**	**38,466**	13,829
VWG Small Grant		**-**	**14,753**	**14,753**	17,757
Whole School Approach		**-**	**6,300**	**6,300**	4,200
Moondance		**-**	**15,953**	**15,953**	42,987
Postcode Community Fund		**-**	**-**	**-**	19,875
ASC Steering Group					
		-	**4,960**	**4,960**	**-**
BCU Health Inequality					
		-	**1,108**	**1,108**	**-**
Co-production Conwy Council					
		-	**1,953**	**1,953**	**-**
Early Support Schools and Colleges					
		-	**12,864**	**12,864**	**-**
Abergele in Action					
		-	**12,987**	**12,987**	**-**

The notes form part of these financial statements

CONWY MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	**2023 Total funds £**	2022 Total funds £
Comic Relief Cost of Living Fund		**18,385**	-	**18,385**	-
Co-op Resilliance Fund Mind		-	**11,572**	**11,572**	-
Postcode Community Trust		**4,166**	-	**4,166**	-
Fundraising / Donations		**22,538**	-	**22,538**	-
Conwy Mind Counselling		**(40)**	-	**(40)**	-
ICAN Community Hub		-	**107,025**	**107,025**	-
Total		**91,138**	**449,877**	**541,015**	544,601
NET INCOME/(EXPENDITURE)		**76,948**	**(42,540)**	**34,408**	(94,525)
RECONCILIATION OF FUNDS					
Total funds brought forward		**512,634**	**67,489**	**580,123**	674,648
TOTAL FUNDS CARRIED FORWARD		**589,582**	**24,949**	**614,531**	580,123

The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
CURRENT ASSETS					
Debtors	13	**14,564**	**3,445**	**18,009**	99,560
Investments	14	**344,120**	**-**	**344,120**	350,000
Cash at bank		**290,807**	**65,484**	**356,291**	325,989
		649,491	**68,929**	**718,420**	775,549
CREDITORS					
Amounts falling due within one year	15	**(59,909)**	**(43,980)**	**(103,889)**	(195,426)
NET CURRENT ASSETS		**589,582**	**24,949**	**614,531**	580,123
TOTAL ASSETS LESS CURRENT LIABILITIES		**589,582**	**24,949**	**614,531**	580,123
NET ASSETS		**589,582**	**24,949**	**614,531**	580,123
FUNDS	17				
Unrestricted funds				**589,582**	512,634
Restricted funds				**24,949**	67,489
TOTAL FUNDS				**614,531**	580,123

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 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 notes form part of these financial statements

continued...

BALANCE SHEET - continued
31 MARCH 2023

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

The financial statements were approved by the Board of Trustees and authorised for issue on 18 Sept 2023 and were signed on its behalf by:

Ms C Cunningham - Trustee

The notes form part of these financial statements

CONWY MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	1	**65,360**	(390,714)
Net cash provided by/(used in) operating activities		**65,360**	(390,714)
Cash flows from investing activities			
Sale of intangible fixed assets		**-**	(2,082)
Sale of tangible fixed assets		-	363,757
Interest received		**5,437**	677
Net cash provided by investing activities		**5,437**	362,352
Change in cash and cash equivalents in the reporting period		**70,797**	(28,362)
Cash and cash equivalents at the beginning of the reporting period	2	**284,251**	312,613
Cash and cash equivalents at the end of the reporting period	2	**355,048**	284,251

The notes form part of these financial statements

NOTES TO THE CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2023

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

	2023	2022
	£	£
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	**34,408**	(94,525)
Adjustments for:		
Depreciation charges	**-**	3,093
Loss on disposal of fixed assets	**-**	2,082
Interest received	**(5,437)**	(677)
Investment valuation	**5,882**	(350,000)
Decrease/(increase) in debtors	**81,551**	(47,660)
(Decrease)/increase in creditors	**(51,044)**	96,973
Net cash provided by/(used in) operations	**65,360**	(390,714)

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2023	2022
	£	£
Notice deposits (less than 3 months)	**356,291**	325,989
Overdrafts included in bank loans and overdrafts falling due within one year	**(1,243)**	(41,738)
Total cash and cash equivalents	**355,048**	284,251

3. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.22	Cash flow	At 31.3.23
	£	£	£
Net cash			
Cash at bank	**325,989**	**30,302**	**356,291**
Bank overdraft	**(41,738)**	**40,495**	**(1,243)**
	284,251	**70,797**	**355,048**
Liquid resources			
Deposits included in cash	**-**	**-**	**-**
Current asset investments	**350,000**	**(5,880)**	**344,120**
	350,000	**(5,880)**	**344,120**
Total	**634,251**	**64,917**	**699,168**

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.

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.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- 5% on reducing balance
Plant and machinery	- 20% on reducing balance

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.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	**17,765**	10,715
Grants	**536,030**	429,696
	553,795	440,411

continued...

2. DONATIONS AND LEGACIES - continued

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

	2023	2022
	£	£
BCUHB	**66,394**	66,394
Lloyds Foundation - Enable/Invest	**27,250**	-
Parabl	**46,557**	46,557
Other Grants	-	35,848
ICAN Conwy	-	100,000
My Generation (Mind)	-	9,736
Active Monitoring Programme	**50,876**	51,177
Active Monitoring GP Conwy Cluster	**101,519**	31,878
Recovery College	-	9,120
Co-Op Resilience Fund Mind Grant	**4,910**	44,195
Conwy Council Youth Grant	-	14,583
Garfield Weston	**12,500**	12,500
Moondance	**17,455**	42,987
VWG Small Grant	**16,594**	17,982
Whole School Approach	**8,510**	1,990
Abergele in Action	**12,996**	-
ASC Steering Group	**4,960**	-
BCU Health Inequality	**1,108**	-
Co-production Conwy Council	**1,953**	-
Cost of Living Grant	**9,000**	-
Early Support Schools and Colleges	**13,827**	-
Comic Relief Cost of Living Fund	**18,385**	-
Mind Grant	**193**	-

continued...

2. DONATIONS AND LEGACIES - continued

Postcode Community Trust

	6,250	-
Fundraising / Donations	**9,221**	-
Co-op Resilliance Fund	**11,572**	-
ICAN Community Hub	**93,000**	-
Head Office	**1,000**	-
Other grants	**-**	(55,251)
	536,030	429,696

3. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Training Income	**16,191**	8,892

4. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	**5,437**	677

5. RAISING FUNDS

Other trading activities

	2023	2022
	£	£
Fundraising and Publicity	**20**	144

continued...

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Lloyds Bank	27,713	-	27,713
Parabl	33,494	13,063	46,557
BCUHB	66,228	166	66,394
Active Monitoring Programme	27,120	23,756	50,876
Active Monitoring GP Conwy Cluster	65,336	29,481	94,817
Head Office	24,887	(87,023)	(62,136)
External Training	12,946	1,152	14,098
Co-Op Resilience Fund Mind Grant	11,985	5,201	17,186
Garfield Weston	8,768	3,732	12,500
Recovery College CCBC	32,466	6,000	38,466
VWG Small Grant	13,164	1,589	14,753
Whole School Approach	3,084	3,216	6,300
Moondance	12,569	3,384	15,953
ASC Steering Group	4,402	558	4,960
BCU Health Inequality	1,108	-	1,108
Co-production Conwy Council	1,953	-	1,953
Early Support Schools and Colleges	11,752	1,112	12,864
Abergele in Action	8,064	4,923	12,987
Comic Relief Cost of Living Fund	18,385	-	18,385
Co-op Resilliance Fund Mind	10,296	1,276	11,572
Postcode Community Trust	-	4,166	4,166
Fundraising / Donations	11,492	11,046	22,538
Conwy Mind Counselling	(40)	-	(40)
ICAN Community Hub	94,709	12,316	107,025
	501,881	39,114	540,995

continued...

7. SUPPORT COSTS

	Governance costs £
Parabl	-
BCUHB	-
Active Monitoring Programme	-
Active Monitoring GP Conwy Cluster	**3**
Head Office	**38,990**
External Training	**46**
Co-Op Resilience Fund Mind Grant	-
Garfield Weston	-
Recovery College CCBC	-
VWG Small Grant	-
Whole School Approach	-
Moondance	**8**
ASC Steering Group	-
Early Support Schools and Colleges	-
Abergele in Action	-
Co-op Resilliance Fund Mind	-
Postcode Community Trust	-
Fundraising / Donations	**57**
ICAN Community Hub	**10**
	39,114

8. NET INCOME/(EXPENDITURE)

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

	2023 £	2022 £
Depreciation - owned assets	-	3,093
Deficit on disposal of fixed assets	-	2,082

continued...

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were trustees expenses paid for the year ended 31 March 2023 of £646.40 (2022 - £233.29)

10. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	418,524	405,189
	418,524	405,189

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

	2023	2022
Direct Charitable	20	10
Administration	1	1
	21	11

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

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	112,958	327,453	440,411
Other trading activities	8,892	-	8,892
Investment income	677	-	677
Other income	96	-	96
Total	122,623	327,453	450,076
EXPENDITURE ON			
Raising funds	144	-	144
Charitable activities			
Agor	-	1,805	1,805
Lloyds Bank	6,240	-	6,240
Conwy Mind	1,255	-	1,255
ICAN Conwy	-	100,001	100,001
Parabl	-	46,557	46,557
BCUHB	66,394	-	66,394
Active Monitoring Programme	-	51,176	51,176
Active Monitoring GP Conwy Cluster	-	38,580	38,580
Conwy Council Mental Health Family Worker	-	138	138
Head Office	51,471	-	51,471

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
External Training	13,455	-	13,455
Co-Op Resilience Fund Mind Grant	-	31,919	31,919
Conwy Council Youth Grant	-	14,583	14,583
Garfield Weston	-	12,500	12,500
ICF My Generation (Mind)	-	9,735	9,735
Recovery College CCBC	-	13,829	13,829
VWG Small Grant	-	17,757	17,757
Whole School Approach	-	4,200	4,200
Moondance	-	42,987	42,987
Postcode Community Fund	19,875	-	19,875
Total	158,834	385,767	544,601
NET INCOME/(EXPENDITURE)	(36,211)	(58,314)	(94,525)
Transfers between funds	272,953	(272,953)	-
Net movement in funds	236,742	(331,267)	(94,525)
RECONCILIATION OF FUNDS			
Total funds brought forward	275,892	398,756	674,648
TOTAL FUNDS CARRIED FORWARD	512,634	67,489	580,123

12. TANGIBLE FIXED ASSETS

	Improvements to property £	Plant and machinery £	Totals £
COST			
At 1 April 2022 and 31 March 2023	**37,977**	**109,924**	**147,901**
DEPRECIATION			
At 1 April 2022 and 31 March 2023	**37,977**	**109,924**	**147,901**
NET BOOK VALUE			
At 31 March 2023	-	-	-
At 31 March 2022	-	-	-

continued...

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	-	95,426
Prepayments and accrued income	3,345	-
Prepayments	14,664	4,134
	18,009	99,560

14. CURRENT ASSET INVESTMENTS

	2023	2022
	£	£
Other	344,120	350,000

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Bank loans and overdrafts (see note 16)	1,243	41,738
Trade creditors	5,807	6,720
Pension	1,860	2,012
Accruals and deferred income	94,979	144,956
	103,889	195,426

16. LOANS

An analysis of the maturity of loans is given below:

	2023	2022
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	1,243	41,738

continued...

17. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
Fundraising and Donations	**10,604**	**3,967**	**14,571**
Head Office	**-**	**(5,880)**	**(5,880)**
Lloyds Bank Foundation	**2,093**	**1,537**	**3,630**
External Training	**-**	**93**	**93**
Head Office	**499,937**	**74,914**	**574,851**
Conwy Mind Counselling	**-**	**40**	**40**
Mind Grant	**-**	**193**	**193**
Postcode Community Trust	**-**	**2,084**	**2,084**
	512,634	**76,948**	**589,582**
Restricted funds			
Active Monitoring GP Conwy Cluster	**-**	**6,702**	**6,702**
Recovery College	**40,963**	**(38,466)**	**2,497**
Moondance	**-**	**1,502**	**1,502**
Co-Op Resilience Fund Mind Grant	**12,276**	**(12,276)**	**-**
VWG Small Grant	**225**	**1,841**	**2,066**
Whole School Approach	**-**	**2,210**	**2,210**
Abergele in Action	**-**	**9**	**9**
Cost of Living Grant	**-**	**9,000**	**9,000**
Early Support Schools and Colleges	**-**	**963**	**963**
ICAN Community Hub	**14,025**	**(14,025)**	**-**
	67,489	**(42,540)**	**24,949**
TOTAL FUNDS	**580,123**	**34,408**	**614,531**

continued...

17. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Fundraising and Donations	26,525	(22,558)	3,967
Head Office	-	(5,880)	(5,880)
BCUHB	66,394	(66,394)	-
Lloyds Bank Foundation	29,250	(27,713)	1,537
External Training	14,191	(14,098)	93
Head Office	6,898	68,016	74,914
Conwy Mind Counselling	-	40	40
Comic Relief Cost of Living	18,385	(18,385)	-
Mind Grant	193	-	193
Postcode Community Trust			
	6,250	(4,166)	2,084
	168,086	(91,138)	76,948
Restricted funds			
Active Monitoring Programme	50,876	(50,876)	-
Parabl Talking Therapies	46,557	(46,557)	-
Active Monitoring GP Conwy Cluster	101,519	(94,817)	6,702
Recovery College	-	(38,466)	(38,466)
Moondance	17,455	(15,953)	1,502
Co-op Resilliance Fund Mind (Extend)	11,572	(11,572)	-
Co-Op Resilience Fund Mind Grant	4,910	(17,186)	(12,276)
Garfield Weston	12,500	(12,500)	-
VWG Small Grant	16,594	(14,753)	1,841
Whole School Approach	8,510	(6,300)	2,210
Abergele in Action	12,996	(12,987)	9
ASC Steering Group Fund	4,960	(4,960)	-
BCU Health Inequality	1,108	(1,108)	-
Co-production Conwy Council	1,953	(1,953)	-
Cost of Living Grant	9,000	-	9,000
Early Support Schools and Colleges	13,827	(12,864)	963
ICAN Community Hub	93,000	(107,025)	(14,025)
	407,337	(449,877)	(42,540)
TOTAL FUNDS	575,423	(541,015)	34,408

continued...

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
Fundraising and Donations	-	10,604	-	10,604
Head Office	287,131	(43,240)	256,046	499,937
Lloyds Bank Foundation	-	2,093	-	2,093
External Training	-	(4,563)	4,563	-
Office Relocation	(11,239)	-	11,239	-
Conwy Mind Counselling	-	(1,105)	1,105	-
	275,892	(36,211)	272,953	512,634
Restricted funds				
Agor	339,059	(57,056)	(282,003)	-
ICAN Conwy	14,025	-	-	14,025
Active Monitoring GP Conwy Cluster	-	(6,702)	6,702	-
Recovery College	45,672	(4,709)	-	40,963
Conwy Council Mental Health Family Worker	-	(138)	138	-
Co-Op Resilience Fund Mind Grant	-	12,276	-	12,276
VWG Small Grant	-	225	-	225
Whole School Approach	-	(2,210)	2,210	-
	398,756	(58,314)	(272,953)	67,489
TOTAL FUNDS	674,648	(94,525)	-	580,123

continued...

17. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Fundraising and Donations	10,604	-	10,604
Head Office	8,375	(51,615)	(43,240)
BCUHB	66,394	(66,394)	-
Lloyds Bank Foundation	8,333	(6,240)	2,093
External Training	8,892	(13,455)	(4,563)
Post Code Community Fund	19,875	(19,875)	-
Conwy Mind Counselling	150	(1,255)	(1,105)
	122,623	(158,834)	(36,211)
Restricted funds			
Active Monitoring Programme	51,176	(51,176)	-
Agor	(55,251)	(1,805)	(57,056)
ICAN Conwy	100,001	(100,001)	-
My Generation (Mind)	9,735	(9,735)	-
Parabl Talking Therapies	46,557	(46,557)	-
Active Monitoring GP Conwy Cluster	31,878	(38,580)	(6,702)
Recovery College	9,120	(13,829)	(4,709)
Conwy Council Mental Health Family Worker	-	(138)	(138)
Moondance	42,987	(42,987)	-
Co-Op Resilience Fund Mind Grant	44,195	(31,919)	12,276
Garfield Weston	12,500	(12,500)	-
VWG Small Grant	17,982	(17,757)	225
Whole School Approach	1,990	(4,200)	(2,210)
Conwy Council Youth Grant	14,583	(14,583)	-
	327,453	(385,767)	(58,314)
TOTAL FUNDS	450,076	(544,601)	(94,525)

continued...

17. MOVEMENT IN FUNDS - continued

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

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
Fundraising and Donations	-	14,571	-	14,571
Head Office	287,131	(49,120)	256,046	494,057
Lloyds Bank Foundation	-	3,630	-	3,630
External Training	-	(4,470)	4,563	93
Office Relocation	(11,239)	-	11,239	-
Head Office	-	74,914	-	74,914
Conwy Mind Counselling	-	(1,065)	1,105	40
Mind Grant	-	193	-	193
Postcode Community Trust	-	2,084	-	2,084
	275,892	40,737	272,953	589,582
Restricted funds				
Agor	339,059	(57,056)	(282,003)	-
ICAN Conwy	14,025	-	-	14,025
Active Monitoring GP Conwy Cluster	-	-	6,702	6,702
Recovery College	45,672	(43,175)	-	2,497
Conwy Council Mental Health Family Worker	-	(138)	138	-
Moondance	-	1,502	-	1,502
VWG Small Grant	-	2,066	-	2,066
Whole School Approach	-	-	2,210	2,210
Abergele in Action	-	9	-	9
Cost of Living Grant	-	9,000	-	9,000
Early Support Schools and Colleges	-	963	-	963
ICAN Community Hub	-	(14,025)	-	(14,025)
	398,756	(100,854)	(272,953)	24,949
TOTAL FUNDS	674,648	(60,117)	-	614,531

continued...

17. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Fundraising and Donations	37,129	(22,558)	14,571
Head Office	8,375	(57,495)	(49,120)
BCUHB	132,788	(132,788)	-
Lloyds Bank Foundation	37,583	(33,953)	3,630
External Training	23,083	(27,553)	(4,470)
Post Code Community Fund	19,875	(19,875)	-
Head Office	6,898	68,016	74,914
Conwy Mind Counselling	150	(1,215)	(1,065)
Comic Relief Cost of Living	18,385	(18,385)	-
Mind Grant	193	-	193
Postcode Community Trust	6,250	(4,166)	2,084
	290,709	(249,972)	40,737
Restricted funds			
Active Monitoring Programme	102,052	(102,052)	-
Agor	(55,251)	(1,805)	(57,056)
ICAN Conwy	100,001	(100,001)	-
My Generation (Mind)	9,735	(9,735)	-
Parabl Talking Therapies	93,114	(93,114)	-
Active Monitoring GP Conwy Cluster	133,397	(133,397)	-
Recovery College	9,120	(52,295)	(43,175)
Conwy Council Mental Health Family Worker	-	(138)	(138)
Moondance	60,442	(58,940)	1,502
Co-op Resilliance Fund Mind (Extend)	11,572	(11,572)	-
Co-Op Resilience Fund Mind Grant	49,105	(49,105)	-
Garfield Weston	25,000	(25,000)	-
VWG Small Grant	34,576	(32,510)	2,066
Whole School Approach	10,500	(10,500)	-
Conwy Council Youth Grant	14,583	(14,583)	-
Abergele in Action	12,996	(12,987)	9
ASC Steering Group Fund	4,960	(4,960)	-
BCU Health Inequality	1,108	(1,108)	-
Co-production Conwy Council	1,953	(1,953)	-
Cost of Living Grant	9,000	-	9,000
Early Support Schools and Colleges	13,827	(12,864)	963
ICAN Community Hub	93,000	(107,025)	(14,025)
	734,790	(835,644)	(100,854)
TOTAL FUNDS	1,025,499	(1,085,616)	(60,117)

continued...

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	**17,765**	10,715
Grants	**536,030**	429,696
	553,795	440,411
Other trading activities		
Training Income	**16,191**	8,892
Investment income		
Deposit account interest	**5,437**	677
Other income		
Other Income	**-**	96
Total incoming resources	**575,423**	450,076
EXPENDITURE		
Other trading activities		
Fundraising and Publicity	**20**	144
Charitable activities		
Wages	**418,524**	405,189
Rent & Rates	**36,000**	35,315
Insurance	**6,179**	5,217
Light and heat	**-**	(4,145)
Telephone	**3,111**	3,563
Advertising	**4,842**	9,761
Charitable Expenditure	**4,364**	8,811
Maintenance	**8,432**	6,262
Volunteer Costs and Expenses	**512**	1,997
Staff Training	**5,715**	10,687
Group Activities	**686**	-
Rent & Rates	**-**	51
Computer Costs	**9,137**	12,485
Staff Expenses	**2,270**	305
Staff Travel	**1,463**	232
Recruitment	**-**	919
Trustee Expenses	**646**	233
Plant and machinery	**-**	3,093
	501,881	499,975

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
Support costs		
Governance costs		
Accountancy fees	**9,037**	9,398
Legal fees	**11,758**	3,782
Office Costs	**7,719**	23,567
Stationery	**-**	218
Executive Costs	**-**	63
Bank Charges	**70**	43
Postage	**-**	433
Cleaning	**1,916**	3,600
Health Insurance	**2,734**	1,296
Loss on sale of intangible fixed assets	**-**	2,082
Decrease in CA investments	**5,880**	-
	39,114	44,482
Total resources expended	**541,015**	544,601
Net income/(expenditure)	**34,408**	(94,525)

Conwy Mind

England & Wales - Charity number 1073596

Accounts

REGISTERED COMPANY NUMBER: 03630284 (England and Wales)
REGISTERED CHARITY NUMBER: 1073596

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

FOR

CONWY MIND

Williams Denton Cyf
Chartered Certified Accountants
13 Trinity Square
Llandudno
United Kingdom
CONWY
LL30 2RB

CONWY MIND

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

	Page
Report of the Trustees	1 to 7
Independent Examiner's Report	8
Statement of Financial Activities	9 to 10
Balance Sheet	11 to 12
Notes to the Financial Statements	13 to 23
Detailed Statement of Financial Activities	24 to 25

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

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 2022. 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).

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. The election of Trustees is in accordance with the Articles of Association.

The charity uses the services of the following agents and advisers in carrying out its responsibilities to the community at large:

Banking
The current account and a savings account are with Santander bank, with a further Savings account in Nationwide Building Society.

Accountants
Conwy Mind use Williams Denton Chartered Accountants Trinity Sq Llandudno

Responsibilities of members of the executive committee:
Company law requires the trustees to prepare financial statements for each financial year which give a 'true and fair" view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the trustees are required to:
- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy, at any time, the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Day to day management of the charity is delegated to the Chief Executive Officer Denise Roberts and a team of paid staff.

Senior Management Structure
Denise Roberts CEO
Amy Bennison Services Manager
Suzanne Evanson Business Support Manager

Moving location from Trinity Square to the Business Park in Abergele has proved to be most beneficial as it enabled Conwy Mind to cope well with the pressures imposed by Covid for social distancing and remote delivery of services. The modern building is well ventilated and has served us well during the pandemic. Whilst clearly a challenge, Conwy Mind have learned that working from home has been a success for most of the staff who have saved travel time and achieved the same outcomes in their working hours. Additionally, introducing new ways to deliver services by Zoom and phone, has proved to be popular with service users, as they don't have to travel for face-to-face meetings, particularly useful for those with high anxiety levels, as well as saving on costs of transport.

The Board of Trustees continue to meet bimonthly, following a set agenda covering the essential elements such as Health & Safety, Safeguarding and Financial reports, as well as updates on outcomes of bids, development of services and other meaningful milestones. The Trustees have recently appointed a Trustee as lead for Safeguarding. These meetings are minuted and presented to the Board of Trustees for approval prior to the next meeting.

The Board have a Governance subcommittee which meets monthly to regularly review and update all policies and procedures as part of our Mind Quality Mark (MQM) process. The MQM standard is endorsed by the Charity Commission and is an ongoing process. The Board also have a Finance subcommittee, attended by the Treasurer, another Trustee and CEO, meeting monthly to regularly review financial policies and procedures. The subcommittee scrutinise the financial situation and make recommendations to the Board when necessary and relevant to do so. An additional subcommittee responsible for People and Services has been developed.

Each of the Subcommittees are responsible for the scrutiny of their areas of interest against the standards as detailed in the MQM.

The charity will ensure that its recruitment and selection procedures of Staff and Trustees follow the equality and diversity policy and have recently appointed one Trustee to be the lead on ED&I. Two references will be taken up from all successful candidates prior to any formal offer, however current practice appears to support the supply of the most basic information, including confirmation of the persons employment and attendance record and often nothing around their experience and suitability for the role. Where relevant to the post, the successful applicant will be asked to agree to a DBS (Disclosure Barring Scheme), enhanced when deemed necessary for the role. Disclosures will be requested prior to the applicant taking up post.

Induction for the new trustees, staff and volunteers includes information on all policies and procedures and on-going training is provided. All staff and volunteers have a designated supervisor who provides appropriate ongoing support and supervision. All new Trustees are now supported through a robust induction programme with a named Trustee as their 'mentor'.

Conwy Mind currently has a really low number of volunteers as Covid has had a major impact on the ability to recruit, support, train and utilise them. Volunteer recruitment is slowly re-opening and over time will expand, particularly when we can re-introduce Fundraising which has been on hold for over a year now. Historically this has been a fairly low source of income, but plans are to expand this opportunity and capitalise on the potential for income.

Using a robust, embedded Risk Register, Risk Management is addressed continually and examines the major strategic, Trustees scrutinise the business and operational risks which the charity faces. Systems have been established to enable regular reports to be produced so that necessary steps can be taken to lessen these risks using a Red, Amber, Green system to demonstrate status.

Conwy Mind has indemnity insurance to cover trustees and former trustees up to the value of £500,000, which is shared over all LMA's as part of the standard Mind block insurance.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Conwy Mind is affiliated to the national organisation of Mind and incorporates the national aims and objectives in its constitution. Whilst Conwy Mind fully subscribes to, and supports, the mission and strategy of national Mind the Trustees recognise that 'one size does not fit all' and that what works in the inner-city areas of the UK doesn't necessarily apply in the Conwy areas of tourism and the reality of the rurality farming community.

The trustees confirm that they have referred to the guidance in the Charity Commission's guidance on public benefit when reviewing the aims and objectives of Conwy Mind and in planning future activities.

Recognising that the current Strategy ends March 2023 the Trustees are already working on a new Strategy for 2023-2033 and have engaged with an organisation supporting us through this process, working with staff, volunteers, service users, other providers and the pollical arena to ensure it will be fit for purpose over the coming years.

Currently our Purpose, Vision and Values are as follows:

Our Vision, Purpose and Values

Our Vision in Conwy Mind is of a society where everyone experiencing mental health needs and emotional problems receive both support and respect and are accepted and included without fear of stigma and discrimination.

Our Purpose is to provide appropriate person-centred advice, guidance, and support, to empower people who experience mental health and emotional problems. We believe that everyone should have the right and opportunity to access comprehensive services that will enable them to improve and reach their full potential. This includes access to services and responses in both Welsh & English.

We campaign to improve services, raise awareness, and promote understanding.

We seek to achieve our purpose through our general & specific goals.

OBJECTIVES AND ACTIVITIES

Significant activities

Our General Goals are:

Staying well
To support people who experience, or who may develop mental health problems, to stay well.

Empowering choice
To enable people, who experience a mental health problem, to make informed choices about how they live, and their recovery.

Improving services and support
To help people get the right service, at the right time and in the right place, enabling them to live with their mental health problem and improve their situation.

Enabling Social Participation
To 'open doors' for people with experience of mental health problems, to help them participate as fully as possible, in their family and communities. This implies delivering services in both Welsh and English.

Removing Inequality of opportunity
To bring equality of treatment for people who experience mental ill health prejudice and other forms of discrimination, including for Welsh speakers.

Organisational excellence
To make the most of our charity's assets, by building a culture of compassion, cooperation efficiency and effectiveness.

Our Values - are at the heart of everything we do, we are:

- **Open** - We reach out to people who need us.
- **Together** - We're stronger when we work within partnerships.
- **Responsive** - We listen, we act.
- **Independent** - We speak out, on behalf of those we serve,
- **Unstoppable** - We mean to stay financially solvent and relevant to those we serve, so that we never have to give up improving what we do and how we do it.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Achievements and Performance
There have been many achievements throughout the year, whilst continuing to face the challenges covid continued to present. Over the course of the Year, we increased the number of people supported to just under 3000 people through blended service delivery both virtually and face to face. We achieved this through diversifying the range of services offered to people across Conwy.

ICAN Community Hub
The ICAN Community Hub continued to develop and grow, offering vital information, signposting, and groups to people. The Hub offered over 2000 hours of support to people experiencing both mental health and practical issues. The Hub strived to connect and make links with other organisations and groups and was finally able to get back into the community, offering face to face drop-ins alongside organisations such as Kind Bay Initiative, TAPE, Creating Enterprise and the Libraries across Conwy.

By working with National Mind, the hub increased its range of support to include courses and groups such as Mums Matter, My Generation, living life to the Full and Anxiety Management, thus reaching different sections of the community struggling with their mental health during a difficult time.

OBJECTIVES AND ACTIVITIES
Talking Therapies Hub

Active Monitoring
During the past year, Active Monitoring has been continuing to deliver support for their mental health and wellbeing. Conwy Mind continued to be a partner with national Mind to deliver an all-Wales Active Monitoring service to meets the needs of people during the pandemic. Through this work Conwy secured a contract with the GP Cluster in the East of Conwy, which has seen this contract extended to both Conwy East and Conwy West from November 21.

The Active Monitoring service was extended to Young People, aged 16+, delivering support to Young People in the community, raising awareness about mental health support within schools, colleges, and universities.

The Active Monitoring service has delivered 2646 hours of support, with 88.8% of people supported seeing improved levels of anxiety and 87% of people reported improvement in their wellbeing.

Counselling services
Conwy Mind secured funding to continue its Counselling service through Moondance and offered 6 weeks of counselling to 192 individuals with more complex needs. Through additional funding, extra counselling posts were created to meet the demand and Conwy Mind were able to offer 3 student counselling placements.

Counselling was also extended to Young People 16+ as part of a project funded through Mind and the Co-op.

Conwy Mind continued to be a partner in the delivery of the Parabl Talking Therapies, commissioned by Betsi Cadwaladr Health Board. There was a degree of uncertainty with regards to the contract, which was due to finish in May 2021 and has been rolled over until December 2022.

Online CBT continued to be offered to people, with a both a 12 week and 6 weeks option.

Young People Hub
Through a grant from Mind, Conwy Mind extended the service offer to Young People, a key strategic priority for the organisation. The project offered a range of support to Young People such as Active Monitoring, Counselling, workshops, and awareness sessions at Bangor University, Coleg Llandrillo and Local Schools. The service worked with Ysgol Bryn Elian to pilot a Mental Health Champions programme, creating peer ambassadors within the school offering peer support around mental health issues. Working with the schools to co-produce the programme, the counselling team offered workshops to students in the following topics, how to have a difficult conversation, listening skills, self-harm, and suicidal thoughts.

Training Hub
The training offer continued to grow and develop, offering a range of external training for organisations and establishing Conwy Mind as trusted deliver of quality training. Courses were commissioned by Betsi Cadwaladr Health Board, Barnardo's, and Conwy Council.

Volunteering
In 2021, Conwy Mind began to re-introduced volunteering opportunities, having put them on hold with the start of covid. Linked to the Community Hub, a volunteer led befriending service was established, offering support calls to those feeling isolated because of the pandemic, offered student counselling placements, and involved volunteers in group delivery. Over the course of 12 months, a volunteer coordinator role was introduced, and 18 volunteers were recruited and contributed over 350+ volunteer hours in a range of services. The organisation began the Investor in Volunteer process.

The organisation continues to develop the volunteering opportunities and volunteering is a key priority for the next year.

OBJECTIVES AND ACTIVITIES

Conwy Mind invested in new social media and Marketing apprentice to enhance the organisations social media presence on different digital platforms and to build on the use of social media which became so important during the pandemic. Conwy Mind is committed to investing in digital development to support the growth and increase the reach of the services. Developing digitally will be a key strategic objective for 2023.

FINANCIAL REVIEW

Financial position

The total income received for the period was £450,076 and the total expenditure for the year totalled £544,601. The organisation saw a deficit of £94k, which included a repayment to the National Lottery on the sale of the building and additional investment to support the growth of the organisation with additional roles such as the social media and Marketing apprentice and Business Development.

There were grants received from Betsi Cadwaladr Health Board, Lloyds Bank Foundation which has been secured for a further 2 years from December 21, Moondance Foundation and National Mind to deliver Active Monitoring as part of all Wales partnership and through their large grants funding stream. Contracts were renewed for the ICAN Community Hub, Active Monitoring with the extension of both the GP Cluster contract and the All-Wales Active Monitoring contract with Mind and Parabl.

Through additional funding the organisation was able to take on 6 additional staff to support new initiatives around Young People and Active Monitoring, enabling the organisation to increase its reach across the county.

However, the organisation recognises the funding received has all been short term, with both grants and contacts of less than 12 months. There is a degree of uncertainty regarding funding with changes proposed to Third sector grant funding from the local Health Board. A priority going forward is to review the organisations income streams, and to diversify the income streams

Fundraising

The organisation's plan to develop fundraising streams were again delayed due to the Pandemic. The future development of fundraising remains a key objective of the organisation going forward, as the organisation recognises the need to grow unrestricted income.

Investment policy and objectives

The trustees have the power to invest in assets as they sit fit. The trustees reviewed the investment options following the sale of the building in Llandudno and choose to create an investment portfolio which is managed by Rowan Darlington. The investment is a balanced strategy to generate returns from both capital appreciation and income and will typically balance the mix of assets. Investments are made across a diverse ethical portfolio with risk spread across different assets. Discretionary management of the portfolio is handled by Rowan Darlington, who report to the board every six months.

Reserves policy

At the end of the year the unrestricted funds were £512,634

These reserves are in keeping with the reserves policy and reflect the degree of uncertainty regarding the organisations current funding streams of being less than 12 months. The reserves are considered adequate to cover any changes to the organisations. The trustee has also invested £350k into an Ethical Investment portfolio. This money represents the sale of the Trinity Square Building.

The affect of Covid -19 Pandemic on Conwy Mind

Covid 19 continued to be a dominant factor and continued to affect service delivery as face-to-face support was limited during the year. The organisation continued to offer support through telephone and online. The organisation has learnt from the pandemic and through feedback from service users a more blended service offer is preferred.

FUTURE PLANS

A key priority for the coming year is to develop a new strategy from 2023 to ensure the organisations vision and purposes are future focused to meet the growing needs of people and communities experiencing mental health problems.

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
03630284 (England and Wales)

Registered Charity number
1073596

Registered office
Unit 5325
First Floor
North Wales Business Park
Abergele
CONWY
LL22 8LJ

Trustees
Mrs J Baldini Retired
Mr R G Holden Retired Nhs Manager
Mrs J A Horsnell (appointed 20.7.21)
Ms C Cunningham Retired
Dr C Hinds Self Employed Clinical Psychologist, Dbt
Dr Michael Carter.C.Psychol. AFBPSsS. (Appointed 01.03.2022)

Company Secretary
Mrs D Roberts

Independent Examiner
Williams Denton Cyf
Chartered Certified Accountants
13 Trinity Square
Llandudno
United Kingdom
CONWY
LL30 2RB

Approved by order of the board of trustees on 16 September 2022 and signed on its behalf by:

Baldini

Mrs Jacky Baldini - Trustee

Independent examiner's report to the trustees of Conwy Mind ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

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

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

Independent examiner's statement
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 registered member of ACCA 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.



MARTIN STEVEN BARRETT
ACCA
Williams Denton Cyf
Chartered Certified Accountants
13 Trinity Square
Llandudno
United Kingdom
CONWY
LL30 2RB

Date: 16/11/2022

CONWY MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		**112,958**	**327,453**	**440,411**	504,299
Other trading activities	2	**8,892**	**-**	**8,892**	7,500
Investment income	3	**677**	**-**	**677**	1,506
Other income		**96**	**-**	**96**	5,510
Total		**122,623**	**327,453**	**450,076**	518,815
EXPENDITURE ON					
Raising funds		**144**	-	**144**	3,470
Charitable activities					
Agor		**-**	**1,805**	**1,805**	54,086
Recovery Compass		**-**	**-**	**-**	479
Lloyds Bank		**6,240**	**-**	**6,240**	25,420
Conwy Mind		**1,255**	**-**	**1,255**	5,500
ICAN Conwy		**-**	**100,001**	**100,001**	128,819
My Generation (Mind)		**-**	**-**	**-**	1,035
N W Peer Support		**-**	**-**	**-**	12,083
Parabl		**-**	**46,557**	**46,557**	62,832
BCUHB		**66,394**	**-**	**66,394**	65,092
Active Monitoring Programme		**-**	**51,176**	**51,176**	27,042
Active Monitoring GP Conwy Cluster		**-**	**38,580**	**38,580**	20,039
Community Foundation Wales		**-**	**-**	**-**	6,173
Steve Morgan Foundation		**-**	**-**	**-**	13,880
Conwy Council Mental Health Family Worker		**-**	**138**	**138**	4,999
Head Office		**51,471**	**-**	**51,471**	23,104
Legacy		**-**	**-**	**-**	12,995
Community Fund Training		**-**	**-**	**-**	9,765
External Training		**13,455**	**-**	**13,455**	1,235
Co-Op Resilience Fund Mind Grant		**-**	**31,919**	**31,919**	-
Conwy Council Youth Grant		**-**	**14,583**	**14,583**	-
Garfield Weston		**-**	**12,500**	**12,500**	-
ICF My Generation (Mind)		**-**	**9,735**	**9,735**	-
Recovery College CCBC		**-**	**13,829**	**13,829**	-
VWG Small Grant		**-**	**17,757**	**17,757**	-
Whole School Approach		**-**	**4,200**	**4,200**	-
Moondance		**-**	**42,987**	**42,987**	-
Postcode Community Fund		**19,875**	**-**	**19,875**	-
Total		**158,834**	**385,767**	**544,601**	478,048
NET INCOME/(EXPENDITURE)		**(36,211)**	**(58,314)**	**(94,525)**	40,767
Transfers between funds	12	**272,953**	**(272,953)**	**-**	**-**
Net movement in funds		**236,742**	**(331,267)**	**(94,525)**	40,767

The notes form part of these financial statements

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
RECONCILIATION OF FUNDS					
Total funds brought forward		**275,892**	**398,756**	**674,648**	633,881
TOTAL FUNDS CARRIED FORWARD		**512,634**	**67,489**	**580,123**	674,648

The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	8	-	-	-	366,850
CURRENT ASSETS					
Debtors	9	**4,134**	**95,426**	**99,560**	57,019
Cash at bank		**559,733**	**116,256**	**675,989**	337,311
		563,867	**211,682**	**775,549**	394,330
CREDITORS					
Amounts falling due within one year	10	**(51,233)**	**(144,193)**	**(195,426)**	(86,532)
NET CURRENT ASSETS		**512,634**	**67,489**	**580,123**	307,798
TOTAL ASSETS LESS CURRENT LIABILITIES		**512,634**	**67,489**	**580,123**	674,648
NET ASSETS		**512,634**	**67,489**	**580,123**	674,648
FUNDS	12				
Unrestricted funds				**512,634**	275,892
Restricted funds				**67,489**	398,756
TOTAL FUNDS				**580,123**	674,648

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 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.

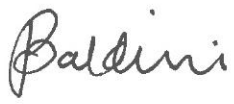
The notes form part of these financial statements

continued...

BALANCE SHEET - continued
31 MARCH 2022

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

The financial statements were approved by the Board of Trustees and authorised for issue on 16 September 2022 and were signed on its behalf by:



Mrs Jacky Baldini - Trustee

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.

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.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 5% on reducing balance
Improvements to property	- 5% on reducing balance
Plant and machinery	- 20% on reducing balance

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.

2. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Training Income	**8,892**	7,500

continued...

3. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	677	1,506

4. NET INCOME/(EXPENDITURE)

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

	2022	2021
	£	£
Depreciation - owned assets	3,093	29,831
Deficit on disposal of fixed assets	2,082	-

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were trustees expenses paid for the year ended 31 March 2022 of £233.29 (2021 - £43.17)

6. STAFF COSTS

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

	2022	2021
Direct Charitable	10	10
Administration	1	1
	11	11

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

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	185,131	319,168	504,299
Other trading activities	7,500	-	7,500
Investment income	1,506	-	1,506
Other income	5,510	-	5,510
Total	199,647	319,168	518,815
EXPENDITURE ON			
Raising funds	1,490	1,980	3,470

continued...

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Charitable activities			
Agor	-	54,086	54,086
Recovery Compass	-	479	479
Lloyds Bank	25,420	-	25,420
Conwy Mind	-	5,500	5,500
ICAN Conwy	-	128,819	128,819
My Generation (Mind)	-	1,035	1,035
N W Peer Support	-	12,083	12,083
Parabl	-	62,832	62,832
BCUHB	65,092	-	65,092
Active Monitoring Programme	-	27,042	27,042
Active Monitoring GP Conwy Cluster	-	20,039	20,039
Community Foundation Wales	-	6,173	6,173
Steve Morgan Foundation	-	13,880	13,880
Conwy Council Mental Health Family Worker	-	4,999	4,999
Head Office	23,104	-	23,104
Legacy	12,995	-	12,995
Community Fund Training	-	9,765	9,765
External Training	1,235	-	1,235
Total	129,336	348,712	478,048
NET INCOME/(EXPENDITURE)	70,311	(29,544)	40,767
Transfers between funds	1	(1)	-
Net movement in funds	70,312	(29,545)	40,767
RECONCILIATION OF FUNDS			
Total funds brought forward	205,580	428,301	633,881
TOTAL FUNDS CARRIED FORWARD	275,892	398,756	674,648

continued...

8. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Plant and machinery £	Totals £
COST				
At 1 April 2021	**201,460**	**261,797**	**157,079**	**620,336**
Disposals	**(201,460)**	**(223,820)**	**(47,155)**	**(472,435)**
At 31 March 2022	**-**	**37,977**	**109,924**	**147,901**
DEPRECIATION				
At 1 April 2021	**108,678**	**37,977**	**106,831**	**253,486**
Charge for year	**-**	**-**	**3,093**	**3,093**
Eliminated on disposal	**(108,678)**	**-**	**-**	**(108,678)**
At 31 March 2022	**-**	**37,977**	**109,924**	**147,901**
NET BOOK VALUE				
At 31 March 2022	**-**	**-**	**-**	**-**
At 31 March 2021	92,782	223,820	50,248	366,850

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	**95,426**	47,766
Prepayments	**4,134**	9,253
	99,560	57,019

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Bank loans and overdrafts (see note 11)	**41,738**	24,698
Trade creditors	**6,720**	5,854
Pension	**2,012**	1,843
Accruals and deferred income	**144,956**	54,137
	195,426	86,532

continued...

11. LOANS

An analysis of the maturity of loans is given below:

	2022	2021
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	**41,738**	24,698

12. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	Transfers between funds	At 31.3.22
	£	£	£	£
Unrestricted funds				
Fundraising and Donations	-	**10,604**	-	**10,604**
Head Office	**287,131**	**(43,240)**	**256,046**	**499,937**
Lloyds Bank Foundation	-	**2,093**	-	**2,093**
External Training	-	**(4,563)**	**4,563**	-
Office Relocation	**(11,239)**	-	**11,239**	-
Conwy Mind Counselling	-	**(1,105)**	**1,105**	-
	275,892	**(36,211)**	**272,953**	**512,634**
Restricted funds				
Agor	**339,059**	**(57,056)**	**(282,003)**	-
ICAN Conwy	**14,025**	-	-	**14,025**
Active Monitoring GP Conwy Cluster	-	**(6,702)**	**6,702**	-
Recovery College	**45,672**	**(4,709)**	-	**40,963**
Conwy Council Mental Health Family Worker	-	**(138)**	**138**	-
Co-Op Resilience Fund Mind Grant	-	**12,276**	-	**12,276**
VWG Small Grant	-	**225**	-	**225**
Whole School Approach	-	**(2,210)**	**2,210**	-
	398,756	**(58,314)**	**(272,953)**	**67,489**
TOTAL FUNDS	**674,648**	**(94,525)**	-	**580,123**

continued...

12. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Fundraising and Donations	10,604	-	10,604
Head Office	8,375	(51,615)	(43,240)
BCUHB	66,394	(66,394)	-
Lloyds Bank Foundation	8,333	(6,240)	2,093
External Training	8,892	(13,455)	(4,563)
Post Code Community Fund	19,875	(19,875)	-
Conwy Mind Counselling	150	(1,255)	(1,105)
	122,623	(158,834)	(36,211)
Restricted funds			
Active Monitoring Programme	51,176	(51,176)	-
Agor	(55,251)	(1,805)	(57,056)
ICAN Conwy	100,001	(100,001)	-
My Generation (Mind)	9,735	(9,735)	-
Parabl Talking Therapies	46,557	(46,557)	-
Active Monitoring GP Conwy Cluster	31,878	(38,580)	(6,702)
Recovery College	9,120	(13,829)	(4,709)
Conwy Council Mental Health Family Worker	-	(138)	(138)
Moondance	42,987	(42,987)	-
Co-Op Resilience Fund Mind Grant	44,195	(31,919)	12,276
Garfield Weston	12,500	(12,500)	-
VWG Small Grant	17,982	(17,757)	225
Whole School Approach	1,990	(4,200)	(2,210)
Conwy Council Youth Grant	14,583	(14,583)	-
	327,453	(385,767)	(58,314)
TOTAL FUNDS	450,076	(544,601)	(94,525)

continued...

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
Fundraising and Donations	-	8,901	(8,901)	-
Head Office	205,580	(16,400)	86,712	275,892
Lloyds Bank Foundation	-	(460)	460	-
External Training	-	6,265	(6,265)	-
Legacy	-	72,005	(72,005)	-
	205,580	70,311	1	275,892
Restricted funds				
Agor	393,145	(54,086)	-	339,059
ICAN Conwy	23,398	(9,373)	-	14,025
N W Peer Support	9,578	(9,577)	(1)	-
Recovery Compass	2,180	(2,180)	-	-
Recovery College	-	45,672	-	45,672
	428,301	(29,544)	(1)	398,756
TOTAL FUNDS	633,881	40,767	-	674,648

continued...

12. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Fundraising and Donations	9,319	(418)	8,901
Head Office	7,776	(24,176)	(16,400)
BCUHB	65,092	(65,092)	-
Lloyds Bank Foundation	24,960	(25,420)	(460)
External Training	7,500	(1,235)	6,265
Legacy	85,000	(12,995)	72,005
	199,647	(129,336)	70,311
Restricted funds			
Active Monitoring Programme	28,342	(28,342)	-
Agor	-	(54,086)	(54,086)
Community Fund Training	9,765	(9,765)	-
ICAN Conwy	119,576	(128,949)	(9,373)
Mind - IT Upgrade	5,500	(5,500)	-
My Generation (Mind)	1,035	(1,035)	-
N W Peer Support	2,506	(12,083)	(9,577)
Parabl Talking Therapies	62,832	(62,832)	-
Recovery Compass	(1,701)	(479)	(2,180)
Community Foundation Wales	6,173	(6,173)	-
Steve Morgan Foundation	14,430	(14,430)	-
Active Monitoring GP Conwy Cluster	20,039	(20,039)	-
Recovery College	45,672	-	45,672
Conwy Council Mental Health Family Worker	4,999	(4,999)	-
	319,168	(348,712)	(29,544)
TOTAL FUNDS	518,815	(478,048)	40,767

continued...

12. MOVEMENT IN FUNDS - continued

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

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
Fundraising and Donations	-	19,505	(8,901)	10,604
Head Office	205,580	(59,640)	342,758	488,698
Lloyds Bank Foundation	-	1,633	460	2,093
External Training	-	1,702	(1,702)	-
Legacy	-	72,005	(72,005)	-
Office Relocation	-	-	11,239	11,239
Conwy Mind Counselling	-	(1,105)	1,105	-
	205,580	34,100	272,954	512,634
Restricted funds				
Agor	393,145	(111,142)	(282,003)	-
ICAN Conwy	23,398	(9,373)	-	14,025
N W Peer Support	9,578	(9,577)	(1)	-
Recovery Compass	2,180	(2,180)	-	-
Active Monitoring GP Conwy Cluster	-	(6,702)	6,702	-
Recovery College	-	40,963	-	40,963
Conwy Council Mental Health Family Worker	-	(138)	138	-
Co-Op Resilience Fund Mind Grant	-	12,276	-	12,276
VWG Small Grant	-	225	-	225
Whole School Approach	-	(2,210)	2,210	-
	428,301	(87,858)	(272,954)	67,489
TOTAL FUNDS	633,881	(53,758)	-	580,123

continued...

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Fundraising and Donations	19,923	(418)	19,505
Head Office	16,151	(75,791)	(59,640)
BCUHB	131,486	(131,486)	-
Lloyds Bank Foundation	33,293	(31,660)	1,633
External Training	16,392	(14,690)	1,702
Legacy	85,000	(12,995)	72,005
Post Code Community Fund	19,875	(19,875)	-
Conwy Mind Counselling	150	(1,255)	(1,105)
	322,270	(288,170)	34,100
Restricted funds			
Active Monitoring Programme	79,518	(79,518)	-
Agor	(55,251)	(55,891)	(111,142)
Community Fund Training	9,765	(9,765)	-
ICAN Conwy	219,577	(228,950)	(9,373)
Mind - IT Upgrade	5,500	(5,500)	-
My Generation (Mind)	10,770	(10,770)	-
N W Peer Support	2,506	(12,083)	(9,577)
Parabl Talking Therapies	109,389	(109,389)	-
Recovery Compass	(1,701)	(479)	(2,180)
Community Foundation Wales	6,173	(6,173)	-
Steve Morgan Foundation	14,430	(14,430)	-
Active Monitoring GP Conwy Cluster	51,917	(58,619)	(6,702)
Recovery College	54,792	(13,829)	40,963
Conwy Council Mental Health Family Worker	4,999	(5,137)	(138)
Moondance	42,987	(42,987)	-
Co-Op Resilience Fund Mind Grant	44,195	(31,919)	12,276
Garfield Weston	12,500	(12,500)	-
VWG Small Grant	17,982	(17,757)	225
Whole School Approach	1,990	(4,200)	(2,210)
Conwy Council Youth Grant	14,583	(14,583)	-
	646,621	(734,479)	(87,858)
TOTAL FUNDS	968,891	(1,022,649)	(53,758)

continued...

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	**10,715**	95,104
Grants	**429,696**	409,195
	440,411	504,299
Other trading activities		
Training Income	**8,892**	7,500
Investment income		
Deposit account interest	**677**	1,506
Other income		
Other Income	**96**	5,510
Total incoming resources	**450,076**	518,815
EXPENDITURE		
Other trading activities		
Fundraising and Publicity	**144**	3,470
Charitable activities		
Wages	**405,189**	294,829
Rent & Rates	**35,315**	13,642
Insurance	**5,217**	8,219
Light and heat	**(4,145)**	7,469
Telephone	**3,563**	3,123
Advertising	**9,761**	1,052
Charitable Expenditure	**8,811**	18,971
Maintenance	**6,262**	10,029
Volunteer Costs and Expenses	**1,997**	1,303
Staff Training	**10,687**	10,691
Rent & Rates	**51**	335
Computer Costs	**12,485**	18,210
Staff Expenses	**305**	-
Staff Travel	**232**	-
Recruitment	**919**	-
Trustee Expenses	**233**	-
Improvements to property	**-**	29,058
Plant and machinery	**3,093**	773
	499,975	417,704

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

	2022 £	2021 £
Support costs		
Governance costs		
Accountancy fees	**9,398**	7,938
Legal fees	**3,782**	9,742
Office Costs	**23,567**	13,861
Stationery	**218**	261
Executive Costs	**63**	-
Bank Charges	**43**	44
Postage	**433**	-
Cleaning	**3,600**	-
Health Insurance	**1,296**	-
Loss on sale of intangible fixed assets	**2,082**	-
Exceptional items	**-**	25,028
	44,482	56,874
Total resources expended	**544,601**	478,048
Net (expenditure)/income	**(94,525)**	40,767

Conwy Mind

England & Wales - Charity number 1073596

Accounts

REGISTERED COMPANY NUMBER: 03630284 (England and Wales)
REGISTERED CHARITY NUMBER: 1073596

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

FOR

CONWY MIND

Williams Denton Cyf
Chartered Certified Accountants
13 Trinity Square
Llandudno
United Kingdom
CONWY
LL30 2RB

CONWY MIND

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

	Page
Report of the Trustees	1 to 6
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9 to 10
Notes to the Financial Statements	11 to 20
Detailed Statement of Financial Activities	21 to 22

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

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 2021. 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).

Conwy Mind moved location from Trinity Square to the Business Park in Abergele enabling the sale of the Trinity Square property. The decision to sell was made at the end of the last financial year. The entire property was in a very bad state of repair requiring major structural repairs and remodelling to make it fit for purpose. The expense of conducting these works would have been prohibitive. The Board agreed moving to a modern, serviced office would be preferable, providing a safe working space allowing social distancing at this time of restraint. This is more environmentally friendly option with a lower carbon footprint. The funds released through the sale of the building will be used to ensure services will continue to be delivered, even in the event of funding ending. Funds released will be invested to ensure a regular income for the charity and as a safeguard for the future of delivery of services.

The Board of Trustees meet bimonthly and follow a set agenda, occasionally having input from staff delivering services, fundraising and business development as well as advisors from Central Mind. Responsible for Governance and strategic direction, it also reviews the financial situation, service provision and delivery. These meetings are minuted and presented to the Board of Trustees for approval prior to the next meeting.

The Board have a Governance subcommittee which meets monthly to regularly review and update all policies and procedures as part of our Mind Quality Mark (MQM) process. The MQM standard is endorsed by the Charity Commission and is an ongoing process. The Board also have a Finance subcommittee meeting monthly to regularly review financial policies and procedures. The subcommittee scrutinise the financial situation and make recommendations to the Board when necessary and relevant to do so.

The charity will ensure that its recruitment and selection procedures of Staff and Trustees follow the equality and diversity policy. Two references will be taken up from all successful candidates prior to any formal offer, where appropriate referees will be asked to comment on the applicant's suitability for the role. Where relevant to the post, the successful applicant will be asked to agree to a DBS (Disclosure Barring Scheme), enhanced when deemed necessary for the role. Disclosures will be requested prior to the applicant taking up post.

Induction for the new trustees, staff and volunteers includes information on all policies and procedures and on-going training is provided. All staff and volunteers have a designated supervisor who provides appropriate ongoing support and supervision.

Conwy Mind recruits volunteers to assist in the smooth running of services and offers them a robust, accredited training programme, giving them the skills required to perform their role. Over the last year during the epidemic, volunteers have not been engaged as services have generally taken place over the phone or via Zoom. Volunteer recruitment has been reopened to a range of different roles.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Conwy Mind is affiliated to the national organisation of Mind and incorporates the national aims and objectives in its constitution. Conwy Mind fully subscribes to, and supports, the mission and strategy of national Mind. We aim to promote and work towards this mission and vision in our own community of Conwy County and North Wales recognising that there are specific cultural and regional needs. In order to reflect this, Conwy Mind has committed to our own mission, vision and objectives.

The trustees confirm that they have referred to the guidance in the Charity Commission's guidance on public benefit when reviewing the aims and objectives of Conwy Mind and in planning future activities.

Our Vision in Conwy Mind is of a society where everyone experiencing mental health needs and emotional problems receive both support and respect, and are accepted and included without fear of stigma and discrimination.

Our Purpose is to provide appropriate person-centred advice, guidance, and support, to empower people who experience mental health and emotional problems. We believe that everyone should have the right and opportunity to access comprehensive services that will enable them to improve and reach their full potential. This includes access to services and responses in both Welsh & English.

We campaign to improve services, raise awareness and promote understanding.

Significant activities

- **Staying well** - To support people who experience, or who may develop mental health problems, to stay well.
- **Empowering choice** - To enable people, who experience a mental health problem, to make informed choices about how they live; and their recovery.
- **Improving services and support** - To help people get the right service, at the right time and in the right place, enabling them to live with their mental health problem and improve their situation.
- **Enabling Social Participation** - To 'open doors' for people with experience of mental health problems, to help them participate as fully as possible, in their family and communities.

This implies delivering services in both Welsh and English.

- **Removing Inequality of opportunity** - To bring equality of treatment for people who experience mental ill health prejudice and other forms of discrimination, including for Welsh speakers.
- **Organisational excellence** - To make the most of our charity's assets, by building a culture of compassion, cooperation efficiency and effectiveness.

Our Values - are at the heart of everything we do, we are:

- **Open** - We reach out to people who need us;
- **Together** - We're stronger when we work within partnerships;
- **Responsive** - We listen, we act.
- **Independent** - We speak out, on behalf of those we serve,
- **Unstoppable** - We mean to stay financially solvent and relevant to those we serve, so that we never have to give up improving what we do and how we do it.

We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

ACHIEVEMENT AND PERFORMANCE

In the 12 months to 31st March 2021, Conwy Mind received 1649 referrals from people looking to access support. 1446 individuals received a direct service from Conwy Mind. On average, service users access 12 weeks of support at Conwy Mind, though this average varies between the services offered.

ICan Community Hub

The ICan Community Hub is a BCHUB funded project, the hub was initially set up in Llandudno in February 2020. In March 2020, the Hub became virtual due to the Covid-19 pandemic, providing the one-stop shop for mental health needs through online and telephone services. It provides information and signposting, and one to one support for service users. 868 people have been referred and 748 supported through the ICan Community Hub from April 2020 to March 2021. The Hub is currently funded until March 2022, with discussions currently taking place about continuation funding.

Talking Therapies Hub

Over the year, from April 2020, Conwy Mind extended the Talking Therapies offer to include:
- Parabl
- Active Monitoring
- Conwy Mind counselling service
- Online Serenity CBT

Parabl

Since 2013 Conwy Mind has been a partner in the delivery of the Parabl Talking Therapies , in partnership with lead partner CAIS. The contract service received 213 referrals for one to one counselling, Coping with Life and Mindfulness courses, and Parabl online Serenity CBT course.
The contract is due to end in September 2021, though this is likely to be extended whilst a legacy contract is developed by BCUHB.

Active Monitoring

Active Monitoring is an early intervention service offered over six week guided self help course, to help with any of the follow:, anxiety, depression, self esteem, and feeling alone. Conwy Mind began delivery of Active Monitoring as part of a joint delivery across local Minds in Wales, funded by WCVA in June 2020. In addition to WCVA funding, we have been successful in securing a contract for the GP East Cluster in Conwy County. 323 referrals have been received for Active Monitoring from April 2020 to March 2021.

Conwy Mind Counselling Service

At the beginning of the pandemic, Conwy Mind applied for emergency funding to increase the counselling offer as there was a long waiting list for Parabl services. We successfully funded 6 months of counselling services through the Steve Morgan Foundation Covid-19 response fund, followed by funding from Community Foundation Wales and Moondance Foundation, to continue the service. We delivered 6 weeks of counselling to 182 people between April 2020 and March 2021. The service received 245 referrals, with people being placed on a waiting list to receive the service.

Online CBT

In addition to the online Serenity CBT course offered through the Parabl contract, we have offered a shorter Serenity CBT course to service users. 36 people were supported to access Serenity CBT from April 2020 to March 2021.

Training Hub

As part of the development of the 5 Year Business Plan in June 2020, Conwy Mind developed an external training programme for businesses and organisations, offering a range of mental health and wellbeing courses at a cost as part of the plan to increase income generation to support the sustainability of Conwy Mind. 34 people attended external training sessions from August 2020 (when the Training Hub was established) to March 2021.
Training courses for service users and volunteers were also developed, alongside the external training. 15 people, including young people, attended training sessions from August 2020 to March 2021.

Volunteers

Throughout the covid-19 pandemic, due to the restrictions, we have only been able to offer opportunities in volunteering in a home-based capacity. We recruited 3 student counsellor volunteers in October 2020 to start delivering counselling in March 2021.

FINANCIAL REVIEW

Financial position

The total income received for the period was £493k, which is an increase on last year by £30k. This increase takes in account changes to the grants and contracts secured, with increased capacity in the organisation for applications due to the appointment of the Business Development Manager in March 2020. The 5 Year Business Plan was developed to include a financial plan for expansion and changes and an annual funding strategy is now developed.

One member of staff was made redundant following a staff restructure which was part of the development of the 5 Year Business Plan. This was due to the Day Services delivery having to close due to the ongoing pandemic and associated restrictions. There were 10 new staff posts created between April 2020 and March 2021, funded through new grants and contracts. 6 staff were retained from the previous year and one member of staff resigned to move onto another role.

There were grants received from BCUHB, Lloyds Foundation and Mind Peer Support grant as part of multi-year grant awards. New grant funding was received from WCVA, Steve Morgan Foundation, Community Foundation Wales, Awards for All, Moondance Foundation and national Mind (Influence and Participation, My Generation. And IT grant funds).

We received continued contract funding from BCUHB for ICan Community Hub and our part of the Parabl contract.

Reserves policy

At year end the unrestricted reserves for Conwy Mind were £275k with total funds of £674k

These unrestricted reserves are in keeping with the reserves policy, which states that reserves are between 3 to 6 months of running costs for the organisation. The Trustees have considered this as adequate to cover any changes to the organisation, taking into consideration increase in staff levels, covid 19 and the development of the 5-year Business Plan.

The affect of the Covid-19 Pandemic on Conwy Mind

In mid-March 2020, Conwy Mind closed the doors to face-to-face services due to the Covid-19 pandemic, as the lockdown restrictions meant staff had to work from home and the offices were closed to all for several months. Services have continued to be delivered online and by telephone since the start of the pandemic.

Staff members have returned to some office-based working (mixed with home-working), initially in September 2020 as some restrictions were lifted, though home working was again put into effect during the circuit breaker lockdown in November 2020 and the longer lockdown of January 2021 to May 2021. Conwy Mind continue to be vigilant in Covid-19 precautions, creating a Covid-19 Policy and procedures to which all staff members, Trustees, volunteers and visitors must adhere. Numbers of people in the office are kept to a minimum at all times, the premises are well ventilated, social distancing markers are throughout the office environment, staff and volunteers are advised to regularly undertake covid tests, and a record of temperatures is kept for everyone entering the office.

There has been a reduction in donations and fundraising due to the pandemic and income generation has potentially been affected by the pandemic, with targets not met for external training income generation and little interest to date in paid-for counselling services.

FUTURE PLANS

Throughout the past 12 months, we have achieved phase 1 one the 5 Year Business Plan, developing the Community, Talking Therapies and Training Hubs and beginning to work towards phase 2 plans of developing services for families and young people by appointing a Family Worker and offering Mum's Matter.

Phase 2 of the business plan will focus on developing a range of services suitable for those aged 11 years and over, with the development of funding applications to support this work. There will also be the development of peer support groups, as outlined in the Business Plan. Services will be developed in the community, with new venues sought and mobile Hubs created, once covid-19 restrictions are eased.

A new website will be developed and a Marketing and Engagement Officer appointed to co-ordinate and develop marketing and publicity to better reach potential service users across the county.

The Management Team and Trustees will continue to focus on developing quality systems, ensuring all policies and procedures are up-to-date and effective, improving HR systems, continuing improvements to monitoring and evaluation and improvements to premises.

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
03630284 (England and Wales)

Registered Charity number
1073596

Registered office
Unit 5325
First Floor
North Wales Business Park
Abergele
CONWY
LL22 8LJ

Trustees
Mrs J Baldini Retired
Mr R G Holden Retired Nhs Manager
Mrs J A Horsnell Unemployed (appointed 20.7.21) (resigned 1.9.20)
Mrs J A Horsnell Unemployed (appointed 20.7.21) (resigned 1.9.20)
Mrs M Rastall Retired (resigned 1.9.20)
Mr O F Traynor Director (resigned 1.8.20)
Ms C Cunningham Retired
Dr C Hinds Self Employed Clinical Psychologist, Dbt
Mrs M James HR Consultant (resigned 9.12.20)

Company Secretary
Mrs D Roberts

REFERENCE AND ADMINISTRATIVE DETAILS
Independent Examiner
Williams Denton Cyf
Chartered Certified Accountants
13 Trinity Square
Llandudno
United Kingdom
CONWY
LL30 2RB

Approved by order of the board of trustees on ..... and signed on its behalf by:

..... Baldini 18.11.21
Trustee

18.11.21

Independent examiner's report to the trustees of Conwy Mind ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

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

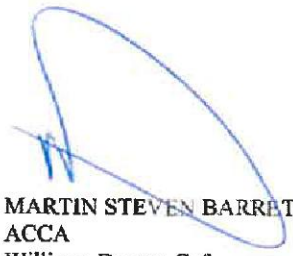
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').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

Independent examiner's statement
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 registered member of ACCA 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.



MARTIN STEVEN BARRETT
ACCA
Williams Denton Cyf
Chartered Certified Accountants
13 Trinity Square
Llandudno
United Kingdom
CONWY
LL30 2RB

Date: 19/11/21

CONWY MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		**185,131**	**319,168**	**504,299**	454,950
Other trading activities	2	**7,500**	**-**	**7,500**	-
Investment income	3	**1,506**	**-**	**1,506**	188
Other income		**5,510**	**-**	**5,510**	7,849
Total		**199,647**	**319,168**	**518,815**	462,987
EXPENDITURE ON					
Raising funds		**1,490**	**1,980**	**3,470**	964
Charitable activities					
Active Inclusion		**-**	**-**	**-**	101,264
Agor		**-**	**54,086**	**54,086**	55,191
Recovery Compass		**-**	**479**	**479**	-
Lloyds Bank		**25,420**	**-**	**25,420**	11,676
Conwy Mind		**-**	**5,500**	**5,500**	93,061
ICAN Conwy		**-**	**128,819**	**128,819**	29,929
My Generation (Mind)		**-**	**1,035**	**1,035**	2,392
N W Peer Support		**-**	**12,083**	**12,083**	66,875
Parabl		**-**	**62,832**	**62,832**	-
BCUHB		**65,092**	**-**	**65,092**	-
Active Monitoring Programme		**-**	**27,042**	**27,042**	-
Active Monitoring GP Conwy Cluster		**-**	**20,039**	**20,039**	-
Community Foundation Wales		**-**	**6,173**	**6,173**	-
Steve Morgan Foundation		**-**	**13,880**	**13,880**	-
Conwy Council Mental Health Family Worker		**-**	**4,999**	**4,999**	-
Head Office		**23,104**	**-**	**23,104**	1,211
Legacy		**12,995**	**-**	**12,995**	-
Community Fund Training		**-**	**9,765**	**9,765**	-
External Training		**1,235**	**-**	**1,235**	-
Total		**129,336**	**348,712**	**478,048**	362,563
NET INCOME/(EXPENDITURE)		**70,311**	**(29,544)**	**40,767**	100,424
Transfers between funds	12	**1**	**(1)**	**-**	-
Net movement in funds		**70,312**	**(29,545)**	**40,767**	100,424
RECONCILIATION OF FUNDS					
Total funds brought forward		**205,580**	**428,301**	**633,881**	533,457
TOTAL FUNDS CARRIED FORWARD		**275,892**	**398,756**	**674,648**	633,881

The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	8	**3,093**	**363,757**	**366,850**	396,681
CURRENT ASSETS					
Debtors	9	**9,253**	**47,766**	**57,019**	102,682
Cash at bank		**258,768**	**78,543**	**337,311**	161,893
		268,021	**126,309**	**394,330**	264,575
CREDITORS					
Amounts falling due within one year	10	**4,778**	**(91,310)**	**(86,532)**	(27,375)
NET CURRENT ASSETS		**272,799**	**34,999**	**307,798**	237,200
TOTAL ASSETS LESS CURRENT LIABILITIES		**275,892**	**398,756**	**674,648**	633,881
NET ASSETS		**275,892**	**398,756**	**674,648**	633,881
FUNDS	12				
Unrestricted funds				**275,892**	205,580
Restricted funds				**398,756**	428,301
TOTAL FUNDS				**674,648**	633,881

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 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 notes form part of these financial statements

continued...

BALANCE SHEET - continued
31 MARCH 2021

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

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

..... Baldini 18.11.21
Trustee

18.11.21

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.

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.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 5% on reducing balance
Improvements to property	- 5% on reducing balance
Plant and machinery	- 20% on reducing balance

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.

2. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Training Income	7,500	-

continued...

3. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	1,506	188

4. NET INCOME/(EXPENDITURE)

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

	2021	2020
	£	£
Depreciation - owned assets	29,831	30,025

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were trustees expenses paid for the year ended 31 March 2021 of £43.17 (2020 - £1,977.60)

6. STAFF COSTS

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

	2021	2020
Direct Charitable	10	9
Administration	1	1
	11	10

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

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	191,670	263,280	454,950
Investment income	188	-	188
Other income	7,849	-	7,849
Total	199,707	263,280	462,987
EXPENDITURE ON			
Raising funds	964	-	964
Charitable activities			
Active Inclusion	-	101,264	101,264

continued...

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Agor	-	55,191	55,191
Lloyds Bank	11,676	-	11,676
Conwy Mind	90,875	2,186	93,061
ICAN Conwy	-	29,929	29,929
My Generation (Mind)	-	2,392	2,392
N W Peer Support	-	66,875	66,875
Head Office	-	1,211	1,211
Total	103,515	259,048	362,563
NET INCOME	96,192	4,232	100,424
Transfers between funds	(2,196)	2,196	-
Net movement in funds	93,996	6,428	100,424
RECONCILIATION OF FUNDS			
Total funds brought forward	111,584	421,873	533,457
TOTAL FUNDS CARRIED FORWARD	205,580	428,301	633,881

8. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Plant and machinery £	Totals £
COST				
At 1 April 2020 and 31 March 2021	**201,460**	**261,797**	**157,079**	**620,336**
DEPRECIATION				
At 1 April 2020	**98,605**	**24,887**	**100,163**	**223,655**
Charge for year	**10,073**	**13,090**	**6,668**	**29,831**
At 31 March 2021	**108,678**	**37,977**	**106,831**	**253,486**
NET BOOK VALUE				
At 31 March 2021	**92,782**	**223,820**	**50,248**	**366,850**
At 31 March 2020	102,855	236,910	56,916	396,681

continued...

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade debtors	47,766	39,928
Amounts owed by group undertakings	-	61,728
Prepayments	9,253	1,026
	57,019	102,682

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Bank loans and overdrafts (see note 11)	24,698	14,754
Trade creditors	5,854	5,803
Social security and other taxes	-	2,980
Pension	1,843	884
Accruals and deferred income	54,137	-
Accrued expenses	-	2,954
	86,532	27,375

11. LOANS

An analysis of the maturity of loans is given below:

	2021	2020
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	24,698	14,754

continued...

12. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
Fundraising and Donations	-	8,901	(8,901)	-
Head Office	205,580	(16,400)	86,712	275,892
Lloyds Bank Foundation	-	(460)	460	-
External Training	-	6,265	(6,265)	-
Legacy	-	72,005	(72,005)	-
	205,580	70,311	1	275,892
Restricted funds				
Agor	393,145	(54,086)	-	339,059
ICAN Conwy	23,398	(9,373)	-	14,025
N W Peer Support	9,578	(9,577)	(1)	-
Recovery Compass	2,180	(2,180)	-	-
Recovery College	-	45,672	-	45,672
	428,301	(29,544)	(1)	398,756
TOTAL FUNDS	633,881	40,767	-	674,648

continued...

12. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Fundraising and Donations	9,319	(418)	8,901
Head Office	7,776	(24,176)	(16,400)
BCUHB	65,092	(65,092)	-
Lloyds Bank Foundation	24,960	(25,420)	(460)
External Training	7,500	(1,235)	6,265
Legacy	85,000	(12,995)	72,005
	199,647	(129,336)	70,311
Restricted funds			
Active Monitoring Programme	28,342	(28,342)	-
Agor	-	(54,086)	(54,086)
Community Fund Training	9,765	(9,765)	-
ICAN Conwy	119,576	(128,949)	(9,373)
Mind - IT Upgrade	5,500	(5,500)	-
My Generation (Mind)	1,035	(1,035)	-
N W Peer Support	2,506	(12,083)	(9,577)
Parabl Talking Therapies	62,832	(62,832)	-
Recovery Compass	(1,701)	(479)	(2,180)
Community Foundation Wales	6,173	(6,173)	-
Steve Morgan Foundation	14,430	(14,430)	-
Active Monitoring GP Conwy Cluster	20,039	(20,039)	-
Recovery College	45,672	-	45,672
Conwy Council Mental Health Family Worker	4,999	(4,999)	-
	319,168	(348,712)	(29,544)
TOTAL FUNDS	518,815	(478,048)	40,767

continued...

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
Head Office	111,584	96,192	(2,196)	205,580
Restricted funds				
Active Inclusion 024041	-	(1)	1	-
Agor	421,873	(28,728)	-	393,145
ICAN Conwy	-	23,398	-	23,398
My Generation (Mind)	-	(1)	1	-
N W Peer Support	-	9,578	-	9,578
Parabl Talking Therapies	-	(2,193)	2,193	-
Recovery Compass	-	2,180	-	2,180
Active Inclusion 024220	-	(1)	1	-
	421,873	4,232	2,196	428,301
TOTAL FUNDS	533,457	100,424	-	633,881

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Head Office	199,707	(103,515)	96,192
Restricted funds			
Active Inclusion 024041	42,668	(42,669)	(1)
Active Inclusion 024134	52,484	(52,484)	-
Agor	-	(28,728)	(28,728)
ICAN Conwy	50,682	(27,284)	23,398
My Generation (Mind)	5,000	(5,001)	(1)
N W Peer Support	11,800	(2,222)	9,578
Parabl Talking Therapies	64,682	(66,875)	(2,193)
Recovery Compass	28,642	(26,462)	2,180
Active Inclusion 024220	7,322	(7,323)	(1)
	263,280	(259,048)	4,232
TOTAL FUNDS	462,987	(362,563)	100,424

continued...

12. MOVEMENT IN FUNDS - continued

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

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
Fundraising and Donations	-	8,901	(8,901)	-
Head Office	111,584	79,792	84,516	275,892
Lloyds Bank Foundation	-	(460)	460	-
External Training	-	6,265	(6,265)	-
Legacy	-	72,005	(72,005)	-
	111,584	166,503	(2,195)	275,892
Restricted funds				
Active Inclusion 024041	-	(1)	1	-
Agor	421,873	(82,814)	-	339,059
ICAN Conwy	-	14,025	-	14,025
My Generation (Mind)	-	(1)	1	-
N W Peer Support	-	1	(1)	-
Parabl Talking Therapies	-	(2,193)	2,193	-
Active Inclusion 024220	-	(1)	1	-
Recovery College	-	45,672	-	45,672
	421,873	(25,312)	2,195	398,756
TOTAL FUNDS	533,457	141,191	-	674,648

continued...

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Fundraising and Donations	9,319	(418)	8,901
Head Office	207,483	(127,691)	79,792
BCUHB	65,092	(65,092)	-
Lloyds Bank Foundation	24,960	(25,420)	(460)
External Training	7,500	(1,235)	6,265
Legacy	85,000	(12,995)	72,005
	399,354	(232,851)	166,503
Restricted funds			
Active Inclusion 024041	42,668	(42,669)	(1)
Active Inclusion 024134	52,484	(52,484)	-
Active Monitoring Programme	28,342	(28,342)	-
Agor	-	(82,814)	(82,814)
Community Fund Training	9,765	(9,765)	-
ICAN Conwy	170,258	(156,233)	14,025
Mind - IT Upgrade	5,500	(5,500)	-
My Generation (Mind)	6,035	(6,036)	(1)
N W Peer Support	14,306	(14,305)	1
Parabl Talking Therapies	127,514	(129,707)	(2,193)
Recovery Compass	26,941	(26,941)	-
Active Inclusion 024220	7,322	(7,323)	(1)
Community Foundation Wales	6,173	(6,173)	-
Steve Morgan Foundation	14,430	(14,430)	-
Active Monitoring GP Conwy Cluster	20,039	(20,039)	-
Recovery College	45,672	-	45,672
Conwy Council Mental Health Family Worker	4,999	(4,999)	-
	582,448	(607,760)	(25,312)
TOTAL FUNDS	981,802	(840,611)	141,191

continued...

13. RELATED PARTY DISCLOSURES

Agor:Open (Company Limited by Guarantee) (Company Number 09098333) was incorporated on 23 June 2014. Agor:Open is a wholly controlled subsidiary of Conwy Mind.

During the year to 31 March 2021 Conwy Mind paid expenses of £1,200 on behalf of Agor:Open.

During the year to 31 March 2021 Agor:Open transferred £62,928 to Conwy Mind.

During the year to 31 March 2021 a balance of £25,028 owing from Agor:Open to Conwy Mind was written off.

At 31 March 2021, Agor:Open owed Conwy Mind £nil (2020 - £61,728)