

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

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025
FOR
CONWY MIND**

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

CONWY MIND

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FOR THE YEAR ENDED 31 MARCH 2025**

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CONWY MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

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

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. Under these Articles the members of the Board of Trustees are elected at a General Meeting to serve for a period of three years. The Articles of Association are reviewed regularly to ensure they continue to support the purpose of Conwy Mind and are in accordance with current legislation.

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

Banking

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

Accountants

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

Responsibilities of members of the executive committee:

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

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

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

Senior Management Structure

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

CONWY MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

Strategy

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

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

We also renewed our Investing in Volunteers accreditation.

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

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

Trustees

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

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

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

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

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

OBJECTIVES AND ACTIVITIES

Objectives and aims

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

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

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

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

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

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

Conwy Mind Values:

- o Kindness
- o Respect
- o Integrity
- o Teamwork

Conwy Mind embraces the refreshed Mind Federation Values of :

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

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

Our strategic objectives

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

Achievements so far:

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

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

CONWY MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

2. Raise awareness and tackle stigma

Achievements so far:

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

3. Develop and expand services for Children and Young People

Achievements so far:

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

4. Build an organisation which is fit for the future

Achievements so far:

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

CONWY MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

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

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

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

Changing Minds National Lottery funding

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

ICAN Community Hub

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

Counselling Services

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

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

Due to the uncertainty of the direction of the Health Board with the Parabl contract, Conwy Mind will continue to deliver to people on the current client waiting list only.

Courses and Groups

222 people accessed groups and community-based activities.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

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

Young People Support

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

Volunteering

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

Lived Experience

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

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

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

Training

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

CONWY MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

FINANCIAL REVIEW

Financial position

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

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

Strategic Review and Service Adaptation

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

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

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

Strengthening Financial Resilience

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

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

Voluntary Support

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

Going Concern

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

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

CONWY MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

FINANCIAL REVIEW

Reserves policy

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

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

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

FUTURE PLANS

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

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

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

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

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

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

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03630284 (England and Wales)

Registered Charity number

1073596

CONWY MIND

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

Registered office

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

Trustees

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

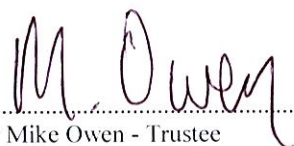
Company Secretary

Mrs D Roberts

Independent Examiner

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

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


.....
Mr Mike Owen - 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 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

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



MARTIN STEVEN BARRETT
The Association of Chartered Certified Accountants

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

Date: 22/12/2025

CONWY MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	183,631	365,327	548,958	620,814
Other trading activities	3	33,770	-	33,770	32,024
Investment income	4	32,906	-	32,906	15,243
Total		250,307	365,327	615,634	668,081
EXPENDITURE ON					
Raising funds	5	42,480	-	42,480	3,353
Charitable activities					
Lloyds Bank	6	-	-	-	20,297
Parabl		-	47,808	47,808	47,023
BCUHB		68,653	-	68,653	67,722
Active Monitoring Programme		-	-	-	47,158
Active Monitoring GP Conwy Cluster		-	-	-	57,135
Head Office		6,176	-	6,176	-
External Training		13,126	-	13,126	23,771
General Funds		-	-	-	(24,710)
ICAN Community Hub		-	95,955	95,955	96,269
Recovery College CCBC		-	-	-	5,821
VWG Small Grant		-	40,125	40,125	27,079
Whole School Approach		-	-	-	2,210
Moondance		-	27,344	27,344	13,185
Cost of Living Grant		-	-	-	20,000
Early Support Schools and Colleges		-	-	-	42,445
Abergele in Action		-	15,281	15,281	17,857
Postcode Community Trust		24,999	-	24,999	25,008
Fundraising / Donations		42,481	-	42,481	101,188
Conwy Mind Counselling		41,433	-	41,433	4,728
Group Support - Mindfulness		-	-	-	1,198
Get Active		-	11,339	11,339	18,197
Ending Rural Homelessness		-	42,461	42,461	27,306
Voluntary Sector Key Fund		-	-	-	15,724
Mind Grant		-	-	-	193

The notes form part of these financial statements

CONWY MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

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

The notes form part of these financial statements

CONWY MIND

BALANCE SHEET
31 MARCH 2025

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

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

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

The trustees acknowledge their responsibilities for

- 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

CONWY MIND

BALANCE SHEET - continued
31 MARCH 2025

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

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

M. Owen

Mr Mike Owen - Trustee

The notes form part of these financial statements

CONWY MIND

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025**

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

The notes form part of these financial statements

CONWY MIND

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025

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

	2025 £	2024 £
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(19,552)	7,924
Adjustments for:		
Interest received	(32,906)	(15,243)
Investment valuation	-	8,362
Decrease/(increase) in debtors	20,433	(26,056)
Increase/(decrease) in creditors	<u>35,297</u>	<u>(21,536)</u>
Net cash provided by/(used in) operations	<u>3,272</u>	<u>(46,549)</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

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

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

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

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

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

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

Expenditure

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

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

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

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

Computer software

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

Computer Software - 4 years straight line

No amortisation has been posted in the year as the software has not been completed.

Tangible fixed assets

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

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

Taxation

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

Fund accounting

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES - continued

Fund accounting

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

Going concern

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

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

Interest receivable

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

Operating Leases

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

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	79,435	65,238
Grants	<u>469,523</u>	<u>555,576</u>
	<u>548,958</u>	<u>620,814</u>

CONWY MIND**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025****2. DONATIONS AND LEGACIES - continued**

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

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

CONWY MIND**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

3. OTHER TRADING ACTIVITIES

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

4. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	<u>32,906</u>	<u>15,243</u>

5. RAISING FUNDS**Other trading activities**

	2025	2024
	£	£
Fundraising and Publicity	<u>42,480</u>	<u>3,353</u>

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

6. CHARITABLE ACTIVITIES COSTS

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

7. SUPPORT COSTS

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

8. TRUSTEES' REMUNERATION AND BENEFITS

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

8. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

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

9. STAFF COSTS

	2025 £	2024 £
Wages and salaries	<u>467,746</u>	<u>498,173</u>
	<u>467,746</u>	<u>498,173</u>

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

	2025	2024
Direct Charitable	18	21
Administration	<u>3</u>	<u>1</u>
	<u>21</u>	<u>22</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	204,290	416,524	620,814
Other trading activities	28,600	3,424	32,024
Investment income	<u>15,243</u>	<u>-</u>	<u>15,243</u>
Total	<u>248,133</u>	<u>419,948</u>	<u>668,081</u>
EXPENDITURE ON			
Raising funds	3,353	-	3,353
Charitable activities			
Lloyds Bank	20,297	-	20,297
Parabl	-	47,023	47,023
BCUHB	67,722	-	67,722
Active Monitoring Programme	-	47,158	47,158
Active Monitoring GP Conwy Cluster	-	57,135	57,135
External Training	23,771	-	23,771
General Funds	(24,710)	-	(24,710)
ICAN Community Hub	-	96,269	96,269
Recovery College CCBC	-	5,821	5,821
VWG Small Grant	-	27,079	27,079
Whole School Approach	-	2,210	2,210
Moondance	-	13,185	13,185
Cost of Living Grant	-	20,000	20,000

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

11. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
Additions	<u>9,600</u>
NET BOOK VALUE	
At 31 March 2025	<u>9,600</u>
At 31 March 2024	<u>-</u>

12. TANGIBLE FIXED ASSETS

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

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

14. CURRENT ASSET INVESTMENTS

	2025 £	2024 £
Other	<u>-</u>	<u>335,758</u>

CONWY MIND**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025****15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

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

16. LEASING AGREEMENTS

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

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

17. MOVEMENT IN FUNDS

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

17. MOVEMENT IN FUNDS - continued

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

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

17. MOVEMENT IN FUNDS - continued

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

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

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

17. MOVEMENT IN FUNDS - continued

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

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
Fundraising and Donations	14,571	(26,277)	-	(11,706)
BCUHB	-	549	-	549
Lloyds Bank Foundation	3,630	(3,630)	-	-
External Training	93	6,036	2,400	8,529
Head Office	568,971	78,864	(43,830)	604,005
Conwy Mind Counselling	40	(27,799)	100	(27,659)
Mind Grant	193	(193)	-	-
Postcode Community Trust	2,084	(8)	-	2,076
	<u>589,582</u>	<u>27,542</u>	<u>(41,330)</u>	<u>575,794</u>
Restricted funds				
ICAN Conwy	-	975	1,609	2,584
Active Monitoring GP Conwy Cluster	6,702	(6,702)	-	-
Recovery College	2,497	(2,497)	-	-
Moondance	1,502	(1,462)	2,956	2,996
WCVA Volunteering Wales Grant	2,066	(6,327)	4,263	2
Whole School Approach	2,210	(2,210)	-	-
Abergele in Action	9	2,585	-	2,594
Cost of Living Grant	9,000	(9,000)	-	-
Early Support Schools and Colleges	963	(963)	5,530	5,530
Get Active	-	(4,535)	4,535	-
Big Lottery- Mindfulness	-	8,503	-	8,503
Ending Rural Homelessness	-	(8,431)	13,331	4,900
Get Active - Mind ASICS	-	(1,338)	1,338	-
Groundwork North Wales	-	(7,768)	7,768	-
	<u>24,949</u>	<u>(39,170)</u>	<u>41,330</u>	<u>27,109</u>
TOTAL FUNDS	<u>614,531</u>	<u>(11,628)</u>	<u>-</u>	<u>602,903</u>

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

17. MOVEMENT IN FUNDS - continued

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

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

CONWY MIND**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

17. MOVEMENT IN FUNDS - continued

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

18. RELATED PARTY DISCLOSURES

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