

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

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FOR THE YEAR ENDED 31 MARCH 2024**

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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 Certified 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

CONWY MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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 35,000 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.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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.

CONWY MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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.

CONWY MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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 successfully 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.

CONWY MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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

		Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
	Notes				
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.

CONWY MIND

BALANCE SHEET - continued
31 MARCH 2024

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	<u>(46,549)</u>	<u>65,360</u>
Net cash (used in)/provided by operating activities		<u>(46,549)</u>	<u>65,360</u>
Cash flows from investing activities			
Interest received		<u>15,243</u>	<u>5,437</u>
Net cash provided by investing activities		<u>15,243</u>	<u>5,437</u>
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	<u>355,048</u>	<u>284,251</u>
Cash and cash equivalents at the end of the reporting period	2	<u>323,742</u>	<u>355,048</u>

CONWY MIND

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	<u>(46,549)</u>	<u>65,360</u>

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	<u>323,742</u>	<u>355,048</u>

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	<u>(1,243)</u>	<u>1,243</u>	<u>-</u>
	<u>355,048</u>	<u>(31,306)</u>	<u>323,742</u>
Liquid resources			
Deposits included in cash	-	-	-
Current asset investments	<u>344,120</u>	<u>(8,362)</u>	<u>335,758</u>
	<u>344,120</u>	<u>(8,362)</u>	<u>335,758</u>
Total	<u>699,168</u>	<u>(39,668)</u>	<u>659,500</u>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

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.

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

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

CONWY MIND**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024****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

CONWY MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

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)

CONWY MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

9. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	<u>498,173</u>	<u>418,524</u>
	<u>498,173</u>	<u>418,524</u>

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

	2024	2023
	21	20
Direct Charitable Administration	<u>1</u>	<u>1</u>
	<u>22</u>	<u>21</u>

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	<u>168,086</u>	<u>407,337</u>	<u>575,423</u>
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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

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	<u>37,977</u>	<u>109,924</u>	<u>147,901</u>
DEPRECIATION			
At 1 April 2023 and 31 March 2024	<u>37,977</u>	<u>109,924</u>	<u>147,901</u>
NET BOOK VALUE			
At 31 March 2024	<u>-</u>	<u>-</u>	<u>-</u>
At 31 March 2023	<u>-</u>	<u>-</u>	<u>-</u>

CONWY MIND**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024****12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

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

13. CURRENT ASSET INVESTMENTS

	2024	2023
	£	£
Other	<u>335,758</u>	<u>344,120</u>

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	<u>65,972</u>	<u>94,979</u>
	<u>81,110</u>	<u>103,889</u>

15. LOANS

An analysis of the maturity of loans is given below:

	2024	2023
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	<u>-</u>	<u>1,243</u>

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

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 Resilience 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 Homelessness	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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

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	<u>555,576</u>	<u>536,030</u>
	620,814	553,795
Other trading activities		
Training Income	27,103	16,191
Other Income	<u>4,921</u>	<u>-</u>
	32,024	16,191
Investment income		
Deposit account interest	<u>15,243</u>	<u>5,437</u>
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	<u>791</u>	<u>646</u>
	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	<u>8,362</u>	<u>5,880</u>
	<u>51,609</u>	<u>39,114</u>
Total resources expended	<u>660,157</u>	<u>541,015</u>
Net income	<u><u>7,924</u></u>	<u><u>34,408</u></u>

