

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

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.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

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 political 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.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

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.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

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 meet 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 Elan 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.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

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 contracts 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.

CONWY MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

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)

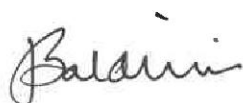
Company Secretary

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:



Mrs Jacky Baldini - 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 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: 16/4/2022

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

CONWY MIND**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		<u>512,634</u>	<u>67,489</u>	<u>580,123</u>	<u>674,648</u>

The notes form part of these financial statements

CONWY MIND

**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
		<u>563,867</u>	<u>211,682</u>	<u>775,549</u>	<u>394,330</u>
CREDITORS					
Amounts falling due within one year	10	(51,233)	(144,193)	(195,426)	(86,532)
NET CURRENT ASSETS		<u>512,634</u>	<u>67,489</u>	<u>580,123</u>	<u>307,798</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>512,634</u>	<u>67,489</u>	<u>580,123</u>	<u>674,648</u>
NET ASSETS		<u>512,634</u>	<u>67,489</u>	<u>580,123</u>	<u>674,648</u>
FUNDS	12				
Unrestricted funds				512,634	275,892
Restricted funds				67,489	398,756
TOTAL FUNDS				<u>580,123</u>	<u>674,648</u>

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

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

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:

A handwritten signature in black ink, appearing to read 'Baldini', with a stylized flourish at the end.

Mrs Jacky Baldini - Trustee

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

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
	<u> </u>	<u> </u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

3. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	<u>677</u>	<u>1,506</u>

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	<u>2,082</u>	<u>-</u>

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
	10	10
Direct Charitable Administration	<u>1</u>	<u>1</u>
	<u>11</u>	<u>11</u>

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	<u>199,647</u>	<u>319,168</u>	<u>518,815</u>
EXPENDITURE ON			
Raising funds	1,490	1,980	3,470

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

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

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

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
	<u>99,560</u>	<u>57,019</u>

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
	<u>195,426</u>	<u>86,532</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

11. LOANS

An analysis of the maturity of loans is given below:

	2022 £	2021 £
Amounts falling due within one year on demand:		
Bank overdrafts	<u>41,738</u>	<u>24,698</u>

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	-
	<u>275,892</u>	<u>(36,211)</u>	<u>272,953</u>	<u>512,634</u>
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	-
	<u>398,756</u>	<u>(58,314)</u>	<u>(272,953)</u>	<u>67,489</u>
TOTAL FUNDS	<u>674,648</u>	<u>(94,525)</u>	<u>-</u>	<u>580,123</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

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)
	<u>122,623</u>	<u>(158,834)</u>	<u>(36,211)</u>
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)	-
	<u>327,453</u>	<u>(385,767)</u>	<u>(58,314)</u>
TOTAL FUNDS	<u>450,076</u>	<u>(544,601)</u>	<u>(94,525)</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

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)	-
	<u>205,580</u>	<u>70,311</u>	<u>1</u>	<u>275,892</u>
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
	<u>428,301</u>	<u>(29,544)</u>	<u>(1)</u>	<u>398,756</u>
TOTAL FUNDS	<u>633,881</u>	<u>40,767</u>	<u>-</u>	<u>674,648</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

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
	<u>199,647</u>	<u>(129,336)</u>	<u>70,311</u>
Restricted funds			
Active Monitoring Programme	28,342	(28,342)	-
Agor	-	(54,086)	(54,086)
Community Fund Training	9,765	(9,765)	-
JCAN 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)	-
	<u>319,168</u>	<u>(348,712)</u>	<u>(29,544)</u>
TOTAL FUNDS	<u>518,815</u>	<u>(478,048)</u>	<u>40,767</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

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	<u>633,881</u>	<u>(53,758)</u>	<u>-</u>	<u>580,123</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

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)
	<u>322,270</u>	<u>(288,170)</u>	<u>34,100</u>
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)	-
	<u>646,621</u>	<u>(734,479)</u>	<u>(87,858)</u>
TOTAL FUNDS	<u>968,891</u>	<u>(1,022,649)</u>	<u>(53,758)</u>

13. RELATED PARTY DISCLOSURES

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

CONWY MIND**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

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CONWY MIND**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
	<u>44,482</u>	<u>56,874</u>
Total resources expended	<u>544,601</u>	<u>478,048</u>
Net (expenditure)/income	<u>(94,525)</u>	<u>40,767</u>

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