

NEATH PORT TALBOT MIND ASSOCIATION

England & Wales · Charity number 1076817

Details

Other names NEATH MIND ASSOCIATION

Status Registered

Legal form Charitable company

Company number [03750679](#)

Registered 1999-07-30

Register [View on the Charity Commission register](#)

Contact

Address 21 London Road
Neath
SA11 1LE

Phone 01639643510

Email info@nptmind.org.uk

Website www.nptmind.org.uk

Activities

Objects: TO PROMOTE THE PRESERVATION AND THE SAFEGUARDING OF MENTAL HEALTH AND THE RELIEF OF PERSONS SUFFERING FROM MENTAL DISORDER

Activities: Mental and Emotional Health Charity offering a range of services and projects, covering the Neath Port Talbot Borough, including the upper Neath Valley, and upper Afan Valley communities, and throughout Wales.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE NEATH
- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£418,097	£472,920	-	-
2024-03-31	£570,398	£533,102	£205,927	23
2023-03-31	£449,816	£423,150	-	-
2022-03-31	£390,324	£374,418	-	-
2021-03-31	£353,053	£293,572	-	-

Trustees

Name	Role	Appointed
Ian hutchinson		2018-08-02
Jonathan Tidball		2020-11-18
Lowri Collins		2021-03-03
Nicola Oakes		2024-06-25
Sue Jones		2016-03-15
Winston Price		2020-01-23

NEATH PORT TALBOT MIND ASSOCIATION

England & Wales - Charity number 1076817

Accounts

Neath Port Talbot Mind Association

Financial Statements for the year ended 31st March 2025

Neath Port Talbot Mind Association

(A Company Limited by Guarantee)

Company Registration No. 03750679

Charity Registration No. 1076817

Legal and Administrative Information

Company Status

The charity is incorporated under the Companies Act 2006 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter.

The Association is a charitable company limited by guarantee, registered as a charity in 1988, incorporated in 1999 and again under the new title of Neath Port Talbot Mind association, on the 11 June 2007.

Members of the Executive Committee are elected at the Annual General Meeting to serve for a period of three years.

Executive Committee (Directors/Trustees)

Sue Jones (Chairperson)

John Price (Treasurer)

Jonathan Tidball (Secretary)

Ian Hutchinson (Trustee)

Lowri Collins (Trustee)

Nicola Oakes (Trustee)

Key Contacts

Registered Office and Operations Address: 21 London Road, Neath, SA11 1LE

Independent Scrutineer: VPA Accountants, 476a Cowbridge Road East, Cardiff, CF5 1BL

Bankers: Lloyds Bank Plc, 5 Windsor Road, Neath, SA11 1LP

Solicitors: Probert & Barton, 21, Victoria Gardens, Neath, SA11 3AY

Report of the Board of Trustees for the Year Ended 31st March 2025

(Company Registration No. 03750679)

The Trustee/Directors of Neath Port Talbot Mind Association (NPT Mind) have pleasure in presenting its annual report, together with, the accounts for the year ended 31st March 2025 which have been independently scrutinised in accordance with Section 145 of the Charities Act 2011.

Objectives:

The association exists to provide support, information, advice, and a wide variety of services for people who are experiencing mental or emotional health problems, their carers', and families, in accordance with the aims and objectives of NPT Mind.

Structure:

NPT Mind is managed by an Executive Committee (unpaid Trustees/Directors) who meet on a regular basis and employ a team of staff (working full and part time) to manage the organisation on a day-to-day basis. The average number of employees on the payroll during the year to 31st March 2025 is 18 (2023/24 - 23).

Review of Activities:

The Charity has maintained its level of services over the past twelve months. We have been able to continue to deliver a blended approach - offering services in person and via remote delivery. We continue to offer our services using the latest information technology, to both adults and young people experiencing emotional and mental health problems, along with their carers'.

The organisation offers Perinatal advice; Talking Therapies; and a Children and Young Person's Project (11-18), along with a specific service aimed at 18 - 25-year-olds. The Association has a training remit offering students requiring a placement a valuable supervised experience within the organisation.

Financial Review:

The total income of £418k (2023/24 - £570k) was spent on direct charitable expenditure totalling £473k (2023/24 - £533k). This has resulted in a net deficiency of £54k (2023/2024 Surplus - £37k). Unrestricted funds carried forward total £130k (2023/2024 - £184k), including designated funds of £70k (2023/2024 - £159k). Restricted funds are £21k (2023/2024 - €22k). This year's deficiency arises as a direct result of the Executive Committee deciding to utilise unrestricted reserves to maintain the organisations level of services.

Advice and Information:

The Resource Centre based at the registered office offers support, information, advice, and a range of direct services for people experiencing emotional and mental health problems along with their carers'. The Centre was fully open during the year and for face-to-face sessions as well as providing our full range of services using up to date information technology. Leaflets, information, and resources are available digitally at www.nptmind.org.uk, Facebook and Twitter and directly via the organisation and through other relevant services in the area.

Risk Review:

The Executive Committee has conducted its own review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks. All procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

The reserves policy is reviewed regularly. The Executive Committee have decided to hold €69,999 in designated reserves to cover redundancy costs and obligations under the Resource Centre Lease in case the Charity's funding levels significantly decline.

Responsibilities of the Executive Committee:

Company law requires the Executive Committee to prepare financial statements for each financial year which give a fair view of the state of affairs of the charitable company as at the balance sheet date, and of its incoming resources and application of resources including income and expenditure for the financial year. In preparing these financial statements, the Executive Committee should follow best practice and:

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

The Executive Committee is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charities Act 2011. The executive Committee is also responsible for safeguarding the assets of the charitable company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities

Members of the Executive Committee:

Members of the Executive Committee who are directors for the purpose of company law, and trustees for the purpose of charity law who served during the year qpd up to the date of this report are set out in Page 2.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of guarantees as of 31st March 2025 is six.

This report has been prepared in accordance with the Statement of Recommended Practice (102) Accounting and Reporting by Charities and in accordance with the special provisions of Part VII of the Companies Act 2006.

Approved by the Executive Committee on: 03 - 12 - 2025

Signed: S Jones (Chairperson)

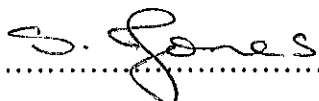
NPT Mind Association - Company Reg: 03750679
Statement of Financial Activities
For the year to 31 March 2025

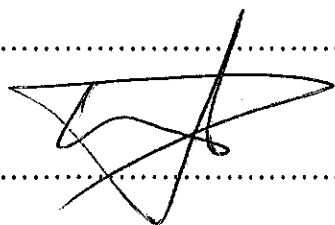
Descriptions	Notes	Unrestricted	Total	Total	2024/25	2023/24
		Funds	Designated	Restricted		
		£	Funds	Funds	£	£
INCOMING RESOURCES						
Restricted Income				398,242	398,242	533,263
Unrestricted Grant Income		0			0	20,650
Donations		13,937			13,937	11,117
Training		0			0	1,870
Bank Interest		5,062			5,062	3,498
Counselling Services		856			856	0
Total Income		19,855	0	398,242	418,097	570,398
RESOURCES EXPENDED						
Direct Charitable Expenditure		-4,559	66,171	411,306	472,918	533,102
Net Income/(Expenditure)		24,414	-66,171	-13,064	-54,821	37,296
Fund balances brought forward		24,636	158,948	22,342	205,926	168,631
Transfers In/(Out)		10,944	-22,778	11,834	0	0
Fund balances carried forward		59,994	69,999	21,112	151,105	205,927

NPT Mind Association - Company Reg: 03750679
 Balance Sheet
 as at 31 March 2025

		2025	2024
		£	£
CURRENT ASSETS			
Debtors	2	1,413	14,591
Prepayments	3	1,620	1,437
Savings accounts		196,788	258,592
Current account		6,160	14,416
Cash in Hand		34	34
Total Current Assets		<u>206,015</u>	<u>289,071</u>
Creditors: Due within one year	4	-4,969	-12,978
Income Received in Advance	5	-49,941	-70,166
Net Assets		<u>151,105</u>	<u>205,927</u>
REPRESENTED BY:			
Unrestricted funds			
Opening Balance		24,636	89,859
Add: Excess Income/(Expenditure)		<u>24,414</u>	<u>15,477</u>
Unrestricted funds sub-total		49,050	105,336
Add/(Deduct): Fund transfers		<u>10,944</u>	<u>-80,700</u>
Closing Balance		<u>59,994</u>	<u>24,636</u>
Designated Funds			
Opening Balance		158,948	58,977
Add: Excess Income/(Expenditure)		<u>-66,171</u>	<u>-9,850</u>
Unrestricted funds sub-total		92,777	49,127
Add/(Deduct): Fund transfers		<u>-22,778</u>	<u>109,821</u>
Closing Balance		<u>69,999</u>	<u>158,948</u>
Restricted Funds			
Opening Balance	6	22,342	19,795
Add: Excess Income/(Expenditure)		<u>-13,064</u>	<u>31,668</u>
Unrestricted funds sub-total		9,278	51,463
Add/(Deduct): Fund transfers		<u>11,834</u>	<u>-29,121</u>
Closing Balance		<u>21,112</u>	<u>22,342</u>
Total All Funds		<u>151,105</u>	<u>205,926</u>

These statements were approved by the Executive Committee on 03.12.2025

Signed by:  (Chairperson)

Signed by:  (Treasurer)

Notes to the Accounts for the Year Ended 31st March 2025

1. Accounting Policies

- a) The accounts have been prepared in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice (FRS102) for Charities. The Accounts have been prepared using the accruals basis.
- b) At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Therefore the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.
- c) Funds received by the charity are appropriately classified and accounted for separately. Restricted funds are used for the purposes specified by the Sponsor and matched against related expenditure. Unrestricted funds can be used in accordance with the charity's objectives at the discretion of the trustees. General expenditure such as establishment costs are charged to the main sponsor. Transfers between restricted funds and unrestricted funds are approved by the Trustees following a full understanding of the circumstances. Negative balances are charged against unrestricted funds at the end of a funding activity.
- d) Grants are credited to income over the course of an activity. Donations and other unrestricted income are treated as income when received.
- e) IT equipment costing less than £750 per item is charged against income in the year of purchase.
- f) Fixed Assets are depreciated at the rate of 10% p.a. on a reducing balance basis. Fixed assets have been scrapped and have therefore been written off.
- g) Current assets and current liabilities are measured in cash or other consideration expected to be paid or received.
- h) Trustees receive no remuneration for their services.
- i) No employees were paid more than £60,000 per annum. The average number of employees throughout the year is 18.
- j) The Accounts have been subject to independent scrutiny for a fee of £300.
- k) The Board has examined the charity's requirements for unrestricted reserves in light of the main risks to the organisation. It has established a designated fund to cover redundancy and repair costs that may be required in the event of closure through the loss of the charity's core sponsor. To reduce this risk it is the Charity's objective to diversify its income sources as far as possible.
- l) The charity is exempt from tax on its charitable activities. Input VAT is charged against the expense category for which it was incurred.
- m) The Charity contributes to individual pension funds for many of its employees. Payments to defined contribution pension schemes are charged in the period in which they accrue. The assets of the pension schemes are held separately from those of the Charity in independently administered schemes.
- n) There were no related party transactions for the year under review.

2. Debtors	2025 £	2024 £
SBUHB Service Improvement Fund - (Adult Active Monitoring)	0	4,843
GP Cluster	1,413	4,936
MIND/Pepsi Investing in Mental Health	0	1,330
Cost Recovery	0	3,482
Total Debtors	1,413	14,591

3. Prepayments	2025 £	2024 £
IT Costs	779	779
Utilities - Water	711	529
Alarm/security	129	129
Total Prepayments	1,620	1,437

4. Creditors	2025 £	2024 £
Employment	-3,000	-3,000
Employment (HMRC)	0	-6,851
Employment (Standard Life) Pension	0	-262
Employment (Nest) Pension	0	-1,795
Room Hire	-240	0
Telephone	0	-135
Rent	-167	-334
Utilities (gas, electricity)	-900	0
Payroll Preparation	-362	0
Accountancy & Audit fees	-300	-600
Total Creditors	-4,969	-12,978

5. Income Received in Advance	2025 £	2024 £
MIND Self-help Missing Middle	0	-15,236
National Lottery - Wellbing After Stroke	-18,155	-17,848
MIND/ASICS (Get Active) II	0	-3,230
NPT CVS Shared Prosperity Fund - Volunteer Counselling Coordinator	-0	-5,761
Chrysalis, Mental Health Support for Women	0	-4,481
Children in Need Supported Self-help	0	-6,470
MIND/Pepsi Investing in Mental Health	-10,083	-14,748
Moondance Foundation - Welcome Worker	-21,703	-2,392
Total Income Received in Advance	-49,941	-70,166

6. Restricted Funds	Opening Balances	Income	Expenditure	Net Income/Expenditure	Add/(Deduct) fund transfers	Closing Balances
Local Health Board	-73	110,764	127,571	-16,807	16,880	-0
SBUHB Service Improvement Fund - Self Help CYP	-12	20,140	18,369	1,771	0	1,759
SBUHB Service Improvement Fund - Self-help Adult	-42	43,327	36,774	6,553	0	6,511
MIND Self-help Missing Middle	3,658	23,565	25,873	-2,308	0	1,350
National Lottery - Wellbing After Stroke	1,445	110,928	108,862	2,066	0	3,511
MIND/ASICS (Get Active) II	5,548	14,730	18,912	-4,182	-1,366	-0
GP Cluster	-4	7,338	6,633	705	-701	-0
NPT CVS Shared Prosperity Fund - Volunteer Counselling Coordinator	6	31,244	26,797	4,447	1,108	6,008
Chrysalis, Mental Health Support for Women	36	4,481	4,889	-408	372	-0
Children in Need Supported Self-help	2,441	0	2,460	-2,460	19	0
MIND/Pepsi Investing in Mental Health	52	4,665	3,265	1,400	-1,452	-0
Moondance Foundation - Welcome Worker	4,496	4,364	10,262	-5,898	1,402	-0
Mums Matter - LHB	0	0	0	0	0	0
Anna Freud & MIND - Schools & Colleges Early Support Service	3,776	5,531	0	5,531	-9,307	0
MIND Cost of Living Fund	1,015	1,999	6,256	-4,257	3,242	-0
Cost of Living Fund 2024-2026 (Step Forward)	0	7,619	5,962	1,657	769	2,426
Support and empowerment for neurodiversity (SEND)	0	6,802	8,174	-1,372	1,372	-0
Warm Hub Spaces Grant	0	745	244	501	-501	-0
Garfield Western Foundation - Core costs	0	0	0	0	0	0
Totals	22342	398,242	411,306	-13,064	11,834	21,112

**Neath Port Talbot MIND Association
Income & Expenditure Account
for the Year Ended 31st March 2025**

Description	Year to date	
	totals 2025	2024
	£	£
Income		
Restricted Income	398,242	533,263
Unrestricted Grant Income	0	20,650
Donations	13,937	11,117
Training	0	1,870
Bank Interest	5,062	3,498
Counselling Services	856	0
Total Income	418,097	570,398
Expenditure - Direct Costs		
Employment	310,179)	348,928
HMRC	70,857)	86,032
Standard Life Pension	3,810)	5,922
Nest Pension	17,524)	20,084
IT Equipment	0	4,941
Mobile Phones	1,011)	1,320
Travel & Subsistence expenses	2,563)	1,872
Activities	10,612	4,304
Training (incl Courses)	2,654	3,649
Consultancy	8,208	6,522
Affiliation Fees	1,286	4,310
Postage	650	445
Outreach	0	0
Marketing & Communications (Leaflets/Translation)	1,999	6,738
Adverts Recruitment	278	1,139
Refreshments	1,340	408
Room Hire	4,513	2,093
Cost Recovery	1,376	0
Unrestricted Projects Expense	289	0
Expenditure - Establishment	33,772	34,396
Office supplies/ Photocopier	593	1,649
IT Costs	11,285	9,798
Repairs and renewals	140	3,228
Insurance	7,381	5,373
Telephone	2,862	2,755
Rent	2,012	2,000
Alarm/ security	565	593
Utilities (gas, water, electricity)	5,437	4,573
Waste disposal and Cleaning	1,085	930
Sundries	515	1,290
Payroll Preparation	1,449	1,482
Bank Charges	148	119
Accountancy/ Audit Fees	300	607
Spare 4	0	0
Total Expenses	472,920	533,102
Surplus / (Deficit)	-54,823	37,296



Section A Independent Examiner's Report

Report to the trustees Charity Name: Neath Port Talbot Mind Association

On accounts for the year ended

31st March 2025

Charity no 1076817

Set out on pages

(remember to include the page numbers of additional sheets)

**Responsibilities and
basis of report**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").


I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ICAEW.

- I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:
- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Signed: 

Date: 21 / 11 / 2025

Name: Adam Jones

Relevant professional qualification(s) or body

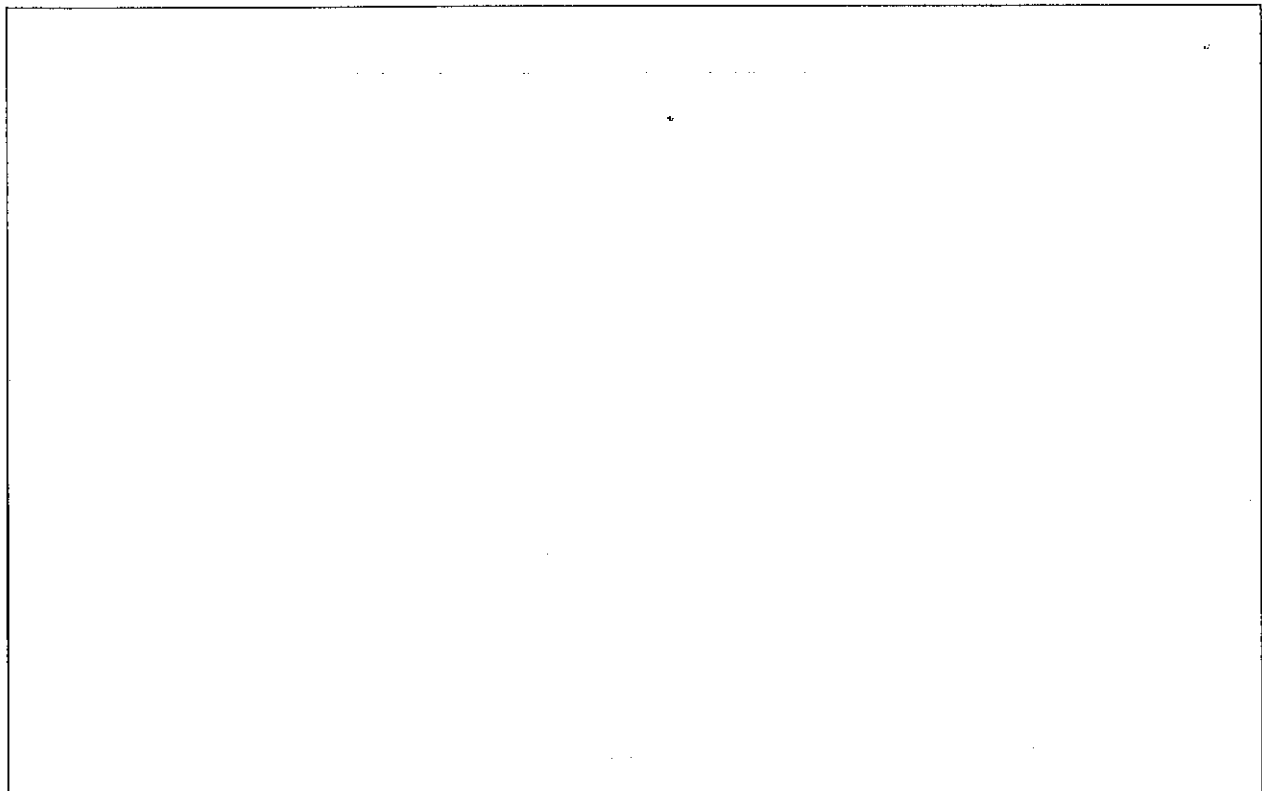
(If any): ICAEW

Address: 476a Cowbridge Road East
Cardiff CF5 1BL

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, intended for the examiner to provide details of any items they wish to disclose. The box is currently blank.

NEATH PORT TALBOT MIND ASSOCIATION

England & Wales - Charity number 1076817

Accounts

Neath Port Talbot Mind Association

Financial Statements for the Year Ended 31st March 2024

Neath Port Talbot Mind Association

(A Company Limited by Guarantee)

Company Registration No. 03750679

Charity Registration No. 1076817

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The Association is a charitable company limited by guarantee, registered as a charity in 1988, incorporated in 1999 and again under the new title of Neath Port Talbot Mind association, on the 11th June 2007.

Registered Charity Number: 1076817

Company Registration Number: 03750679

Members of the Executive Committee are elected at the Annual General Meeting to serve for a period of three years.

Executive Committee (Trustees/Directors)

Sue Jones (Director and Chairperson)

Winston John Price (Director/Treasurer)

Jonathan Tidball (Director/Secretary)

Ian Hutchinson (Director)

Lowri Collins (Director)

Key Contacts

Registered Office and Operations Address: 21 London Road, Neath, SA11 1LE

Independent Scrutineer: Forge Accountancy, 6 Forge Road, Port Talbot, SA13 1NU

Bankers: Lloyds Bank Plc, 5 Windsor Road, Neath, SA11 1LP

Solicitors: Probert & Barton, 21, Victoria Gardens, Neath, SA11 3AY

Report of the Board of Trustees
For the year ended 31st March 2022

Company number. 03750679

The Trustee/Directors of Neath Port Talbot Mind Association (NPT Mind) have pleasure in presenting its annual report, together with, the accounts for the year ended 31st March 2024 which have been independently scrutinised in accordance with Section 145 of the Charities Act 2011.

Objectives:

The association exists to provide support, information, advice, and a wide variety of services for people who are experiencing mental or emotional health problems, their carers', and families, in accordance with the aims and objectives of NPT Mind.

Structure:

NPT Mind is managed by an Executive Committee (unpaid Trustees/Directors) who meet on a regular basis and employ a team of staff (working full and part time) to manage the organisation on a day-to-day basis. The average number of employees on the payroll during the year to 31st March 2024 is 23 (2022/23 - 20).

Review of Activities:

The Charity has not only maintained but, has once again, increased its level of services over the past twelve months. We have been able to deliver a blended approach - offering services in person and via remote delivery. We continue to offer our services using the latest information technology, to both adults and young people experiencing emotional and mental health problems, along with their carers'.

The organisation also offers a Welfare Rights Service; Perinatal Project; Talking Therapies; and a Children and Young Person's Project (11-18), along with a specific service aimed at 18 - 25-year-olds. The Association has a training remit offering students requiring a placement a valuable supervised experience within the organisation.

Financial Review:

The total income of £570,398 (2022/23 - £449,816) was spent on direct charitable expenditure totalling £533,102 (2022/23 - £423,150), and administration costs of £0 (2022/2023 - £0). This has resulted in net income of £37,296 (2022/2023 - £26,666). Unrestricted funds carried forward total £183,585 (2022/2023 - £148,836), including designated funds of £158,948 (2022/2023 - £58,977). Restricted funds are £22,342 (2022/2023 - £19,795).

Advice and Information:

The Resource Centre based at the registered office offers support, information, advice, and a range of direct services for people experiencing emotional and mental health problems along with their carers'. The Centre was fully open during the year and offers face-to-face sessions as well as providing our full range of services using up to date information technology. Leaflets, information, and resources are available digitally at www.nptmind.org.uk,

Facebook and Twitter and directly via the organisation and through other relevant services in the area.

Risk Review:

The Executive Committee has conducted its own review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks. All procedures are periodically reviewed to ensure that they still meet the needs of the charity.

The reserves policy is reviewed regularly. The Executive Committee have decided to hold £60,000 in designated reserves to cover redundancy costs and obligations under the Resource Centre Lease in case the Charity's funding levels significantly decline.

Responsibilities of the Executive Committee:

Company law requires the Executive Committee to prepare financial statements for each financial year which give a fair view of the state of affairs of the charitable company as at the balance sheet date, and of its incoming resources and application of resources including income and expenditure for the financial year. In preparing these financial statements, the Executive Committee should follow best practice and:

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

The Executive Committee is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charities Act 2011. The executive Committee is also responsible for safeguarding the assets of the charitable company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

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Members of the Executive Committee who are directors for the purpose of company law, and trustees for the purpose of charity law who served during the year and up to the date of this report are set out in Page 2.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of guarantees as of 31st March 2024 is five.

This report has been prepared in accordance with the Statement of Recommended Practice (102) - Accounting and Reporting by Charities and in accordance with the special provisions of Part VII of the Companies Act 2006.

Approved by the Executive Committee on 17th December 2024

Signed by: S. Jones Sue Jones (Chairperson)

NPT Mind Association - Company Reg: 03750679
Statement of Financial Activities
For the year to 31 March 2024

Descriptions	Notes	Total		Total	Total	2023
		Unrestricted Funds	Designated Funds	Restricted Funds		
		£		£	£	£
INCOMING RESOURCES						
Restricted Income				533,263	533,263	420,977
Unrestricted Grant Income		0	20,650		20,650	14,800
Donations		11,117			11,117	11,461
Training		1,870			1,870	2,138
Bank Interest		3,498			3,498	440
Spare		0			0	0
Total Income		16,485	20,650	533,263	570,398	449,816
RESOURCES EXPENDED						
Charitable Expenditure		1,008	30,500	501,595	533,102	423,150
Net Income/(Expenditure)		15,477	-9,850	31,668	37,296	26,666
Fund balances brought forward		89,859	58,977	19,795	168,631	141,965
Transfers In/(Out)		-80,700	109,821	-29,121	0	0
Fund balances carried forward		24,636	158,948	22,342	205,927	168,631

NPT Mind Association - Company Reg: 03750679

Balance Sheet

as at 31 March 2024

		2024	2023
		£	£
CURRENT ASSETS			
Debtors	2	14,591	7,371
Prepayments	3	1,437	1,642
Savings accounts		258,592	223,374
Current account		14,416	16,346
Cash in Hand		34	34
Total Current Assets		<u>289,071</u>	<u>248,768</u>
Creditors: Due within one year	4	-12,978	-10,681
Income Received in Advance	5	-70,166	-69,456
Net Assets		<u><u>205,927</u></u>	<u><u>168,631</u></u>
REPRESENTED BY:			
Unrestricted funds			
Opening Balance		89,859	64,811
Add: Excess Income/(Expenditure)		15,477	18,138
Unrestricted funds sub-total		<u>105,336</u>	<u>82,949</u>
Add/(Deduct): Fund transfers		-80,700	6,910
Closing Balance		<u>24,636</u>	<u>89,859</u>
Designated Funds			
Opening Balance		58,977	49,267
Add: Excess Income/(Expenditure)		-9,850	210
Unrestricted funds sub-total		<u>49,127</u>	<u>49,477</u>
Add/(Deduct): Fund transfers		109,821	9,500
Closing Balance		<u>158,948</u>	<u>58,977</u>
Restricted Funds			
Opening Balance	6	19,795	27,888
Add: Excess Income/(Expenditure)		31,668	8,317
Unrestricted funds sub-total		<u>51,463</u>	<u>36,205</u>
Add/(Deduct): Fund transfers		-29,121	-16,410
Closing Balance		<u>22,342</u>	<u>19,795</u>
Total All Funds		<u><u>205,927</u></u>	<u><u>168,631</u></u>

Signed by: S. Jones (Chairperson)

Signed by: [Signature] (Treasurer)

1. Accounting Policies

- a) The accounts have been prepared in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice (FRS102) for Charities. The Accounts have been prepared using the accruals basis.
- b) At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.
- c) Funds received by the charity are appropriately classified and accounted for separately. Restricted funds are used for the purposes specified by the Sponsor and matched against related expenditure. Unrestricted funds can be used in accordance with the charity's objectives at the discretion of the trustees. General expenditure such as establishment costs are apportioned to restricted funds as determined by the Trustees. Transfers between restricted funds and unrestricted funds are approved by the Trustees following a full understanding of the circumstances. Negative balances are set-off against unrestricted funds at the end of a funding activity.
- d) Grants are credited to income over the course of an activity. Donations and other unrestricted income are treated as income on receipt.
- e) IT equipment costing less than £750 per item is charged against income in the year of purchase.
- f) Fixed Assets are depreciated at the rate of 10% p.a. on a reducing balance basis. Fixed assets have been scrapped and have therefore been written off.
- g) Current assets and current liabilities are measured in cash or other consideration expected to be paid or received.
- h) Trustees receive no remuneration for their services.
- i) The employment costs of one employee during the year was £60,665.96. The average number of employees throughout the year was 23.
- j) The Accounts have been subject to independent scrutiny for a fee of £600.
- k) The Board has examined the charity's requirements for unrestricted reserves in light of the main risks to the organisation. It has established a designated fund to cover redundancy and repair costs that may be required in the event of closure through the loss of the charity's core sponsor. To reduce this risk it is the Charity's objective to diversify its income sources as far as possible.
- l) The charity is exempt from tax on its charitable activities. Input VAT is charged against the expense category for which it was incurred.
- m) The Charity contributes to individual pension funds for a number of employees. Payments to defined contribution pension schemes are charged in the period in which they accrue. The assets of the pension schemes are held separately from those of the Charity in independently administered schemes.
- n) There were no related party transactions for the year under review.

2. Debtors

	2024	2023
	£	£
SBUHB Service Improvement Fund - CYP Active Monitoring	4,843	0
SBUHB Service Improvement Fund - Adult Active Monitoring	4,936	0
GP Cluster	1,330	1,715
Co-op Resilience Programme - Young Minds Missing Middle	0	659
SBUHB Service Improvement MH Fund (AM CYP) ii	0	4,997
Cost Recovery	3,482	
Total Debtors	14,591	7,371

3. Prepayments

	2024	2023
	£	£
Insurance	0	0
IT Costs	779	719
Utilities - Water	529	543
Alarm/security	129	380
Total Prepayments	1,437	1,642

4. Creditors

	2024	2023
	£	£
Employment	-3,000	-3,000
Employment (HMRC)	-6,851	-6,108
Employment (Standard Life) Pension	-262	0
Employment (Nest) Pension	-1,795	0
Telephone	-135	-118
Rent	-334	-834
Payroll Preparation	0	-346
Accountancy & Audit fees	-600	-275
Total Creditors	-12,978	-10,681

5. Income Received in Advance

	2024	2023
	£	£
Unrestricted Grants - Lloyds Bank Foundation for England & Wales	0	-20,650
Local Health Board	0	0
Children in Need	-6,470	-8,849
Missing Middle Wales - Supported Self Help	-12,736	
National Lottery - Wellbeing After Stroke	-17,848	
Moondance Foundation - Welcome Worker	-2,392	
MIND/Pepsi Investing in Mental Health	-14,748	
Investing in Mental Health carry over	0	-15,947
MIND/ASICS (Get Active) II	-5,730	-8,472
Anna Freud & MIND - Schools & Colleges Early Support Service	0	-15,538
NPT CVS Shared Prosperity Fund - Volunteer Counselling Coordinator	-5,761	
Chrysalis, Mental Health Support for Women	-4,481	
Total Income Received in Advance	-70,166	-69,456

	Opening			Net Income/	Add/(Deduct)	Closing
	Balances	Income	Expenditure	Expenditure	fund	Balances
					transfers	
6. Restricted Funds						
Local Health Board	7465	106,504	109,055	-2,551	-4,974	-60
Children in Need	784	19,335	19,230	105	-899	-10
MIND - Self Help Adults	0	47,158	39,594	7,564	-7,585	-21
Missing Middle Wales - Supported Self Help	0	43,200	37,041	6,159	0	6,159
SBUHB Service Improvement Fund - CYP Ac	0	19,832	19,286	546	-558	-12
National Lottery - Wellbeing After Stroke	0	65,836	64,391	1,445	0	1,445
Neath Port Talbot Council (Training Officer)	0	16,000	16,213	-213	204	-9
SBUHB Service Improvement Fund - Adult Ac	0	33,893	33,767	126	-147	-21
MIND Cost of Living Fund	0	17,995	16,974	1,021	0	1,021
Moondance Foundation - Welcome Worker	0	26,202	21,706	4,496	0	4,496
GP Cluster	-108	6,123	7,634	-1,510	1,614	-4
MIND/Pepsi Investing in Mental Health	0	31,200	31,144	56	0	56
Investing in Mental Health carry over	6468	20,947	7,416	13,531	-20,003	-4
MIND/ASICS (Get Active) II	1159	16,992	15,103	1,889	0	3,048
Co-op Resilience Programme - Young Minds	3592	-659	2,691	-3,350	-243	-1
Anna Freud & MIND - Schools & Colleges Ee	435	40,428	37,087	3,341	0	3,776
NPT CVS Shared Prosperity Fund - Voluntee	0	8,708	8,702	6	0	6
NPTCVS Cost of Living fund	0	9,974	9,747	227	-233	-6
Local Health Board - Mums Matter	0	3,094	4,209	-1,114	1,113	-1
Children in Need - Supported Self-help	0	0	139	-139	2,590	2,451
Chrysalis, Mental Health Support for Wome	0	500	464	36	0	36
Totals	19795	533,263	501,595	31,668	-29,121	22,342

**Neath Port Talbot MIND Association
Income & Expenditure Account
for the Year Ended 31st March 2024**

Description	2024 £	2023 £
Income		
Restricted Income	533,263	420,977
Unrestricted Grant Income	20,650	14,800
Donations	11,117	11,461
Training	1,870	2,138
Bank Interest	3,498	440
Total Income	570,398	449,816
Expenditure - Direct Costs		
Employment	348,928)	286,991
HMRC	86,032)	67,140
Standard Life Pension	5,922)	5,214
Nest Pension	20,084)	13,461
IT Equipment	4,941	3,672
Mobile Phones	1,320)	2,291
Travel & Subsistence expenses	1,872)	
Activities	4,304	2,938
Training (incl Courses)	3,649	748
Consultancy	6,522	10,666
Affiliation Fees	4,310	1,884
Postage	445	623
Outreach	0	0
Marketing & Communications (Leaflets/Translation)	6,738	1,089
Adverts Recruitment	1,139	825
Refreshments	408	382
Room Hire	2,093	
Expenditure - Apportioned	34,396	25,224
Office supplies/ Photocopier	1,649	2,039
IT Costs	9,798	5,932
Repairs and renewals	3,228	90
Insurance	5,373	4,914
Telephone	2,755	3,160
Rent	2,000	2,001
Alarm/ security	593	706
Utilities (gas, water, electricity)	4,573	2,652
Waste disposal and Cleaning	930	383
Sundries	1,290	1,555
Payroll Preparation	1,482	1,365
Bank Charges	119	152
Accountancy/ Audit Fees	607	275
Spare 4	0	0
Total Expenses	533,102	423,150
Surplus / (Deficit)	37,296	26,666



Forge Accountancy

Rebrand of Lewis Ladd & Co

Accountants, Payroll Bureau, Tax & Small Business Advisors

6 Forge Road
Port Talbot
West Glamorgan
SA13 1NU

Tel: (01639) 885038 / 881130

E-Mail:

enquiries@forgeaccountancy.co.uk

Directors: Malcolm M Ladd & Susan C Ladd
Practice Manager: Sandra Levy

Senior Accountant: Sandra Levy
Administrator: Laurentina Miksiene

Independent examiner's report to the trustees of NPT Mind Association- company registration number 3750679.

I report to the trustees on my examination of the accounts of the NPT Mind Association (the Trust) for the year ended 31st March 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - To keep accounting records in accordance with section 130 of the 2011 Act and
 - To prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

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.

Signed:

Peter Jenkins FCCA 0225964

Name:

PETER JENKINS

Address: Forge Accountancy, 6 Forge Road, Port Talbot, SA13 1NU.

Date: 16-12-2024

Office hours Monday to Thursday 9am to 4pm Friday 9am to 3pm
(Please note that there may be occasions when the office will have to close for lunch between 1-2pm)

Forge Accountancy is a trading name of OTCCO Limited registered in England & Wales: 12525670

NEATH PORT TALBOT MIND ASSOCIATION

England & Wales - Charity number 1076817

Accounts

Neath Port Talbot Mind Association

Financial Statements for the Year Ended 31st March 2023

Neath Port Talbot Mind Association

Company Ltd by Guarantee

Company Reg Number: 3750679

Charity Reg Number: 1076817

Legal and Administrative Information Status

Company Status: The charity is incorporated under the Companies Act 2006 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter.

The Association is a charitable company limited by guarantee, registered as a charity in 1988, incorporated in 1999 and again under the new title of Neath Port Talbot Mind association, on the 11th June 2007.

Registered Charity Number: 1076817

Company Registration Number: 3750679

Members of the Executive Committee are elected at the Annual General Meeting to serve for a period of three years.

Executive Committee (Trustees/Directors)

Howard Puxley (Director and Chairperson)

Karen Henn (Director/Vice Chairperson)

Winston John Price (Director/Treasurer)

Jonathan Tidball (Director/Secretary)

Ian Hutchinson (Director)

Sue Jones (Director)

Lowri Collins (Director)

Key Contacts

Registered Office and Operations Address: 21 London Road, Neath, SA11 1LE

Independent Scrutineer: Lewis, Ladd & Co, 35 - 37 Station Road, Port Talbot, SA13 1NN

Bankers: Lloyds Bank Plc, 5 Windsor Road, Neath, SA11 1LP

Solicitors: Probert & Barton, 21, Victoria Gardens, Neath, SA11 3AY

Report of the Board of Trustees
For the year ended 31st March 2023



Company number. 3750679

The Trustee/Directors of Neath Port Talbot Mind Association have pleasure in presenting its annual report, together with, the accounts for the year ended 31st March 2023 which have been independently scrutinised in accordance with Section 145 of the Charities Act 2011.

Objectives:

The association exists to provide support, information, advice, and a wide variety of services for people who are experiencing mental or emotional health problems, their carers', and families, in accordance with the aims and objectives of NPT Mind.

Structure:

Neath Port Talbot Mind Association is managed by an Executive Committee (unpaid Trustees/Directors) who meet on a regular basis and employ a small team of staff (working full and part time) to manage the organisation on a day-to-day basis. The average number of employees on the payroll during the year to 31st March 2023 is 20 (2021/22 - 19).

Review of Activities:

The Charity has not only maintained but, has once again, increased its level of services over the past twelve months. Following the easing of lockdown restrictions, we have now been able to deliver a blended approach – offering services in person and via remote delivery. We continue to offer our services, using the latest information technology, to adults and young people experiencing emotional and mental health problems, along with their carers'.

The organisation also offers a Welfare Rights Service; Perinatal Project; Talking Therapies; and a Children and Young Person's Project (11-18), along with a specific service aimed at 18–25-year-olds. The Association has a training remit offering students requiring a placement a valuable supervised experience within the organisation.

Financial Review:

The total income of £449,816 (2021/22 - £390,324) was spent on direct charitable expenditure totalling £423,50 (2021/22 - £374,438), and administration costs of £0 (2021/2022 - £0). This has resulted in net income of £26,666 (2021/2022 - £15,886). Unrestricted funds carried forward total £148,836 (2021/2022- £114,077), including designated funds of £58,977 (2021/2022 - £49,266). Restricted funds are £19,795 (2021/2022 - £27,887).



and Information:

Source Centre based at the registered office offers support, information, advice, and a range of direct services for people experiencing emotional and mental health problems along with their carers'. We continue to provide our full range of services using up to date information technology. Leaflets, information, and resources are available digitally at www.nptmind.org.uk, through social media and directly via the organisation and through other relevant services in the area.

Risk Review:

The Executive Committee has conducted its own review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks. All procedures are periodically reviewed to ensure that they still meet the needs of the charity.

The reserves policy is reviewed regularly. The Executive Committee have decided to hold £58,000 in designated reserves to cover redundancy costs and obligations under the Resource Centre Lease in case the main funder withdraws its support.

Responsibilities of the Executive Committee:

Company law requires the Executive Committee to prepare financial statements for each financial year which give a fair view of the state of affairs of the charitable company as at the balance sheet date, and of its incoming resources and application of resources including income and expenditure for the financial year. In preparing these financial statements, the Executive Committee should follow best practice and:

- (i) Select suitable accounting policies and then apply them consistently
- (ii) Make judgements and estimates that are reasonable and prudent
- (iii) Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Executive Committee is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charities Act 2011. The executive Committee is also responsible for safeguarding the assets of the charitable company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.



Members of the Executive Committee:

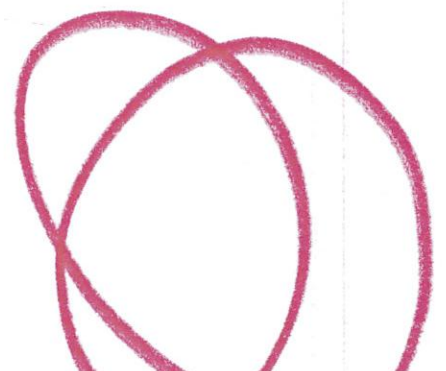
Members of the Executive Committee who are directors for the purpose of company law, and trustees for the purpose of charity law who served during the year and up to the date of this report are set out in Page 2.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of guarantees as of 31st March 2023 is seven.

This report has been prepared in accordance with the Statement of Recommended Practice (102) - Accounting and Reporting by Charities and in accordance with the special provisions of Part V11 of the Companies Act 2006.

Approved by the Executive Committee on 30/11/23

Signed by: *H. Healey*Howard Puxley (Chairperson)



NPT Mind Association - Company Reg: 03750679
Statement of Financial Activities
For the year to 31 March 2023

Descriptions	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total all Funds £	2022 £
INCOMING RESOURCES						
Restricted Funds - Grants				420,977	420,977	357,620
Unrestricted Funds - Grants		0	14,800		14,800	16,800
Donations		11,461			11,461	12,819
Training		2,138			2,138	3,010
Bank interest		440			440	25
Total		14,039	14,800	420,977	449,816	390,324
RESOURCES EXPENDED						
Direct Charitable Expenditure		-4,098	14,589	412,660	423,150	374,438
OTHER EXPENDITURE						
Management & Administration		0	0	0	0	0
Net Income/(Expenditure)		18,138	211	8,317	26,666	15,887
Fund balances brought forward		64,811	49,266	27,888	141,965	126,078
Transfers In/(Out)		6,910	9,500	-16,410	0	0
Fund balances carried forward		89,859	58,977	19,795	168,631	141,965

NPT Mind Association - Company Reg: 3750679
Balance Sheet
as at 31 March 2023

		2023 £	2022 £
CURRENT ASSETS			
Debtors	2	7,371	-
Prepayments	3	1,642	1,895
Savings accounts		223,374	222,910
Current account		16,347	14,119
Cash in Hand		34	34
Total Current Assets		248,769	238,958
Creditors: Due within one year	4	-10,681	-10,550
Income Received in Advance	5	-69,456	-86,443
Net Assets		168,631	141,965
REPRESENTED BY:			
Unrestricted funds			
Opening Balance		64,811	53,376
Add: Excess Income/(Expenditure)		18,138	11,231
Unrestricted funds sub-total		82,949	64,607
Add/(Deduct): Fund transfers		6,910	204
Closing Balance		89,859	64,811
Designated Funds			
Opening Balance		49,266	43,778
Add: Excess Income/(Expenditure)		211	717
Unrestricted funds sub-total		49,477	44,495
Add/(Deduct): Fund transfers		9,500	4,772
Closing Balance		58,977	49,267
Restricted Funds			
Opening Balance		27,888	28,924
Add: Excess Income/(Expenditure)		8,317	3,939
Unrestricted funds sub-total		36,205	32,863
Add/(Deduct): Fund transfers		-16,410	-4,976
Closing Balance		19,795	27,887
Total All Funds		168,631	141,965

Signed by:  (Chair)

Signed by:  (Trustee)

NPT Mind Association - Company Reg: 3750679

Notes to the accounts

For the year ended 31 March 2023

1. Accounting Policies

a) The accounts have been prepared in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice (FRS102) for Charities. The Accounts have been prepared using the accruals basis.

b) At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

c) Funds received by the charity are appropriately classified and accounted for separately. Restricted funds are used for the purposes specified by the Sponsor and matched against related expenditure. Unrestricted funds can be used in accordance with the charity's objectives at the discretion of the trustees. General expenditure such as establishment costs are apportioned to restricted funds on the basis of time spent on each activity. Transfers between restricted funds and unrestricted funds are approved by the Trustees following a full understanding of the circumstances. Negative balances are set-off against unrestricted funds at the end of a funding activity.

d) Grants are credited to income over the course of an activity or project. Donations and other unrestricted income are treated as income on receipt.

e) IT equipment costing less than £750 per item is charged against income in the year of purchase.

f) Fixed Assets are depreciated at the rate of 10% p.a. on a reducing balance basis.

g) Current assets and current liabilities are measured in cash or other consideration expected to be paid or received.

h) Trustees receive no remuneration for their services.

i) No employees were paid more than £60,000 per annum. The average number of employees throughout the year was 20.

j) The Accounts have been subject to independent scrutiny for a fee of £275.

k) The Board has examined the charity's requirements for unrestricted reserves in light of the main risks to the organisation. It has established a designated fund to cover redundancy and repair costs that may be required in the event of closure through the loss of the charity's core sponsor. To reduce this risk it is the Charity's objective to diversify its income sources as far as possible.

l) The charity is exempt from tax on its charitable activities. Input VAT is charged against the expense category for which it was incurred.

m) The Charity contributes to individual pension funds for a number of employees. Payments to defined contribution pension schemes are charged in the period in which they accrue. The assets of the pension schemes are held separately from those of the Charity in independently administered schemes.

n) There were no related party transactions for the year under review.

2. Debtors	2023	2022
	£	£
GP Cluster	1,715	0
Co-op Resilience Programme (Young Minds Missing Middle)	659	0
SBUHB Service Improvement MH Fund (AM CYP) ii	4,997	0
Total Debtors	7,371	0
3. Prepayments	2023	2022
	£	£
Insurance	0	335
IT Costs	719	649
Utilities - Water	543	502
Rent	0	167
Alarm/security	380	243
Total Prepayments	1,642	1,895
4. Creditors	2023	2022
	£	£
Employment	-3,000	-3,000
Employment (HMRC)	-6,108	-5,827
Employment (Standard Life) Pension	0	-292
Employment (Nest) Pension	0	-1,161
Telephone	-118	0
Rent	-834	0
Payroll Preparation	-346	0
Accountancy	-275	-270
Total Creditors	-10,681	-10,550
5. Income Received in Advance	2023	2022
	£	£
Unrestricted Grants - Lloyds Bank Foundation for England & Wales	-20,650	-33,200
Children in Need	-8,849	-2,765
Moondance Foundation (TRP)	0	-14,089
National Lottery - Awards for All (BAME)	0	-3,864
CFW Wesleyan Foundation (Perinatal)	0	-4,370
MIND & ASICS (Get Active)	0	-259
Investing in Mental Health (MIND)	-15,947	-8,659
MIND/ASICS (Get Active) II	-8,472	0
Co-op Resilience Programme (Young Minds Missing Middle)	0	-17,876
MIND CMS Grant - Digital Transformation Project	0	-1,361
Anna Freud & MIND - Schools & Colleges Early Support Service	-15,538	0
Total Income Received in Advance	-69,456	-86,443

6. Restricted Funds	Opening Balances	Income	Expenditure	Net Income/ Expenditure	Add/(Deduct) fund	Closing Balances
	£	£	£	£	£	£
Local Health Board	8,895	102,408	103,838	-1,428	0	7,467
Children in Need	-94	27,885	27,006	879	0	785
Active Monitoring (MIND)	14,295	33,361	32,572	789	-15,084	0
NPTCBC (Link Officer)	0	14,978	16,119	-1,141	1,141	-0
Moondance Foundation (TRP)	1,422	14,089	13,957	132	-1,554	0
National Lottery - Awards for All (BAME)	0	3,864	6,010	-2,146	2,146	-0
CFW Wesleyan Foundation (Perinatal)	247	4,370	5,207	-837	590	-0
Foreraft Foundation (BDO)	-1,455	14,750	14,697	53	1,402	-0
MIND & ASICS (Get Active)	0	258	208	50	-50	-0
NPT CVS Community Renewal Fund	0	20,376	19,647	729	-729	0
GP Cluster	0	6,560	6,669	-108	0	-108
Regional Integrated Fund Active Monitoring	0	41,299	41,619	-320	320	-0
Investing in Mental Health (MIND)	4,578	50,320	48,430	1,890	0	6,468
MIND/ASICS (Get Active) II	0	2,778	1,619	1,159	0	1,159
Co-op Resilience Programme (Young Minds Missing Middle)	0	36,410	34,383	2,027	0	2,027
MIND CMS Grant - Digital Transformation Project	0	1,361	0	1,361	-1,361	0
Co-op Resilience Fund (Young Minds Extension)	0	11,572	10,007	1,565	0	1,565
SBUHB Service Improvement MH Fund (AM CYP) ii	0	19,987	17,645	2,342	-2,342	-0
Anna Freud & MIND - Schools & Colleges Early Support Servi	0	9,351	8,916	435	0	435
NPT CVS - Mums Matter (Perinatal)	0	5,000	4,111	889	-889	-0
Welsh Gov. & West Glam Partnership (Active Monitoring for Y	0	0	0	0	0	0
National Lottery - Wellbeing After Stroke	0	0	0	0	0	0
Totals	27,888	420,977	412,660	8,317	-16,410	19,795

**Neath Port Talbot MIND Association
Income & Expenditure Account
for the Year Ended 31st March 2023**

Description	2023 £	2022 £
Income		
Restricted Income	420,977	357,620
Lloyds Bank Foundation for England & V	14,800	16,800
Donations	11,461	12,819
Membership	0	0
Training	2,138	3,010
Counselling	0	50
Spare	0	0
Food/coffee Refreshments	0	0
Activities	0	0
Bank interest	440	25
Total Income	449,816	390,324
Expenditure - Direct Costs		
Employment	286,991)	245,973
HMRC	67,140)	63,227
Standard Life Pension	5,214)	5,877
Nest Pension	13,461)	12,608
IT Equipment	3,672	4,745
Travel/Volunteer expenses	2,291	1,928
Activities	2,938	1,969
Training	748	1,669
Consultancy	10,666	12,726
Affiliation Fees	1,884	4,119
Postage	623	685
Outreach	0	59
Leaflets	1,089	0
Adverts	825	0
Expenditure - Apportioned		
Office supplies/Photocopier	2,039	884
IT Costs	5,932	1,979
Repairs and renewals	90	662
Insurance	4,914	3,516
Telephone	3,160	2,135
Rent	2,001	2,083
Alarm/security	706	1,220
Utilities (gas, water, electricity)	2,652	1,866
Waste disposal and Cleaning	383	387
Sundries	1,566	2,498
Payroll Preparation	1,365	1,204
Bank Charges	152	139
Refreshments	382	9
Accountancy/Audit Fees	275	270
Total Expenses	423,150	374,438
Surplus / (Deficit)	26,666	15,887

Independent examiner's report to the trustees of NPT Mind Association — company registration number 03750679.

I report to the trustees on my examination of the accounts of the NPT Mind Association (the Trust) for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

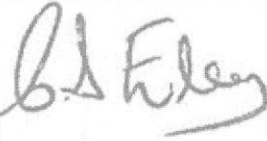
I have completed the examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in my material aspect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act;
- or

2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content or accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Signed:



Name: Ms Caroline Eley MAAT

Address: Lewis, Ladd & Co, 35-37 Station Road, Port Talbot, SA13 INN.

Date: 17 -10-2023

NEATH PORT TALBOT MIND ASSOCIATION

England & Wales - Charity number 1076817

Accounts

Neath Port Talbot Mind Association

Financial Statements

for the

Year Ended 31st March 2022

Neath Port Talbot Mind Association

Company Ltd by Guarantee

Company Reg Number: 3750679

Charity Reg Number: 1076817

Legal and Administrative Information Status

Company Status: The charity is incorporated under the Companies Act 2006 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter.

The Association is a charitable company limited by guarantee, registered as a charity in 1988, incorporated in 1999 and again under the new title of Neath Port Talbot Mind association, on the 11th June 2007.

Registered Charity Number: 1076817

Company Registration Number: 3750679

Members of the Executive Committee are elected at the Annual General Meeting to serve for a period of three years.

Executive Committee (Trustees/Directors)

Howard Puxley (Director and Chairperson)

Karen Henn (Director/Vice Chairperson)

Winston John Price (Director/Treasurer)

Jonathan Tidball (Director/Secretary)

Ian Hutchinson (Director)

Sue Jones (Director)

Lowri Collins (Director)

Registered Office and Operations Address: 21 London Road, Neath, SA11 1LE

Independent Scrutineer: Lewis, Ladd & Co, 35 - 37 Station Road, Port Talbot, SA13 1NN

Bankers: Lloyds Bank Plc, 5 Windsor Road, Neath, SA11 1LP

Solicitors: Probert & Barton, 21, Victoria Gardens, Neath, SA11 3AY

Report of the Board of Trustees

For the year ended 31st March 2022

Company number. 3750679

The Trustee/Directors of Neath Port Talbot Mind Association have pleasure in presenting its annual report, together with, the accounts for the year ended 31st March 2022 which have been independently scrutinised in accordance with Section 145 of the Charities Act 2011.

Objectives:

The association exists to provide support, information, advice, and a wide variety of services for people who are experiencing mental or emotional health problems, their carers', and families, in accordance with the aims and objectives of NPT Mind.

Structure:

Neath Port Talbot Mind Association is managed by an Executive Committee (unpaid Trustees/Directors) who meet on a regular basis and employ a small team of staff (working full and part time) to manage the organisation on a day-to-day basis. The average number of employees on the payroll during the year to 31st March 2022 is 19 (2020/21 - 12).

Review of Activities:

The Charity has not only maintained but, has once again, increased its level of services over the past twelve months. Following the easing of lockdown restrictions, we have now been able to deliver a blended approach – offering services in person and via remote delivery. We continue to offer our services, using the latest information technology, to adults and young people experiencing emotional and mental health problems, along with their carers'.

The organisation also offers a Welfare Rights Service; Perinatal Project; Talking Therapies; and a Children and Young Person's Project (11-18), along with a specific service aimed at 18–25-year-olds.

The Association has a training remit offering students requiring a placement a valuable supervised experience within the organisation.

Financial Review:

The total income of £390,324 (2020/21 - £353,053) was spent on direct charitable expenditure totalling £374,438 (2020/21 - £293,572), and administration costs of £0 (2020/2021 - £0). This has resulted in net income of £15,886 (2020/2021 - £59,482). Unrestricted funds carried forward total £114,077 (2020/2021- £97,154), including designated funds of £49,266 (2020/2021 - £43,778). Restricted funds are £27,887 (2020/2021 - £28,924).

Report of the Board of Trustees

For the year ended 31st March 2022 (continued)

Advice and Information:

The Resource Centre based at the registered office offers support, information, advice, and a range of direct services for people experiencing emotional and mental health problems along with their carers'. The Centre fully reopened during the year and is now offering face-to-face sessions once again. We continue to provide our full range of services using up to date information technology. Leaflets, information, and resources are available digitally at www.nptmind.org.uk, Facebook and Twitter and directly via the organisation and through other relevant services in the area.

Risk Review:

The Executive Committee has conducted its own review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks. All procedures are periodically reviewed to ensure that they still meet the needs of the charity.

The reserves policy is reviewed regularly. The Executive Committee have decided to hold £49,266 in designated reserves to cover redundancy costs and obligations under the Resource Centre Lease in case the main funder withdraws its support.

Responsibilities of the Executive Committee:

Company law requires the Executive Committee to prepare financial statements for each financial year which give a fair view of the state of affairs of the charitable company as at the balance sheet date, and of its incoming resources and application of resources including income and expenditure for the financial year. In preparing these financial statements, the Executive Committee should follow best practice and:

- (i) Select suitable accounting policies and then apply them consistently
- (ii) Make judgements and estimates that are reasonable and prudent
- (iii) Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Executive Committee is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charities Act 2011. The executive Committee is also responsible for safeguarding the assets of the charitable company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Executive Committee:

Members of the Executive Committee who are directors for the purpose of company law, and trustees for the purpose of charity law who served during the year and up to the date of this report are set out in Page 2.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of guarantees as of 31st March 2022 is seven.

This report has been prepared in accordance with the Statement of Recommended Practice (102) - Accounting and Reporting by Charities and in accordance with the special provisions of Part VII of the Companies Act 2006.

Approved by the Executive Committee on: 18/8/2022

Signed on its behalf by  Howard Puxley (Chairperson)

NPT Mind Association - Company Reg: 3750679**Statement of Financial Activities****For the year to 31 March****2022**

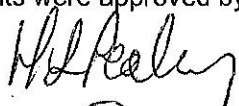
	Notes	Unrestricted Funds	Designated Funds	Restricted Funds	2022	2021
		£	£	£	£	£
INCOMING RESOURCES						
Restricted Funds - Grants				357,620	357,620	299,532
Unrestricted Funds - Grants			16,800		16,800	6,535
Donations		12,819			12,819	24,495
Training		3,010			3,010	7,725
Counselling		50			50	14,734
Bank interest		25			25	33
Total		15,904	16,800	357,620	390,324	353,053
RESOURCES EXPENDED						
Direct Charitable Expenditure		4,673	16,084	353,681	374,438	293,572
Net Income/(Expenditure)		11,231	716	3,939	15,886	59,482
Fund balances brought forward		53,376	43,778	28,924	126,078	66,596
Transfers In/(Out)		204	4,772	-4,976	0	0
Fund balances carried forward		64,811	49,266	27,887	141,964	126,078

NPT Mind Association - Company Reg: 3750679
Balance Sheet as of 31 March 2022

	Notes	<u>2022</u> £	<u>2021</u> £
FIXED ASSETS	1	0	0
CURRENT ASSETS			
Prepayments	2	1,895	2,291
Savings account		222,910	202,156
Current account		14,119	6,944
Cash in Hand		34	35
Total Current Assets		<u>238,957</u>	<u>211,426</u>
CREDITORS: due within one year	3	-10,550	-11,680
Income Received in Advance	4	-86,443	-73,667
Net Assets		<u>141,964</u>	<u>126,078</u>
REPRESENTED BY:			
Unrestricted Funds			
Opening Unrestricted Fund Balance		53,376	69,422
Add: Excess Income/(Expenditure)		11,231	28,728
Unrestricted funds sub-total		64,607	98,150
Add/(Deduct): Fund transfers		204	-44,774
Closing Unrestricted Fund Balance		64,811	53,376
Designated Funds			
Opening Designated Fund Balance		43,778	0
Add: Excess Income/(Expenditure)		716	1,278
Designated Funds sub-total		44,494	1,278
Add/(Deduct): Fund transfers		4,772	42,500
Closing Designated Fund Balance		49,266	43,778
Restricted Funds	5		
Opening Restricted Funds Balance		28,924	-2,826
Add: Excess Income/(Expenditure)		3,939	29,476
Restricted funds sub-total		32,863	26,650
Add/(Deduct): Fund transfers		-4,976	2,274
Closing Restricted Fund Balance		27,887	28,924
Total All Funds		<u>141,964</u>	<u>126,078</u>

These accounts were approved by the Trustees on:

Chairperson:



Trustee:



1. Accounting Policies

- a) The accounts have been prepared in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice (FRS102) for Charities. The Accounts have been prepared using the accruals basis.
- b) At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.
- c) Funds received by the charity are appropriately classified and accounted for separately. Restricted funds are used for the purposes specified by the Sponsor and matched against related expenditure. Unrestricted funds can be used in accordance with the charity's objectives at the discretion of the trustees. General expenditure such as establishment costs are apportioned to restricted funds on the basis of time spent on each activity. Transfers between restricted funds and unrestricted funds are approved by the Trustees following a full understanding of the circumstances. Negative balances are set-off against unrestricted funds at the end of a funding activity.
- d) Grants are credited to income over the course of the related activity/project. Donations and other unrestricted income are treated as income on receipt.
- e) IT equipment costing less than £750 per item is charged against income in the year of purchase.
- f) Fixed Assets are depreciated at the rate of 10% p.a. on a reducing balance basis.
- g) Current assets and current liabilities are measured in cash or other consideration expected to be paid or received.
- h) Trustees receive no remuneration for their services. The Chairperson was reimbursed £18 in expenses during the year.
- i) No employees were paid more than £60,000 per annum. The average number of employees throughout the year was 19.
- j) The Accounts have been subject to independent scrutiny for a fee of £270.
- k) The Board has examined the charity's requirements for unrestricted reserves in light of the main risks to the organisation. It has established a designated fund to cover redundancy and repair costs that may be required in the event of closure through the loss of the charity's core sponsor.
- l) The charity is exempt from tax on its charitable activities. Input VAT is charged against the expense category for which it was incurred.
- m) The Charity contributes to individual pension funds for a number of employees. Payments to defined contribution pension schemes are charged in the period in which they accrue. The assets of the pension schemes are held separately from those of the Charity in independently administered schemes.
- n) There were no related party transactions for the year under review.

2. Prepayments	<u>2022</u>	<u>2021</u>
	£	£
Insurance	335	1,176
IT Costs	649	-
Utilities - Water	502	485
Rent	167	-
Alarm/security	243	630
Total Prepayments	<u>1,895</u>	<u>2,291</u>

3. Creditors	<u>2022</u>	<u>2021</u>
	£	£
Employment	(3,000)	-
Employment (HMRC)	(5,827)	(4,226)
Employment (Standard Life) Pension	(292)	(1,408)
Employment (Nest) Pension	(1,161)	-
IT Equipment	-	(1,043)
Repairs and renewals	-	(953)
Alarm/Security	-	(3,486)
Telephone	-	(65)
Rent	-	(250)
Accountancy	(270)	(250)
Total Creditors	<u>(10,550)</u>	<u>(11,680)</u>

4. Income Received in Advance	<u>2022</u>	<u>2021</u>
	£	£
Unrestricted Grants - Lloyds Bank Foundation for England & Wales	(33,200)	(25,000)
Local Health Board	-	-
Children in Need	(2,765)	(7,492)
Peoples Postcode Trust (Project Coordinator)	-	(7,460)
ICF (Active Monitoring)	-	-
Moondance (DEO)	-	(4,398)
Moondance Foundation (TRP)	(14,089)	-
Edward Gosling Foundation	-	(1,667)
CFW Resilience Fund (Link Officer)	-	(6,250)
Active Monitoring (MIND)	-	(1,967)
CFW Wesleyan Foundation (Perinatal)	(4,370)	-
Foreraft Foundation (BDO)	-	-
MIND & ASICS (Get Active)	(259)	-
National Lottery - Awards for All (BAME)	(3,864)	-
MIND Investing in Mental Health	(8,659)	-
The Media Trust	-	-
Coop Resilience Programme (Young Minds Missing Middle)	(17,876)	-
MIND CMS Grant - Digital Transformation Project	(1,361)	-
Community Foundation (Counselling coordinator)	-	(19,434)
Total Income Received in Advance	<u>(86,443)</u>	<u>(73,667)</u>

Note 5

	Opening	Grants	Expenditur	Net Income/	Add/ (Deduct)	Closing
5. Restricted Funds	Balances	Received	e	(Expenditure)	Fund Transfers	Balances
Lloyds Bank Foundation for England &	-	16,800	16,034	766	-	766
Local Health Board	4,256	103,284	98,645	4,639	-	8,895
Children in Need	2,327	28,004	30,425	(2,421)	-	(94)
Peoples Postcode Trust (Project Coord	3,141	7,460	8,507	(1,047)	(2,094)	(0)
Active Monitoring (MIND)	8,724	28,006	22,436	5,571	-	14,295
Moondance (DEO)	(1,500)	4,398	4,444	(46)	1,546	(0)
NPTCBC (DEO Ext)	-	13,661	13,936	(275)	275	0
Moondance Foundation (TRP)	-	19,726	18,304	1,422	-	1,422
Edward Gosling Foundation	5,598	1,667	7,522	(5,856)	258	0
CFW Resilience Fund (Link Officer)	(794)	6,250	7,914	(1,664)	2,458	0
National Lottery - Awards for All (BAV	-	5,924	5,924	0	-	0
VSRF Small Grant (Counselling Coord	7,172	-	6,628	(6,628)	(544)	0
CFW Wesleyan Foundation (Perinatal)	-	5,460	5,213	247	-	247
Foreraft Foundation (BDO)	-	14,750	16,205	(1,455)	-	(1,455)
MIND & ASICS (Get Active)	-	741	741	(0)	-	(0)
MIND & Moondance (Digital Poverty F	-	1,200	170	1,030	(1,030)	-
MIND Growth Fund (BDO)	-	945	382	563	(563)	0
ICF (Active Monitoring)	-	41,299	38,897	2,402	(2,402)	(0)
MIND Investing in Mental Health	-	25,956	21,378	4,578	-	4,578
The Media Trust	-	2,000	1,304	696	(696)	(0)
Coop Resilience Programme (Young I	-	-	-	-	-	-
MIND CMS Grant - Digital Transforma	-	2,389	2,389	0	-	0
Community Foundation (Counselling c	-	19,434	20,564	(1,130)	1,130	(0)
SBUHB Service Improvement MH Fur	-	10,209	8,754	1,455	(1,455)	(0)
Winter Update Prevention & Early Yea	-	8,464	6,969	1,495	(1,495)	(0)
Winter Update Prevention & Early Yea	-	6,393	6,029	364	(364)	0
Totals	28,924	357,620	353,681	3,939	(4,976)	27,887

Neath Port Talbot MIND Association
Income & Expenditure Account for the Year Ended 31st March 2022

Description	2022	2021
Income	£	£
Lloyds Bank Foundation for England & Wales	16,800	0
Donations	12,819	24,495
Membership	0	0
Training	3,010	7,725
Counselling	50	14,734
Local Health Board	103,284	102,408
Children in Need	28,004	19,250
Peoples Postcode Trust (Project Coordinator)	7,460	10,500
Active Monitoring (MIND)	28,006	46,439
Moondance (DEO)	4,398	20,630
NPTCBC (DEO Ext)	13,661	0
Moondance Foundation (TRP)	19,726	0
Edward Gosling Foundation	1,667	8,223
CFW Resilience Fund (Link Officer)	6,250	8,750
ICF (Active Monitoring)	41,299	0
National Lottery - Awards for All (BAME)	5,924	0
MIND Growth Fund (BDO)	945	8,507
VSRF Small Grant (Counselling Coordinator)	0	31,050
CFW Wesleyan Foundation (Perinatal)	5,460	0
Fore raft Foundation (BDO)	14,750	0
MIND & ASICS (Get Active)	741	0
MIND & Moondance (Digital Poverty Fund Grant)	1,200	0
MIND Investing in Mental Health	25,956	0
The Media Trust	2,000	0
Coop Resilience Programme (Young Minds Missing Middle)	0	0
MIND CMS Grant - Digital Transformation Project	2,389	0
Community Foundation (Counselling coordinator)	19,434	0
SBUHB Service Improvement MH Fund (AM CYP) i	10,209	0
SBUHB Service Improvement MH Fund (AM CYP) ii	0	0
Winter Update Prevention & Early Years Funding - CC	8,464	0
Winter Update Prevention & Early Years Funding - LO+	6,393	0
Bank interest	25	33
Total Income	390,324	353,054

Continued next page

Expenditure

Employment	245,973.29)	166,877
HMRC	63,226.98)	44,423
Standard Life Pension	5,877.29)	6,607
Nest Pension	12,608.29)	7499.88
Office supplies/Photocopier	884.08	2,758
IT Costs	1,979.30)	15,284
IT Equipment	4,745.18)	
Repairs & Renewals	661.86	3,743
Insurance	3,515.98	2,787
Telephone	2,135.15	3,967
Travel/Volunteer expenses	1,928.53	1,259
Refreshments	9.00	0
Activities	1,969.12	1,670
Training	1,668.80	7,910
Consultancy	12,726.58	11,701
Affiliation	4,119.10	936
Bank Charges	139.02	103
Petty cash	-	0
Utilities (gas, water, electricity)	1,866.30	2,073
Payroll Preparation	1,201.20	842
Postage	685.58	333
Rent	2,083.33	2,083
Alarm/security	1,219.70	4,598
Waste disposal and Cleaning	387.39	1,926
Leaflet printing	-	0
Outreach	59.00	0
Accountancy/Audit Fees	270.00	340
Sundries	2,497.89	2,229
Depreciation	-	1,620
Total Expenses	374,437.94	293,571
Surplus / (Deficit)	15,886	59,482.58

Neath Port Talbot Mind Association

Financial Statements

for the

Year Ended 31st March 2022

Neath Port Talbot Mind Association

Company Ltd by Guarantee

Company Reg Number: 3750679

Charity Reg Number: 1076817

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Report of the Board of Trustees

For the year ended 31st March 2022

Company number. 3750679

The Trustee/Directors of Neath Port Talbot Mind Association have pleasure in presenting its annual report, together with, the accounts for the year ended 31st March 2022 which have been independently scrutinised in accordance with Section 145 of the Charities Act 2011.

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Report of the Board of Trustees

For the year ended 31st March 2022 (continued)

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The Executive Committee has conducted its own review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks. All procedures are periodically reviewed to ensure that they still meet the needs of the charity.

The reserves policy is reviewed regularly. The Executive Committee have decided to hold £49,266 in designated reserves to cover redundancy costs and obligations under the Resource Centre Lease in case the main funder withdraws its support.

Responsibilities of the Executive Committee:

Company law requires the Executive Committee to prepare financial statements for each financial year which give a fair view of the state of affairs of the charitable company as at the balance sheet date, and of its incoming resources and application of resources including income and expenditure for the financial year. In preparing these financial statements, the Executive Committee should follow best practice and:

- (i) Select suitable accounting policies and then apply them consistently
- (ii) Make judgements and estimates that are reasonable and prudent
- (iii) Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Executive Committee is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charities Act 2011. The executive Committee is also responsible for safeguarding the assets of the charitable company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Executive Committee:

Members of the Executive Committee who are directors for the purpose of company law, and trustees for the purpose of charity law who served during the year and up to the date of this report are set out in Page 2.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of guarantees as of 31st March 2022 is seven.

This report has been prepared in accordance with the Statement of Recommended Practice (102) - Accounting and Reporting by Charities and in accordance with the special provisions of Part VII of the Companies Act 2006.

Approved by the Executive Committee on: 18/8/2022

Signed on its behalf by  Howard Puxley (Chairperson)

NPT Mind Association - Company Reg: 3750679**Statement of Financial Activities****For the year to 31 March****2022**

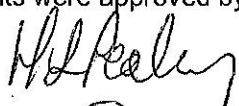
	Notes	Unrestricted Funds	Designated Funds	Restricted Funds	2022	2021
		£	£	£	£	£
INCOMING RESOURCES						
Restricted Funds - Grants				357,620	357,620	299,532
Unrestricted Funds - Grants			16,800		16,800	6,535
Donations		12,819			12,819	24,495
Training		3,010			3,010	7,725
Counselling		50			50	14,734
Bank interest		25			25	33
Total		15,904	16,800	357,620	390,324	353,053
RESOURCES EXPENDED						
Direct Charitable Expenditure		4,673	16,084	353,681	374,438	293,572
Net Income/(Expenditure)		11,231	716	3,939	15,886	59,482
Fund balances brought forward		53,376	43,778	28,924	126,078	66,596
Transfers In/(Out)		204	4,772	-4,976	0	0
Fund balances carried forward		64,811	49,266	27,887	141,964	126,078

NPT Mind Association - Company Reg: 3750679
Balance Sheet as of 31 March 2022

	Notes	<u>2022</u> £	<u>2021</u> £
FIXED ASSETS	1	0	0
CURRENT ASSETS			
Prepayments	2	1,895	2,291
Savings account		222,910	202,156
Current account		14,119	6,944
Cash in Hand		34	35
Total Current Assets		<u>238,957</u>	<u>211,426</u>
CREDITORS: due within one year	3	-10,550	-11,680
Income Received in Advance	4	-86,443	-73,667
Net Assets		<u>141,964</u>	<u>126,078</u>
REPRESENTED BY:			
Unrestricted Funds			
Opening Unrestricted Fund Balance		53,376	69,422
Add: Excess Income/(Expenditure)		11,231	28,728
Unrestricted funds sub-total		64,607	98,150
Add/(Deduct): Fund transfers		204	-44,774
Closing Unrestricted Fund Balance		64,811	53,376
Designated Funds			
Opening Designated Fund Balance		43,778	0
Add: Excess Income/(Expenditure)		716	1,278
Designated Funds sub-total		44,494	1,278
Add/(Deduct): Fund transfers		4,772	42,500
Closing Designated Fund Balance		49,266	43,778
Restricted Funds	5		
Opening Restricted Funds Balance		28,924	-2,826
Add: Excess Income/(Expenditure)		3,939	29,476
Restricted funds sub-total		32,863	26,650
Add/(Deduct): Fund transfers		-4,976	2,274
Closing Restricted Fund Balance		27,887	28,924
Total All Funds		<u>141,964</u>	<u>126,078</u>

These accounts were approved by the Trustees on:

Chairperson:



Trustee:



1. Accounting Policies

- a) The accounts have been prepared in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice (FRS102) for Charities. The Accounts have been prepared using the accruals basis.
- b) At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.
- c) Funds received by the charity are appropriately classified and accounted for separately. Restricted funds are used for the purposes specified by the Sponsor and matched against related expenditure. Unrestricted funds can be used in accordance with the charity's objectives at the discretion of the trustees. General expenditure such as establishment costs are apportioned to restricted funds on the basis of time spent on each activity. Transfers between restricted funds and unrestricted funds are approved by the Trustees following a full understanding of the circumstances. Negative balances are set-off against unrestricted funds at the end of a funding activity.
- d) Grants are credited to income over the course of the related activity/project. Donations and other unrestricted income are treated as income on receipt.
- e) IT equipment costing less than £750 per item is charged against income in the year of purchase.
- f) Fixed Assets are depreciated at the rate of 10% p.a. on a reducing balance basis.
- g) Current assets and current liabilities are measured in cash or other consideration expected to be paid or received.
- h) Trustees receive no remuneration for their services. The Chairperson was reimbursed £18 in expenses during the year.
- i) No employees were paid more than £60,000 per annum. The average number of employees throughout the year was 19.
- j) The Accounts have been subject to independent scrutiny for a fee of £270.
- k) The Board has examined the charity's requirements for unrestricted reserves in light of the main risks to the organisation. It has established a designated fund to cover redundancy and repair costs that may be required in the event of closure through the loss of the charity's core sponsor.
- l) The charity is exempt from tax on its charitable activities. Input VAT is charged against the expense category for which it was incurred.
- m) The Charity contributes to individual pension funds for a number of employees. Payments to defined contribution pension schemes are charged in the period in which they accrue. The assets of the pension schemes are held separately from those of the Charity in independently administered schemes.
- n) There were no related party transactions for the year under review.

2. Prepayments	<u>2022</u>	<u>2021</u>
	£	£
Insurance	335	1,176
IT Costs	649	-
Utilities - Water	502	485
Rent	167	-
Alarm/security	243	630
Total Prepayments	<u>1,895</u>	<u>2,291</u>

3. Creditors	<u>2022</u>	<u>2021</u>
	£	£
Employment	(3,000)	-
Employment (HMRC)	(5,827)	(4,226)
Employment (Standard Life) Pension	(292)	(1,408)
Employment (Nest) Pension	(1,161)	-
IT Equipment	-	(1,043)
Repairs and renewals	-	(953)
Alarm/Security	-	(3,486)
Telephone	-	(65)
Rent	-	(250)
Accountancy	(270)	(250)
Total Creditors	<u>(10,550)</u>	<u>(11,680)</u>

4. Income Received in Advance	<u>2022</u>	<u>2021</u>
	£	£
Unrestricted Grants - Lloyds Bank Foundation for England & Wales	(33,200)	(25,000)
Local Health Board	-	-
Children in Need	(2,765)	(7,492)
Peoples Postcode Trust (Project Coordinator)	-	(7,460)
ICF (Active Monitoring)	-	-
Moondance (DEO)	-	(4,398)
Moondance Foundation (TRP)	(14,089)	-
Edward Gosling Foundation	-	(1,667)
CFW Resilience Fund (Link Officer)	-	(6,250)
Active Monitoring (MIND)	-	(1,967)
CFW Wesleyan Foundation (Perinatal)	(4,370)	-
Foreraft Foundation (BDO)	-	-
MIND & ASICS (Get Active)	(259)	-
National Lottery - Awards for All (BAME)	(3,864)	-
MIND Investing in Mental Health	(8,659)	-
The Media Trust	-	-
Coop Resilience Programme (Young Minds Missing Middle)	(17,876)	-
MIND CMS Grant - Digital Transformation Project	(1,361)	-
Community Foundation (Counselling coordinator)	-	(19,434)
Total Income Received in Advance	<u>(86,443)</u>	<u>(73,667)</u>

Note 5

	Opening	Grants	Expenditur	Net Income/	Add/ (Deduct)	Closing
5. Restricted Funds	Balances	Received	e	(Expenditure)	Fund Transfers	Balances
Lloyds Bank Foundation for England &	-	16,800	16,034	766	-	766
Local Health Board	4,256	103,284	98,645	4,639	-	8,895
Children in Need	2,327	28,004	30,425	(2,421)	-	(94)
Peoples Postcode Trust (Project Coord)	3,141	7,460	8,507	(1,047)	(2,094)	(0)
Active Monitoring (MIND)	8,724	28,006	22,436	5,571	-	14,295
Moondance (DEO)	(1,500)	4,398	4,444	(46)	1,546	(0)
NPTCBC (DEO Ext)	-	13,661	13,936	(275)	275	0
Moondance Foundation (TRP)	-	19,726	18,304	1,422	-	1,422
Edward Gosling Foundation	5,598	1,667	7,522	(5,856)	258	0
CFW Resilience Fund (Link Officer)	(794)	6,250	7,914	(1,664)	2,458	0
National Lottery - Awards for All (BAW)	-	5,924	5,924	0	-	0
VSRF Small Grant (Counselling Coord)	7,172	-	6,628	(6,628)	(544)	0
CFW Wesleyan Foundation (Perinatal)	-	5,460	5,213	247	-	247
Foreraft Foundation (BDO)	-	14,750	16,205	(1,455)	-	(1,455)
MIND & ASICS (Get Active)	-	741	741	(0)	-	(0)
MIND & Moondance (Digital Poverty F)	-	1,200	170	1,030	(1,030)	-
MIND Growth Fund (BDO)	-	945	382	563	(563)	0
ICF (Active Monitoring)	-	41,299	38,897	2,402	(2,402)	(0)
MIND Investing in Mental Health	-	25,956	21,378	4,578	-	4,578
The Media Trust	-	2,000	1,304	696	(696)	(0)
Coop Resilience Programme (Young I)	-	-	-	-	-	-
MIND CMS Grant - Digital Transforma	-	2,389	2,389	0	-	0
Community Foundation (Counselling c	-	19,434	20,564	(1,130)	1,130	(0)
SBUHB Service Improvement MH Fur	-	10,209	8,754	1,455	(1,455)	(0)
Winter Update Prevention & Early Yea	-	8,464	6,969	1,495	(1,495)	(0)
Winter Update Prevention & Early Yea	-	6,393	6,029	364	(364)	0
Totals	28,924	357,620	353,681	3,939	(4,976)	27,887

Neath Port Talbot MIND Association
Income & Expenditure Account for the Year Ended 31st March 2022

Description	2022	2021
Income	£	£
Lloyds Bank Foundation for England & Wales	16,800	0
Donations	12,819	24,495
Membership	0	0
Training	3,010	7,725
Counselling	50	14,734
Local Health Board	103,284	102,408
Children in Need	28,004	19,250
Peoples Postcode Trust (Project Coordinator)	7,460	10,500
Active Monitoring (MIND)	28,006	46,439
Moondance (DEO)	4,398	20,630
NPTCBC (DEO Ext)	13,661	0
Moondance Foundation (TRP)	19,726	0
Edward Gosling Foundation	1,667	8,223
CFW Resilience Fund (Link Officer)	6,250	8,750
ICF (Active Monitoring)	41,299	0
National Lottery - Awards for All (BAME)	5,924	0
MIND Growth Fund (BDO)	945	8,507
VSRF Small Grant (Counselling Coordinator)	0	31,050
CFW Wesleyan Foundation (Perinatal)	5,460	0
Fore raft Foundation (BDO)	14,750	0
MIND & ASICS (Get Active)	741	0
MIND & Moondance (Digital Poverty Fund Grant)	1,200	0
MIND Investing in Mental Health	25,956	0
The Media Trust	2,000	0
Coop Resilience Programme (Young Minds Missing Middle)	0	0
MIND CMS Grant - Digital Transformation Project	2,389	0
Community Foundation (Counselling coordinator)	19,434	0
SBUHB Service Improvement MH Fund (AM CYP) i	10,209	0
SBUHB Service Improvement MH Fund (AM CYP) ii	0	0
Winter Update Prevention & Early Years Funding - CC	8,464	0
Winter Update Prevention & Early Years Funding - LO+	6,393	0
Bank interest	25	33
Total Income	390,324	353,054

Continued next page

Expenditure

Employment	245,973.29)	166,877
HMRC	63,226.98)	44,423
Standard Life Pension	5,877.29)	6,607
Nest Pension	12,608.29)	7499.88
Office supplies/Photocopier	884.08	2,758
IT Costs	1,979.30)	15,284
IT Equipment	4,745.18)	
Repairs & Renewals	661.86	3,743
Insurance	3,515.98	2,787
Telephone	2,135.15	3,967
Travel/Volunteer expenses	1,928.53	1,259
Refreshments	9.00	0
Activities	1,969.12	1,670
Training	1,668.80	7,910
Consultancy	12,726.58	11,701
Affiliation	4,119.10	936
Bank Charges	139.02	103
Petty cash	-	0
Utilities (gas, water, electricity)	1,866.30	2,073
Payroll Preparation	1,201.20	842
Postage	685.58	333
Rent	2,083.33	2,083
Alarm/security	1,219.70	4,598
Waste disposal and Cleaning	387.39	1,926
Leaflet printing	-	0
Outreach	59.00	0
Accountancy/Audit Fees	270.00	340
Sundries	2,497.89	2,229
Depreciation	-	1,620
Total Expenses	374,437.94	293,571
Surplus / (Deficit)	15,886	59,482.58

Independent examiner's report to the trustees of NPT Mind Association – company registration number 3750679.

I report to the trustees on my examination of the accounts of the NPT Mind Association (the Trust) for the year ended 31 March 2022

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content or accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Signed:

 C S Eley MAAT

Name: C S Eley MAAT

Address: Lewis, Ladd & Co, 35-37 Station Road, Port Talbot, SA13 1NN.

Date: 29-07-2022

NEATH PORT TALBOT MIND ASSOCIATION

England & Wales - Charity number 1076817

Accounts



Neath Port Talbot

Castell-nedd Port Talbot



Impact Report

2020 - 2021



Contents

Foreword

NPT Mind vision, mission, values

A welcome from our Chair of the Board

A few words from our director

Key Achievements and Performance 2020-2021

Supporting Mental Health in Neath & Port Talbot

Financial Report & Annual Accounts

NPT Mind response to the Covid 19 pandemic

Plans for the year ahead & NPT Mind Strategic plan 2021 – 2024

Recognition and thanks



Foreword

We are really pleased to share with you our Annual Impact Report for Neath Port Talbot Mind 2020 - 2021.

It has been a challenging and demanding year for everyone, this much we are sure of. Everything about the way that we live our lives and work changed during March 2020, as we went into national lockdown – and our main priority here at Neath Port Talbot Mind, as with the other local Minds across Wales and England, was to adapt services safely to meet the needs of as many of our clients and service users as possible, being agile in our approach, and responding to need. We moved all our services online, investing in resources, training, and equipment to allow all our core services to be delivered remotely. This included all talking therapies, groups, welfare rights, information, and support. Staff and volunteers kept in touch with hundreds of service users every week, offering support, information to help reduce their social isolation; and through all our services, we helped people to come to terms with the impact of the pandemic on their lives, their relationships, their jobs and their mental health and emotional wellbeing.

Here at NPT Mind, we are determined to continue to rise to this challenge, by continuing to meet the growing demand for our services anticipated in the coming years, through the development and delivery of innovative services, being responsive to need, whilst realising that the long- term effects of the Covid19 pandemic are still not fully known.

This report focuses on the impact that each of services has made this last year.

Our vision, our mission, our values

Our vision

We won't give up until everyone experiencing a mental health problem living in the Neath & Port Talbot area gets both support and respect.

Our mission

To empower and support anyone living with a mental or emotional health problem. To deliver a range of excellent services and promote positive mental health and wellbeing.

Our values

Open we reach out to anyone who needs us

Together we're stronger in partnership

Responsive we listen, we act.

Independent we speak out fearlessly.

Unstoppable we never give up.

A welcome from the chair of the board



When I took over as Chair last March, I thought the worse of the pandemic was behind us, and we would soon return to our normal way of working. How wrong could I have been?

However, I am pleased to present this latest Impact Report on behalf of the board of trustees. As you read through the pages, you will see that we have maintained our core services as well as offering new and additional services in difficult and often trying circumstances. This is due, thanks in no small part to our dedicated team of staff and volunteers, who have had to adapt to a complete new way of working offering our services remotely, via on-line and on the telephone. Also, our service users, who have been patient, understanding and resilient in the face of great change. Many had not used technology previously to access services or support, but the majority embraced the change and worked with the staff to keep services running.

The past year has seen us not only change, but also grow.

Those of us who have been associated with NPT Mind over the years could not have foreseen that the small organisation that we were would have grown into the multi armed organisation of today. We have employed additional staff, recruited new trustees, and added services at a time when many are struggling to survive. We have been successful in moving away from a single fund stream to funding from many areas, thus reducing the risk to our services. This is especially important as the demands on us have grown considerably since the Covid pandemic hit and most of our charity fundraising stopped. We have seen a large increase in demand not only for our adult services, but also for our Children and Young People (CYP) programme. Children and young people worryingly, has seen a huge increase in need for support and services, and we are grateful to Children in Need for their financial support in helping us offer services. This need I feel will be with us well after Covid19, as the mental health of our community is fast becoming the new pandemic.

Finally, I would like to thank all those involved in the organisation for their continued work, help, enthusiasm and resilience. These include our director Sharon and all her staff, our willing team of volunteers and my fellow Trustees, and especially all our service users, for without you we would not exist.

Together, we WILL move forward, we WILL make a difference, and we WILL continue to support each other. That way, we WILL improve mental health in the Neath Port Talbot area.



Howard Puxley

Chair of the Board of Trustees

A few words from our director

The year 2020 was a year like no other.

It is difficult to believe that a year has passed since I wrote my last report- in some ways it has gone in a blink of the eye, although in other ways -so much has changed because of Covid-19, affecting all aspects of our daily lives. What is clear is that this global pandemic has taken a toll on both the physical and mental health of the population, and that our world has changed. What hasn't changed is our commitment to do all that we can to support better mental health, and to help everyone with a mental health problem get the respect and support they need.

Almost 18 months on, we are learning to live with the virus, the vaccination programme is well underway, and there is hope of a gradual return to normal 'life', although new variants of the virus pose an ongoing threat.

In the longer term, the experience of the coronavirus pandemic and its impact, particularly on the most vulnerable in society, will long be with us.

As part of this federated network, we have been part of the movement to ensure mental health is not hidden anymore. For millions of people, mental health is now something to increasingly be open about, rather than be ashamed of. But we also appreciate that there is much more that needs to be done.



Here at NPT Mind, our staff, volunteers, and trustees have worked quickly, efficiently, and creatively to meet the needs of those who access our services over the last year. Much of our work over the last 12 months has been to maintain our services, support existing and new clients to the organisation, and to absorb some of the demand on statutory services. We met this challenge in a variety of ways, by moving all our services over to remote delivery- developing online services within the first few weeks of lockdown, with digital communication being the cornerstone of making services available to all that needed them. While appreciating that digital communication will never replace one to one contact or groupwork, it has been highly effective, especially during the period of lockdown- and has been popular with many existing and new

clients- who have found it more convenient, more relaxing being at home, and more environmentally sound.

Although the last twelve months has been largely overshadowed by Covid19, along with being responsive to the pandemic, we have also been able to develop additional services that were planned areas of development for our organisation. These have included our 'Seeds of Change' Children and Young Person's project, funded by Children in Need, and our Men and Sport MH Project- 'What's the Score?'. We have continued to invest in our Counselling service, offering more excellent quality student placement opportunities than ever before, and have recruited many additional members of staff to complement and enhance the work the existing team have been doing.

As ever, I remain incredibly grateful to our dedicated staff and volunteer team- who never cease to amaze me with their determination, resilience, passion, and commitment, even more so during these challenging times. I want to thank our incredible Board of Trustees, led by Howard, who support us and help shape our organisation.

To echo the Chair, even though this has been an extremely challenging year for us, not only have we survived, but we have thrived- and I am so proud of what we have achieved in Neath Port Talbot supporting those who need us. We look forward to the coming year, and the opportunities ahead of us- as quoted in our Strategy-

 **This is a unique moment for
mental health and for Neath Port
Talbot Mind** 



Key Achievements and Performance 2020 - 2021

Services

Increasing the range of services we offer, for adults, children, and young people, in response to changing and growing local needs.

Developing our student counselling placement service, offering high quality placements to student counsellors across Wales and free, high quality, compassionate counselling for the people of Neath Port Talbot.

Continuing to challenge stigma and discrimination in everything we do, encouraging equal opportunities and embracing diversity.

Introducing a new early intervention service called Active Monitoring to help people take care of their mental health

Increasing the range of groups and sessions we offer, including social support, and wellbeing groups like the eco-therapy, walking, gardening, yoga, and mindfulness sessions.

Placing a greater emphasis on addressing trauma with the introduction of Trauma Resilience Practitioners.

Developing the range of experience-based groups including OCD & hoarding support, anxiety, and depression. management courses, trauma & loss programmes, dealing with difficult emotions courses, and confidence building sessions, Groups are delivered in response to the identified needs of those who wish to access our sessions.



“ I have learnt so much from coming here – about myself and what I can achieve if I try ”

Developing a project for young people (11-18) focusing on wellbeing, support and building resilience. A result of research and mapping exercises which highlighted a sharp increase in demand for services for teenagers and young adults between the ages of 11 and 18, within the area.



Raise awareness of and reducing the stigma attached to experiencing emotional and mental health problems in younger people.

Promoting positive mental and emotional wellbeing for young people encouraging teenagers and young adults to develop healthy coping skills and develop emotional resilience.

“ staff make the sessions fun even though we talk about difficult stuff ”

Providing a range of services in safe and accessible environments where young people are supported via a range of age-appropriate activities and projects, both on an individual basis and through group work.

“ I love coming here it's safe and ... I always feel that people care about how I am ”

Reach

Working tirelessly to minimise barriers and maximise opportunities for all, developing new ways of reaching out to hard- to- reach groups of people within our communities.

Through partnerships and developments, extending our reach within our communities, offering services for many more people seeking support.

Continuing to promote mental health, NPT Mind and maintain our status as [the key voice of third sector mental health within Neath and Port Talbot](#).

Working locally and nationally with people experiencing poverty to co-produce a new mental health support service.

Working in partnership with our [local Welsh Assembly Member, Jeremy Miles](#)- to coordinate a campaign aimed at local businesses to develop a [Trauma Awareness Campaign](#), along with general mental health awareness.

Developing an emotional resilience project for older people living across NPT, delivering the 'My Generation Programme'

Increasing our training offer, developing, and delivering a comprehensive training service for local businesses, third sector organisations and statutory services.



“Although we have been grounded, we have been able to talk and see each other, which has meant so much to me. It’s nice seeing my friends faces, being able to have a moan. I look forward to this every week and I always feel my mood lift afterwards”





We have also continued relationships with educational organisations, offering [placements to students](#).

Exploring and taking part in a variety of collaboration [/consortium opportunities](#) with other organisations, both within the Mind community, and with other service providers.

Providing [local fundraisers](#) with opportunities to raise money and have fun, supporting them to reach personal goals & challenges and raise awareness for an important cause.

[Investing in a CRM system](#), which has developed our systems of monitoring and evaluation of existing and future services- with a strong focus on outcomes and responsiveness to clients' and funders' identified needs.

 **To understand that what I do
and who I am might
just be OK ...** 

Working closely with sport-based clubs for men, developing and [delivering a non- traditional mental health awareness service for men](#)

Infrastructure

[Doubling our annual income and staff team to support our changing and growing services.](#)

Developing systems to provide evidence that our services provide good value for money and that shows how our services can contribute to the efficiency and effectiveness of the local health and social care provision. Continuing to [diversify our income streams](#) to become more sustainable, with the appointment of a Business Development & Sustainability Officer leading on this work.

Investing in our digital services, through recruiting a Digital Engagement Officer, enabling us to communicate more effectively through a variety of platforms, having [a stronger social media presence, and a more accessible website.](#)

Supporting mental health in Neath and Port Talbot.

Core services

Due to the national lockdown at the end of March 2020, we had to suspend all face- to- face work, which resulted in all core services being delivered remotely over the last twelve months. Even though we were unable to offer a physical space for people to meet and access services, we were creative in our service delivery, and offered a safe space online for existing and new service users to meet, share experiences, learn new skills, and gain support, information and advice on mental health and emotional wellbeing issues.

Staff were available to work on a one- to- one basis with 475 clients, supporting them with their mental or emotional health needs/ issues, with 1,482 hours of casework being delivered. We also received 810 new referrals over the last twelve months.

Aside from the casework, we continued to offer a wide range of groups, sessions, and workshops online on a regular basis. All groups and sessions were based on service user need/demand, the best use of available resources, and were meeting an unmet need within the mental health and wellbeing services in the area, to ensure we were not duplicating services.

We have delivered 292 adult group sessions ensuring continuing online service delivery for people accessing groups. Through our groups 1,752 hours of group support have been given across a range of topics.

👂 Being able to still get support for my Mental Health is really important, now I know what I am doing with zoom it's great 🗣️



We focused initially on maintaining our social groups, aware of the impact of isolation on our service users, holding a social group on most days and offering a space for people to become used to being online.

“ I was so lonely and too scared to use the computer. I am so pleased that I learned, with support from Annie, because I can see my friend’s faces, and also get that support again. I always feel better afterwards. ”

Once social groups were established psychoeducational groups, therapeutic groups and creative groups were added to complete a holistic rolling group programme.

“ I would have been completely alone with no support without being able to access groups during lockdown. ”

We have offered 1 to 1 supporting service users to feel comfortable and confident being online.

Support groups

Women’s group

Men’s group

Anxiety and Depression groups

Therapeutic groups

Obsessive Compulsive Disorder and Hoarding support group

Bereavement and Loss support groups

Emotional Resilience groups

Educational Groups

Trauma Awareness course

Food and Mood sessions

Confidence Building courses

Assertiveness courses

Stress Management courses

Anger Awareness course

Creative Groups

Relaxation and Meditation Sessions

Yoga classes

Art and Creative therapies

Wellbeing and Mindfulness sessions

Due to established partnership working and agile adaptation to online working we were also able to offer online delivery in partnership and outreach across Neath and Port Talbot

<p>‘Learning to Fly’ In association with the Life Project</p>	 <p>Learning to Fly Assessing yourself Tuesday 14.00-15.00 Learn to fly to improve your mental health and to take a step towards your recovery. We'll be talking about your recovery and how to take a step towards your recovery.</p>	<p>Recovery Toolkit In partnership with the Life Project</p>
 <p>What's the score with mental health?Just ask 6.30pm - 7.30pm</p>	<p>Green Exercise Programme In partnership with Actif Woods</p>	 <p>Wellbeing workshop for a group of 10-15 people. The offering includes drawing, mindfulness and having a mental health conversation.</p>
<p>What's the Score? Workshops and mental health sessions for men in sports clubs.</p>	 <p>Seeds of Change The offer is available for children in need To access support for you, or a young person you care about aged between 11-18 years and in need of support, call 01499 555555</p>	<p>Seeds of Change (11-18) workshops delivered supporting CYP in the pandemic and working with LGBTQ+ groups.</p>
 <p>Maternal mental health awareness week.</p>	<p>Enjoy your baby CBT course with Swansea LHB and Health Visitors.</p>	 <p>Grand Air Project (Soldier's work) provides free counselling and mental health support for anyone aged over 16.</p>
<p>Living Life to the Full CBT course</p>	<p>‘My Generation’ Older Persons Emotional Resilience Courses</p>	<p>Four Pillars to Wellbeing Programme</p>
<p>Couch to 5K Coaching Programmes (in partnership with Asics & Run4All)</p>	 <p>Book now for our 'My Generation' course starting Thursday 14th January at 10.00am.</p>	<p>Emotional resilience workshops for NPT Carers Association</p>

Welfare Rights Project

The Welfare Rights Project was set up as a partnership project by Neath Mind, Neath Social Services and the Glan Y Mor NHS trust back in 1997. The project exists to support people experiencing mental health problems through the benefits system process- from initial application through to appeal, along with providing others in the mental health field with the correct information and training they need to undertake their own benefits work with clients.

The project also has a campaigning and policy remit, to ensure that the interests and rights of people with mental health problems are represented within the Benefits arena.

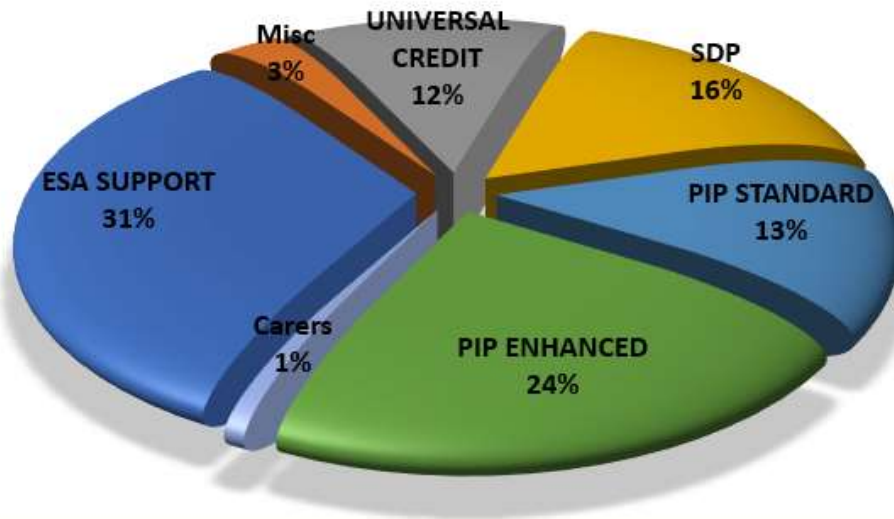
This has been achieved through face to face casework here at the resource centre, as well as partnership working with the mental health teams across the borough. Our Caseworker works closely with other third sector organisations and their clients, offering support, information, and advice to other workers along with taking on referrals from other organisations.

The Caseworker also offers a national information line for welfare rights support and provides outreach casework within the local recovery unit/hospital; supports local authority social workers and has a mental health consultancy role with the Big Book of Benefits and Mental Health (which originated in NPT Mind).



getting support to secure benefits has meant the difference between me existing and living. I can't thank you enough

In the last year alone **£1,129,667.70** of benefits entitlement was accessed and protected for people living in the area (see benefit breakdown below), with 4,698 enquiries received.



“This service has enabled me to cope financially without your help there is no way I could have managed these forms.”



“I would be lost without support to help fill in these forms, Terri is so patient and helps me calm down when I get stressed.”

Perinatal Project

The Perinatal Project is a joint project between NPT Mind and Swansea Bay LHB offering a support service for expectant / new mothers who are experiencing mental health or emotional health problems or are identified as at risk of doing so.



This project is facilitated jointly by Mind staff, health visitors and play workers, offering a safe, relaxed environment for the mother to gain support, information and advice from staff as well as helping to reduce isolation and build supportive relationships with other new /expectant mums.

“I can’t begin to put into words how this service has helped me, and in turn helped my husband and my baby boy- we feel like a proper family now, and I have my safety net if I begin to struggle.”

This early intervention work ensures the woman gets timely support and services when it is needed, resulting in positive outcomes, including - improved well-being, developing and building on coping skills and resilience, and a positive experience of accessing a mental health service. Over the last year we also offered new and expectant mums a CBT course, entitled ‘Enjoy your Baby’.

“I have social anxiety and don’t like being with lots of people in the same room, it is much better now because I feel more in control.”

Counselling Service

Our counselling service was developed to offer adults experiencing emotional or mental health problems a professional counselling service. Qualified and student volunteer counsellors offer their time and expertise working with clients accessing the service.

In the past twelve months alone 192 people have accessed our counselling project, accessing on average- six sessions each.

In the last year alone, over 1,500 hours have been offered through student placements and volunteering, with students averaging around 3 hours each a week.



We also have a core team of qualified counsellors working within the service, managed by our Counselling Coordinator.



At first, I thought face to face would be better but now I like this more because I am comfortable at home. It was helpful and I am much better and looking forward to the future

Our counselling service was one of the first initial services we moved online during the first couple of weeks of lockdown, and all staff and volunteers completed a variety of additional BACP and OU training to deliver online and telephone counselling safely.

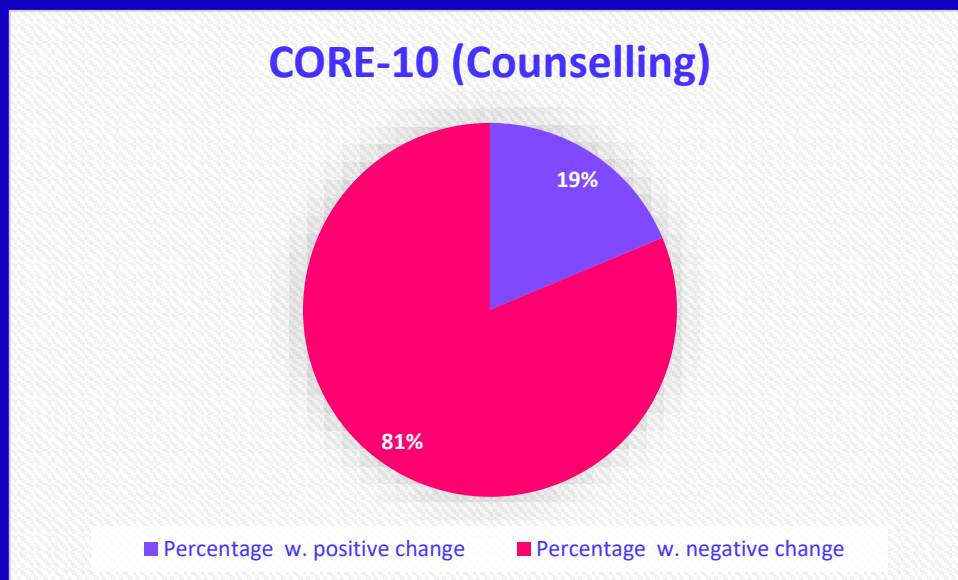
One benefit of being able to offer remote therapeutic work has meant that we have now been able to take students from across South Wales and are also employing counsellors from other parts of Britain.

Outcomes & feedback

We use the CORE-10 outcome measure in our counselling service.

Over the period, the average initial score was 22 (moderately severe psychological distress)
the average final score was 14 (mild psychological distress)

showing a significant overall improvement in 81% of clients who accessed the service.



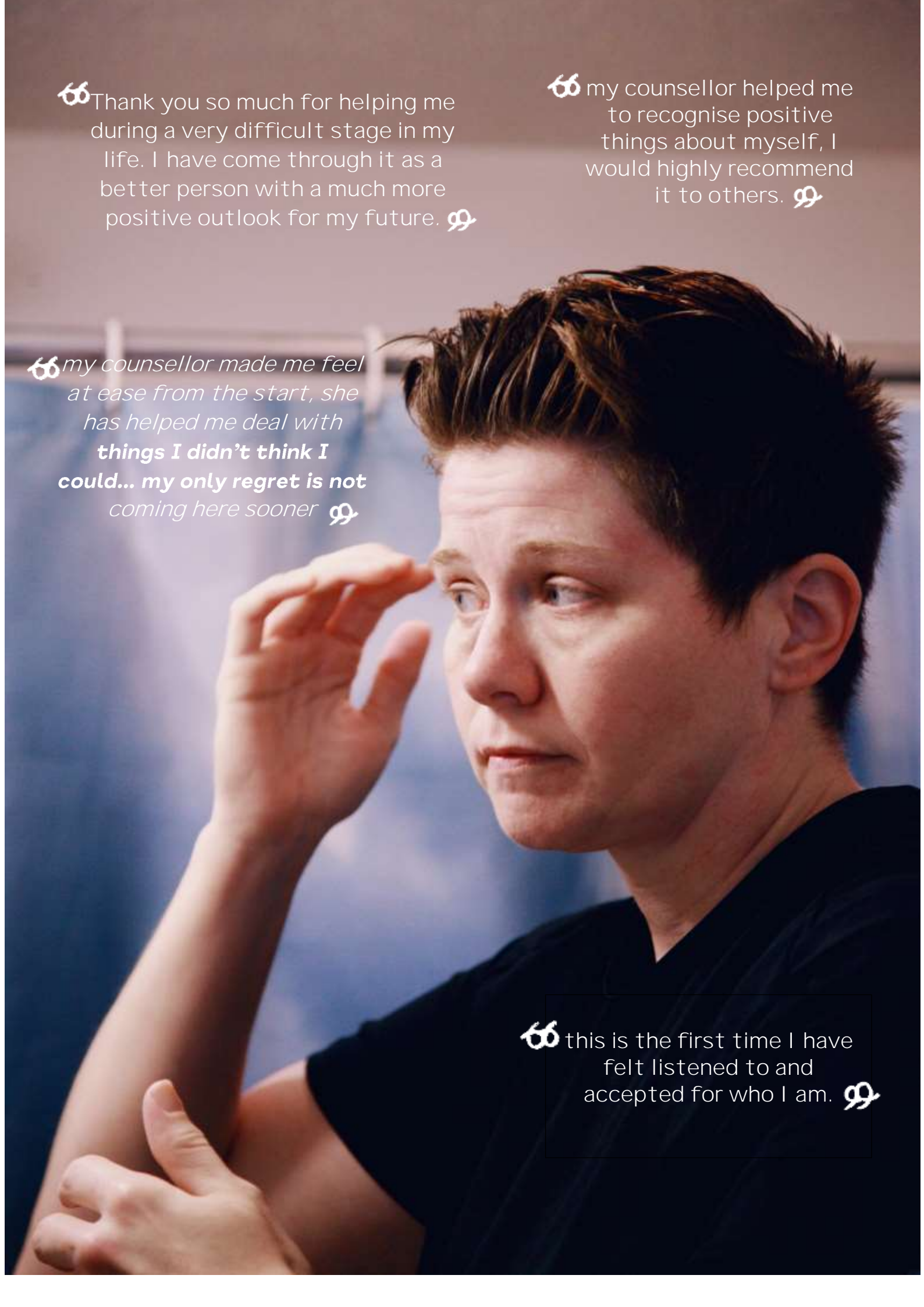
100% of clients said they would recommend our service to family and friends.

“Thank you so much for helping me during a very difficult stage in my life. I have come through it as a better person with a much more positive outlook for my future.”

“my counsellor helped me to recognise positive things about myself, I would highly recommend it to others.”

“my counsellor made me feel at ease from the start, she has helped me deal with **things I didn't think I could...** my only regret is not coming here sooner”

“this is the first time I have felt listened to and accepted for who I am.”




Active Monitoring Service

Active Monitoring is a six-week guided self-help programme to help people understand and feel more in control of their mental health and emotions and to provide them with tools they can use during challenging life experiences.

We joined 17 other local Mind groups across Wales in June 2020, to offer this therapeutic intervention, with 478 people accessing the service up until the end of March 2021.

The Active Monitoring programme is aimed at those with mild-to-moderate symptoms of mental ill health. Clients can self-refer and there are seven pathways to choose from depending on needs:

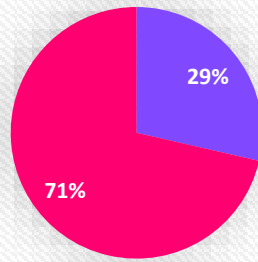
- Anxiety & Panic
- Depression
- Self-esteem
- Loneliness
- Anger
- Stress
- Grief and loss



“Gives time to stop and reflect on own process. Put control back with me and what I would like to change.”

“**I feel like I’ve been talking to** someone who cares. it has been fantastic support to talk to someone who is not family.”

GAD7 (AM)

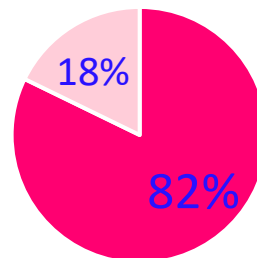


■ Percentage w. positive change ■ Percentage w. negative change

We use GAD7 where a negative change shows decreased levels of anxiety

We use WEBWMS where a positive change shows improved wellbeing

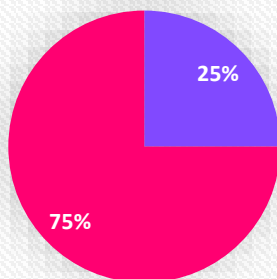
WEBWMS (AM)



■ Percentage w. positive change

■ Percentage w. negative change

PHQ9 (AM)



■ Percentage w. positive change ■ Percentage w. negative change

We use PHQ9 where a negative change shows a decrease in the symptoms of depression

100% of clients would recommend this service to friends and family.

Information, referral, and signposting service

We continued to offer information, signposting and a referral service for people living across the NPT borough who are experiencing mental or emotional health problems.

This service also supported carers with referral information. This has enabled improved partnership working and ensured demand for this service has continued to steadily rise.

Over the past year, we have received 15,142 separate enquiries by telephone, in person or by email via this service, up by 71% on the previous financial year.

“I cannot believe I had never heard of Mind before my GP suggested it, wish I had come years ago!”

“the information we received has been so useful for all of the family, not just for our mum-thank you!**”**



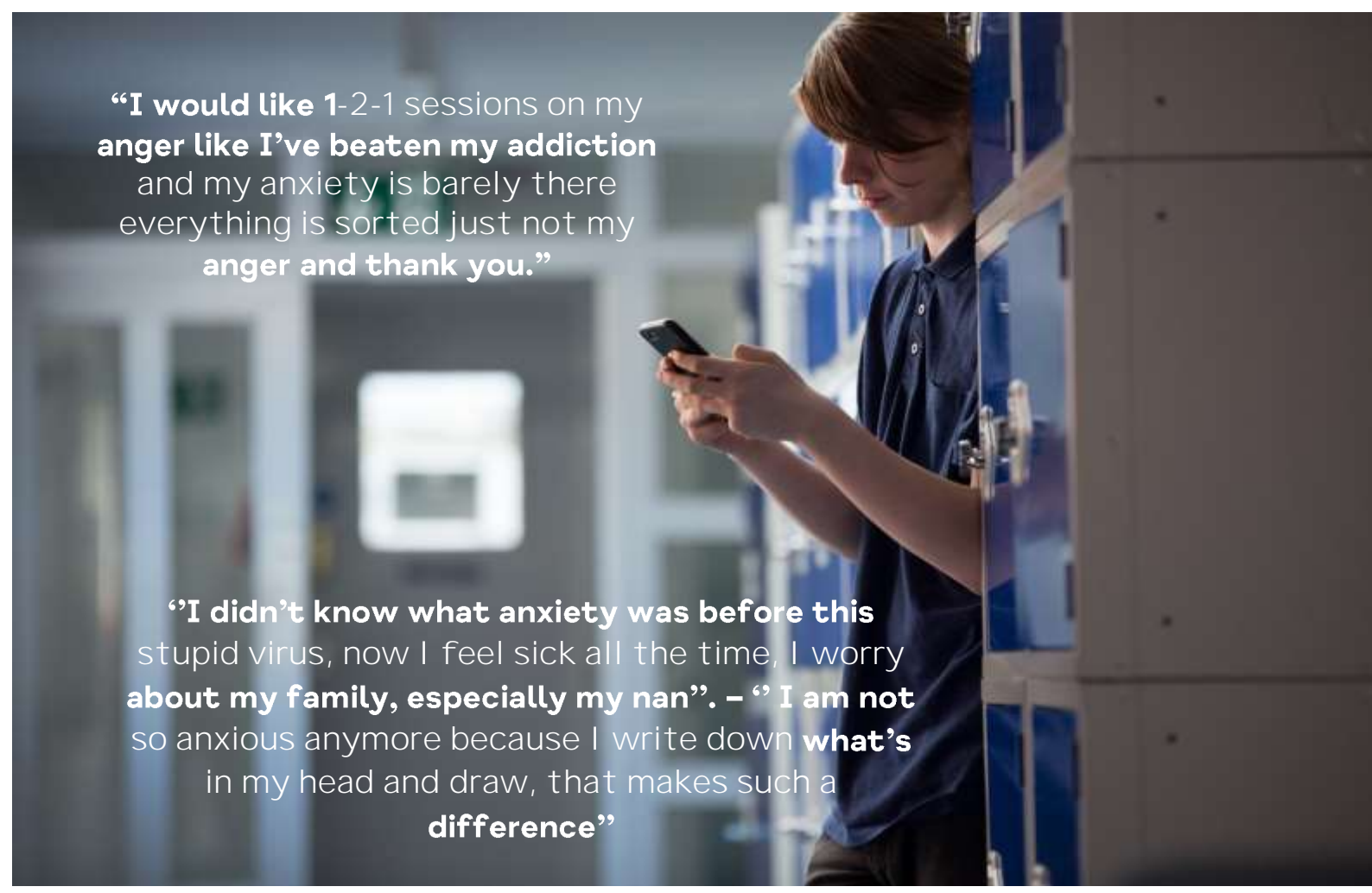
CYP Project- ‘Seeds of Change’

Our Youth Project (Seeds of Change) was developed as a response to a clear identified need by younger people- with a lack of provision for mental health and emotional wellbeing support for teenagers and young adults between the ages of 11 and 18, within the area.

As a result, this service was developed, offering a safe space for young people to meet, gain information, support, and direct services- funded for 3 years by Children in Need. Since the project started last September - 56 young people were supported via this Project.

The need for the Seeds of Change project became more apparent during this Covid-19 pandemic.

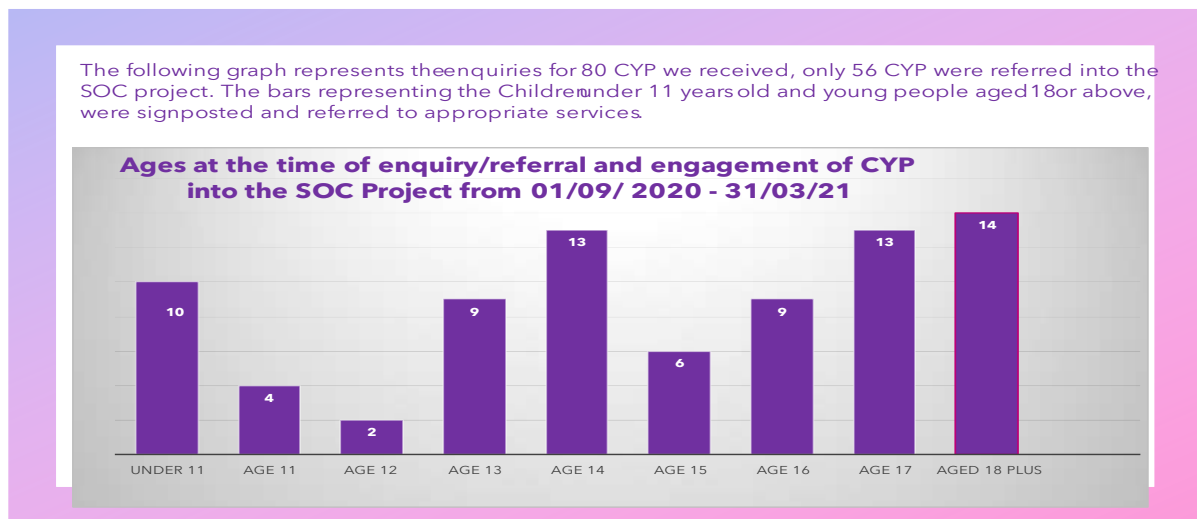
In respects of the initial presenting issue, other issues have been disclosed during support sessions, revealing additional issues, such as self-harm, suicidal ideation, and exploration of sexuality. Many young people expressed Covid related anxiety with regards to fear that their family members may get sick, concern about their education and isolation due to not seeing their friends.



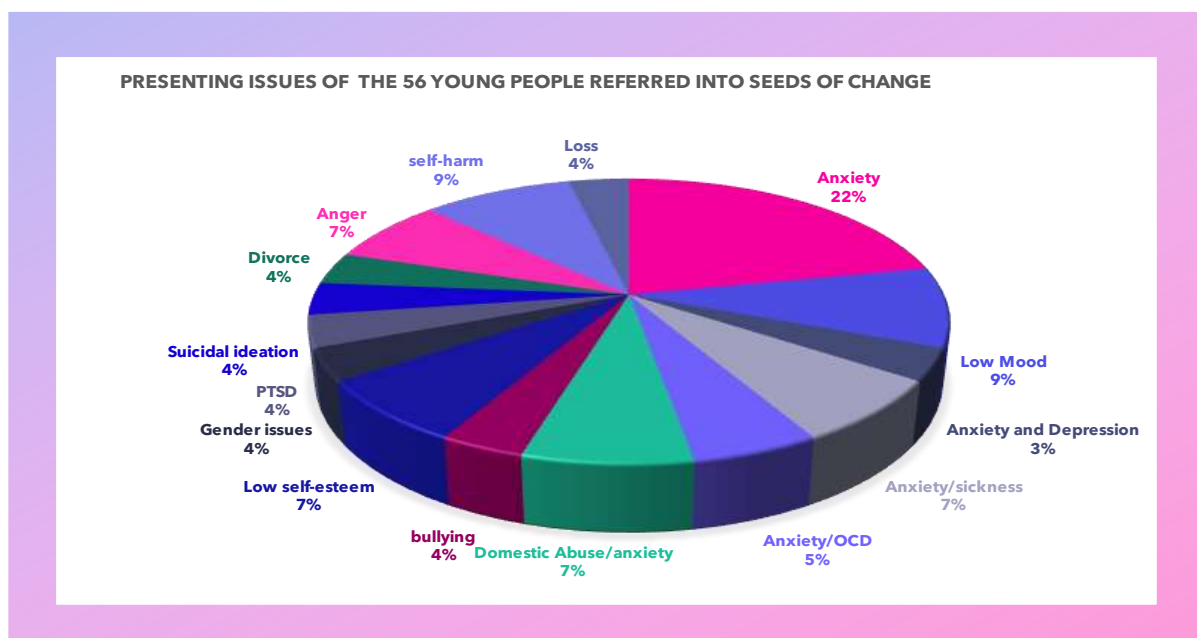
“I would like 1-2-1 sessions on my anger like I’ve beaten my addiction and my anxiety is barely there everything is sorted just not my anger and thank you.”

“I didn’t know what anxiety was before this stupid virus, now I feel sick all the time, I worry about my family, especially my nan”. – “ I am not so anxious anymore because I write down what’s in my head and draw, that makes such a difference”

From September 2020 to March 2021, we received referrals for 80 CYP, 24 were outside of the age range we work with, so were referred on and signposted elsewhere.



56 CYP were referred into the project and contact was made with those CYP (or their parents/carers) in the form of texts, calls, emails. All were offered access to 1-2-1 support, counselling for 14 plus and group sessions on zoom.




“Just like creativity and drawing and things, it gets you to see the way that you are feeling in a different way, coz you can then actually see what you’ve drawn. ..when you look at it on paper, it looks like kind of nothing compared to what it feels like”.

23 young people aged 14 plus accessed counselling, 4 of which received extensions.

Group sessions were also delivered over this period for young people, including;

- We delivered 11 Yoga and Mindfulness sessions.
- We delivered 6 workshops around managing stress, anxiety, and resilience.
- We delivered a Mental Health workshop for 25 professionals working on projects with CIN exploring 'working with CYP during this COVID pandemic'.
- We delivered a workshop to a local LGBTQ + group run by NPT Youth Service



'Before the pandemic I was thriving, my mental health was better than it has ever been. I was happy and getting on with things. Working from home again, well it has pushed me back.'
– **"Talking to someone helps because I don't want to worry anyone, I want this horrible feeling to go".**

"Thank you. I am getting way better tho I just need to sort out my anger- that's it and then I'll be completely ready to face the world without any help."

" I couldn't understand why I felt so bad, everything is more difficult since Covid" – " Counselling has helped me to express how difficult it was when we were all at home, especially hearing my parents argue all the time. They're ok now, but I wasn't."

Quotes from Parents of young people accessing the Project.

“Our daughter is really benefitting from all the help, and we as parents really appreciate it. Thank you so much, take **care.”**

“My daughter has support knowing that workers care about her by checking in and offering her a safe place to discuss her concerns. My daughter is a lot calmer and now has strategies and tools to help her communicate her **feelings and emotions”**

“My daughter communicates so much better since accessing support. She now sees a balance in communicating and empathises with the person she is talking **with. This is a MAJOR improvement.”**



Monitoring and evaluation work

All NPT Mind projects and services are continuously monitored and evaluated in a variety of ways, ensuring we are offering the best use of available services, and that our services are meeting the quality mark and the needs of our client group. We have historically collected feedback through a variety of formats, including a formal six-monthly monitoring and evaluation survey; anecdotal feedback from beneficiaries; service user meeting minutes; quality review report from Mind; Box 'C' - compliments, considerations, complaints, and comments box (located in resource centre); quarterly newsletters; monthly monitoring and evaluation of groups and sessions. However, due to the pandemic, we have only been able to collate feedback via measuring outcomes for clients who have accessed our services; feedback regarding training we have delivered or via our online evaluation. Over the past twelve months, 519 formal online evaluation forms were collated regarding our services. This information has enabled us to monitor and capture service users' experience of the service/s they have accessed and have highlighted areas that we can improve on. Feedback received has also influenced and informed our most recent strategy.



Mind Quality Management

We undergo a rigorous Mind Quality Management System, which ensures we meet all outlined quality standard areas, ensuring quality services which are fully compliant with legal and good practice guidelines for a Mind charity. This is continuously assessed and underpins all our work. Over the past 3- year cycle we have undertaken our full assessment, and along with passing the MQM Standard Mark, we were also nominated for 4 excellence awards under the following categories:

- Improvement and Innovation (with leadership)
- Sustainability
- Partnership & profile
- Service Effectiveness

Assessor feedback from the most recent NPT Mind MQM report...

“NPT Mind has a deeply rooted focus on the needs of the service users. As a result, all work is developed around the changing and diverse needs of the local community.

There is a continuous open dialogue between service users, the wider community, and the organisation. This dialogue helps shape services which are innovative and effective, achieving successful recovery outcomes for people who use these services. NPT Mind provides safe services within a very demanding and challenging context.

*The focus on the individual needs of services users and their choice and control over the support they access is consistent, and there is a constant drive for improvement and innovation in this area across the **organisation.**”*

“Meeting partners, service users and staff made it apparent that NPT Mind has been successful in maintaining the excellent services provided and is making a real difference to the lives of people in the **local community.”**



As part of the organisation's widening profile and recognition, along with its drive to provide more specialist services, NPT Mind has built strong, effective, and impactful partnerships in the local community.

These include partnership services co-delivered with specialist bodies, including a **women's organisation, a woodland charity, and social services**; specialist training to social services staff; scoping of joint contracting, and investigating

partnerships with local schools and sports clubs.

All partnerships are purposeful, focused on improving outcomes for service users and the local community, and actively **demonstrate NPT Mind's drive for innovation.** “



Financial report and annual accounts

Neath Port Talbot Mind Association

Financial Statements

for the

Year Ended 31st March 2021

Neath Port Talbot Mind Association

Company Ltd by Guarantee

Company Reg Number: 3750679

Charity Reg Number: 1076817

Legal and Administrative Information Status

Company Status: The charity is incorporated under the Companies Act 2006 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter.

The Association is a charitable company limited by guarantee, registered as a charity in 1988, incorporated in 1999 and again under the new title of Neath Port Talbot Mind association, on the 11th June 2007.

Registered Charity Number: 1076817

Company Registration Number: 3750679

Members of the Executive Committee are elected at the Annual General Meeting to serve for a period of three years.

Executive Committee (Trustees/Directors)

Howard Puxley (Director and Chairperson)

Karen Henn (Director/Vice Chairperson)

Winston John Price (Director/Treasurer)

Jonathan Tidball (Director/Secretary)

Ian Hutchinson (Director)

Sue Jones (Director)

Lowri Collins (Director)

Registered Office and Operations Address: 21 London Road, Neath, SA11 1LE

Independent Scrutineer: Lewis, Ladd & Co, 35 - 37 Station Road, Port Talbot, SA13 1NN

Bankers: Lloyds Bank Plc, 5 Windsor Road, Neath, SA11 1LP

Solicitors: Martin Probert, 21, Victoria Gardens, Neath, SA11 3AY

Report of the Board of Trustees
For the year ended 31st March 2021

Company number. 3750679

The Trustee/Directors of Neath Port Talbot Mind Association have pleasure in presenting its annual report, together with, the accounts for the year ended 31st March 2021 which have been independently scrutinised in accordance with Section 145 of the Charities Act 2011.

Objectives:

The association exists to provide support, information, advice, and a wide variety of services for people who are experiencing mental or emotional health problems, their carers', and families, in accordance with the aims and objectives of NPT MIND.

Structure:

Neath Port Talbot Mind Association is managed by an Executive Committee (unpaid Trustees/Directors) who meet on a regular basis and employs a small team of staff (working full and part time) to manage the organisation on a day-to-day basis. The average number of employees on the payroll during the year to 31st March 2021 is 12 (2019/20 - 7).

Review of Activities:

The Charity has not only maintained but increased its level of services over the past twelve months. During the pandemic the Resource Centre was closed but, we were able to expand our services using the latest information technology providing services for adults and young people experiencing emotional and mental health problems, along with their carers'.

The organisation also offers a Welfare Rights Service; Perinatal Project; Counselling Service; and a Community Youth Project.

The Association has a training remit providing students pursuing mental health qualifications with valuable supervised experience.

Financial Review:

The total income of £353,053 (2019/2020 - £197,639) was spent on direct charitable expenditure totalling £293,572 (2019/2020 - £190,657), and administration costs of £0 (2019/2020 - £0). This has resulted in net income of £59,482 (2019/2020 - £6,982). Unrestricted funds carried forward total £97,154 (2019/2020- £69,422), including designated funds of £43,778 (2019/2020 - £0). Restricted funds are £28,925 (2019/2020 - £(2,826)).

Report of the Board of Trustees

For the year ended 31st March 2021 (continued)

Advice and Information:

The Resource Centre based at the registered office offers support, information, advice, and a range of direct services for people experiencing emotional and mental health problems along with their carers'. However, during the pandemic this facility was not open for face-to-face sessions. The Executive Committee acquired funding to successfully provide our full range of services using up to date information technology.

Leaflets, information, and resources are available both digitally (www.nptmind.org.uk) and directly via the organisation and through other relevant services in the area.

Risk Review:

The Executive Committee has conducted its own review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks. All procedures are periodically reviewed to ensure that they still meet the needs of the charity.

The reserves policy is reviewed regularly. The Executive Committee have decided to hold £42,500 in designated reserves to cover redundancy costs and obligations under the Resource Centre Lease in the case the main funder withdraws its support.

Responsibilities of the Executive Committee:

Company law requires the Executive Committee to prepare financial statements for each financial year which give a fair view of the state of affairs of the charitable company as at the balance sheet date, and of its incoming resources and application of resources including income and expenditure for the financial year. In preparing these financial statements, the Executive Committee should follow best practice and:

- (i) Select suitable accounting policies and then apply them consistently
- (ii) Make judgements and estimates that are reasonable and prudent
- (iii) Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Executive Committee is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charities Act 2011. The executive Committee is also responsible for safeguarding the assets of the charitable company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Executive Committee:

Members of the Executive Committee who are directors for the purpose of company law, and trustees for the purpose of charity law who served during the year and up to the date of this report are set out in Page 2.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of guarantees as at 31st March 2021 is seven.

This report has been prepared in accordance with the Statement of Recommended Practice (102) - Accounting and Reporting by Charities and in accordance with the special provisions of Part VII of the Companies Act 2006.

Approved by the Executive Committee on: 11/12/21

Signed on its behalf by  Howard Puxley (Chairperson)

NPT Mind Association - Company Reg: 3750679						
Statement of Financial Activities						
For the year to 31 March 2021						
	Notes	Unrestricted Funds	Designated Funds	Restricted Funds	Total 2021	Total 2020
		£	£	£	£	£
INCOMING RESOURCES						
Restricted Funds - Grants		-	-	299,532	299,532	126,403
Unrestricted Funds - Grants		-	6,535	-	6,535	-
Donations		24,495	-	-	24,495	25,242
Membership		-	-	-	-	5,202
Training		7,725	-	-	7,725	12,440
Counselling		14,734	-	-	14,734	27,620
Food/coffee Refreshments		-	-	-	-	219
Activities		-	-	-	-	478
Bank interest		33	-	-	33	35
Total		46,987	6,535	299,532	353,053	197,639
RESOURCES EXPENDED						
Direct Charitable Expenditure		18,259	5,257	270,055	293,572	190,657
Net Income/(Expenditure)		28,728	1,278	29,476	59,482	6,982
Fund balances brought forward		69,422	-	(2,825)	66,597	59,615
Transfers In/(Out)		(44,774)	42,500	2,274	-	-
Fund balances carried forward		53,376	43,778	28,925	126,079	66,597

NPT Mind Association - Company Reg: 3750679				
Balance Sheet				
as at 31 March 2021				
		<u>2021</u>		<u>2020</u>
		£		£
FIXED ASSETS	NOTE			
Fixtures, Fittings & Equipment	1f	1,620		1,800
Less: Depreciation		1,620		180
Net		-		1,620
CURRENT ASSETS				
Debtors	2	-		8,234
Prepayments	3	2,291		1,967
Savings account		202,156		63,842
Current account		6,944		4,623
Cash in Hand		34		34
Total Current Assets		211,425		78,700
CREDITORS: due within one year	4	(11,680)		(13,725)
Income Received in Advance	5	(73,667)		-
Net Assets		126,077		66,595
REPRESENTED BY:				
Unrestricted Funds				
Opening Unrestricted Fund Balance		69,422		54,388
Add: Excess Income/(Expenditure)		28,728		9,853
Unrestricted funds sub-total		98,150		64,241
Add/(Deduct): Fund transfers		(44,774)		5,181
Closing Unrestricted Fund Balance		53,376		69,422
Designated Funds				
Opening Designated Fund Balance		-		-
Add: Excess Income/(Expenditure)		1,278		-
Designated Funds sub-total		1,278		-
Add/(Deduct): Fund transfers		42,500		-
Closing Designated Fund Balance		43,778		-
Restricted Funds	6			
Opening Restricted Funds Balance		(2,826)		5,227
Add: Excess Income/(Expenditure)		29,476		(2,872)
Restricted funds sub-total		26,650		2,355
Add/(Deduct): Fund transfers		2,274		(5,181)
Closing Restricted Fund Balance		28,924		(2,826)
Total All Funds		126,078		66,596

These accounts were approved by the Trustees on:

L. Hailey 17-11-21
Chairperson:

Trustee:
S. Jones 17-11-21

NPT Mind Association - Company Reg: 3750679

Notes to the accounts for the year ended 31 March 2021

1. Accounting Policies

a) The accounts have been prepared in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice (FRS102) for Charities. The Accounts have been prepared using the accruals basis.

b) At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

c) Funds received by the charity are appropriately classified and accounted for separately. Restricted funds are used for the purposes specified by the Sponsor and matched against related expenditure. Unrestricted funds can be used in accordance with the charity's objectives at the discretion of the trustees. General expenditure such as establishment costs are apportioned to projects on the basis of time spent on each activity. Transfers between restricted funds and unrestricted funds are approved by the Trustees following a full understanding of the circumstances. Negative balances are set-off against unrestricted funds at the end of a project.

d) Grants are credited to income over the course of a project. Donations are treated as income on receipt.

e) IT equipment costing less than £750 per item is charged against income in the year of purchase.

f) Fixed Assets are depreciated at the rate of 10% p.a. on a reducing balance basis. Fixed assets that have been scrapped or cannot be separately identified have been written off.

g) Current assets and current liabilities are measured in cash or other consideration expected to be paid or received.

h) Trustees receive no remuneration for their services.

i) The remuneration of the highest paid employee is £60,701. No other employees were paid more than £60,000 per annum.

j) The Accounts have been subject to independent scrutiny for a fee of £250.

k) The Board has examined the charity's requirements for unrestricted reserves in light of the main risks to the organisation. It has established a designated fund to cover redundancy and repair costs that may be required in the event of closure through the loss of the charity's core sponsor.

l) The charity is exempt from tax on its charitable activities. Input VAT is charged against the expense category for which it was incurred.

m) The Charity contributes to individual pension funds for a number of employees. Payments to defined contribution pension schemes are charged in the period in which they accrue. The assets of the pension schemes are held separately from those of the Charity in independently administered schemes.

n) There were no related party transactions for the year under review.

2. Debtors		<u>2021</u>		<u>2020</u>
		£		£
Counselling		-		400
Restricted Funds - LIFE		-		6,034
NPT Staff Training		-		1,800
Total Debtors		-		8,234
3. Prepayments		<u>2021</u>		<u>2020</u>
		£		£
Insurance		1,176		531
Utilities - Water		485		468
Rent		-		333
Alarm/security		630		635
Total Prepayments		2,291		1,967
4. Creditors		<u>2021</u>		<u>2020</u>
		£		£
Employment (HMRC)		(4,226)		(5,077)
Employment (Standard Life Pension)		(1,408)		(6,697)
Employment (Nest Pension)		-		-
IT Equipment		(1,043)		-
Repairs and renewals		(953)		-
Utilities - Electricity		-		(288)
Utilities - Gas		-		(492)
Alarm/Security		(3,486)		-
Consultancy		-		(180)
Telephone		(65)		(108)
Photocopying services		-		(115)
Rent		(250)		-
Accountancy and Audit Fees		(250)		(768)
Total Creditors		(11,680)		(13,725)
5. Income Received in Advance		<u>2021</u>		<u>2020</u>
		£		£
Unrestricted Grants - Lloyds Bank Foundation for England & Wales		(25,000)		-
Restricted Funds - Children in Need		(7,492)		-
Restricted Funds - Postcode Lottery		(7,460)		-
Restricted Funds - Moondance Project		(4,398)		-
Restricted Funds - Edward Gosling		(1,667)		-
Restricted Funds - CFW Coronavirus Resilience Fund		(6,250)		-
Restricted Funds - Active Monitoring MIND		(1,967)		-
Restricted Funds - Community Foundation (Counselling Coordin.		(19,434)		-
Total Income Received in Advance		(73,667)		-

	Opening Balances	Grants Received	Expenditure	Excess Income/ (Expenditure)	Add/ (Deduct) Fund Transfers	Closing Balances
6. Restricted Funds						
Local Health Board	(6,292)	102,408	91,860	10,548	-	4,256
Children In Need	-	19,250	16,922	2,327	-	2,327
Peoples Postcode Trust	-	10,500	7,359	3,141	-	3,141
What's the Score	(212)	8,370	10,950	(2,580)	2,792	(0)
Moondance Foundation	-	20,630	22,130	(1,500)	-	(1,500)
Bywyd Awr	-	12,569	11,752	817	(817)	(0)
Edward Gosling	-	8,223	2,625	5,598	-	5,598
CFW Coronavirus Resilience Fund	-	8,750	9,544	(794)	-	(794)
LIFE	3,679	6,412	6,685	(273)	(3,406)	0
VSRF Small Grant (Counselling Coordinator)	-	31,050	23,878	7,172	-	7,172
NPT CVS (Counsellor)	-	5,365	4,841	524	(524)	0
Comic Relief VSEF grant	-	1,605	1,897	(292)	292	(0)
NPT CVS (Building Refurbishment)	-	8,659	8,345	315	(315)	(0)
NPT CVS (Art Therapy)	-	795	1,452	(657)	657	0
MIND Growth Fund	-	8,507	12,102	(3,595)	3,595	0
Active Monitoring MIND	-	46,439	37,715	8,724	-	8,724
Totals	(2,825)	299,532	270,055	29,476	2,274	28,925

Neath Port Talbot MIND Association
Income & Expenditure Account for the Year
Ended 31st March 2021

Description	2021	2020
	£	£
Income		
Restricted Funds - LHB	102,408	102,408
Unrestricted Grants	0	0
Donations	24,495	25,242
Membership	0	5,202
Training	7,725	12,440
Savings transfer	0	0
Counselling	14,734	30,410
Restricted Funds - YAB	0	1,000
Restricted Funds - Children in Need	19,250	0
Restricted Funds - People's Postcode Trust	10,500	0
Restricted Funds - What's the Score	8,370	0
Restricted Funds - Moondance Project	20,630	0
Restricted Funds - NPTCBC (DEO ext)	0	0
Restricted Funds - Bywyd Awr	12,569	0
Restricted Funds - Edward Gosling Foundation	8,223	0
Restricted Funds - CFW Resilience Fund (Link Officer)	8,750	0
Restricted Funds - Active Monitoring	46,439	0
Restricted Funds - LIFE	6,412	20,205
Restricted Funds - MIND Growth Fund (BDO)	8,507	0
Restricted Funds - Counselling Coordinator	31,050	0
Restricted Funds - NPT CVS (Chloe)	5,365	0
Restricted Funds - NPTCVS (PPE)	1,605	0
Restricted Funds - NPTCVS (Building Improvements)	8,659	0
Restricted Funds - NPTCVS (Art Therapy)	795	0
Designated Fund - IT Equipment	6,535	0
Food/coffee Refreshments	0	219
Activities	0	478
Bank interest	33	35
Total Income	353,053	197,639

Expenditure

Employment	166,876.75)	143,483
HMRC	44,423.46)	0
Standard Life Pension	6,607.08)	12,885
Nest Pension	7,499.88)	
LIFE	-	
Office supplies/Photocopier	2,757.97	3,149
IT Costs	15,284.44	1,379
Repairs & Renewals	3,743.37	766
Insurance	2,787.25	1,556
Telephone	3,967.24	2,601
Travel/Volunteer expenses	1,258.90	2,241
Refreshments	-	383
Activities	1,670.40	789
Training	7,910.33	635
Consultancy	11,701.00	8,631
Affiliation	936.00	558
Bank Charges	102.86	95
Petty cash	-	0
Utilities (gas, water, electricity)	2,072.90	2,444
Payroll Preparation	842.40	884
Postage	332.89	220
Rent	2,083.33	2,167
Alarm/security	4,597.92	1,304
Waste disposal and Cleaning	1,926.00	506
Leaflet printing	-	1,240
Designated funds - YAB	-	660
Outreach	-	640
Accountancy/Audit Fees	340.00	0
Sundries	2,229.05	1,262
Depreciation	1,620.00	180
Total Expenses	293,571.42	190,657.41
Surplus / (Deficit)	59,482.03	6,981.32

Response to the Covid-19 pandemic

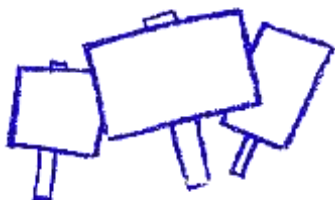
Working hard to create, maintain, and [set an example of an environment conducive to good mental health](#) and wellbeing for our staff, volunteers, and clients.

Moving services online and providing bespoke, personal support for this move to be accessible for people – including technical support and equipment to ensure services are [as accessible as possible for all](#).

[Working in partnership](#) with our local Welsh Assembly Minister to develop and deliver a Trauma Awareness Campaign, supporting local businesses, staff, and customers during the pandemic.

Being [agile in our response to the pandemic](#), working with partners to continue to meet local needs during this challenging time, whilst being creative and agile in the way we delivered our services

We have come a long way in the last 3 years, though we appreciate that there is a long way to go, with much more to be done to realise our vision and ambitions.



🗨️ We won't give up until everyone experiencing a mental health problem gets both support and respect 🗨️

Our Strategic Plan for 2021 – 2024

Engagement

We will continue to connect with our local communities and other organisations to ensure we keep listening and maximise the impact and reach of NPT Mind.

Development & co-production

We will continue to nurture existing and develop new services and approaches to services to meet the needs of our communities.

Partnerships

We will continue to build and nurture positive and productive partnerships to maximise our collective impact.

People

Continue to invest in our staff, trustees, and volunteers to ensure we set an example for workplace wellbeing and are well positioned to offer high quality services.

Financial stability

To ensure the long- term financial strength and viability of the organisation.

Monitoring and review of the Strategic Plan

We recognise that we live in a time of rapid change, and will review the plan annually, modifying it where necessary to ensure that it is still relevant, that our priorities are still appropriate and the best use of available resources.

We accept that the next three years will be challenging, however, we remain confident that Neath & Port Talbot Mind will achieve our stated aims and aspirations over the coming years. We have a well-trained, motivated staff, trustee and volunteer team who are absolutely committed to meeting the needs of some of the most vulnerable people in our community.

We look forward to the next 3 years with an eager anticipation celebrating 40 years of Mind in Neath in 2024. We continue with our commitment to offering support, services, and a warm welcome to all who reach out to us.





Our dedicated staff team

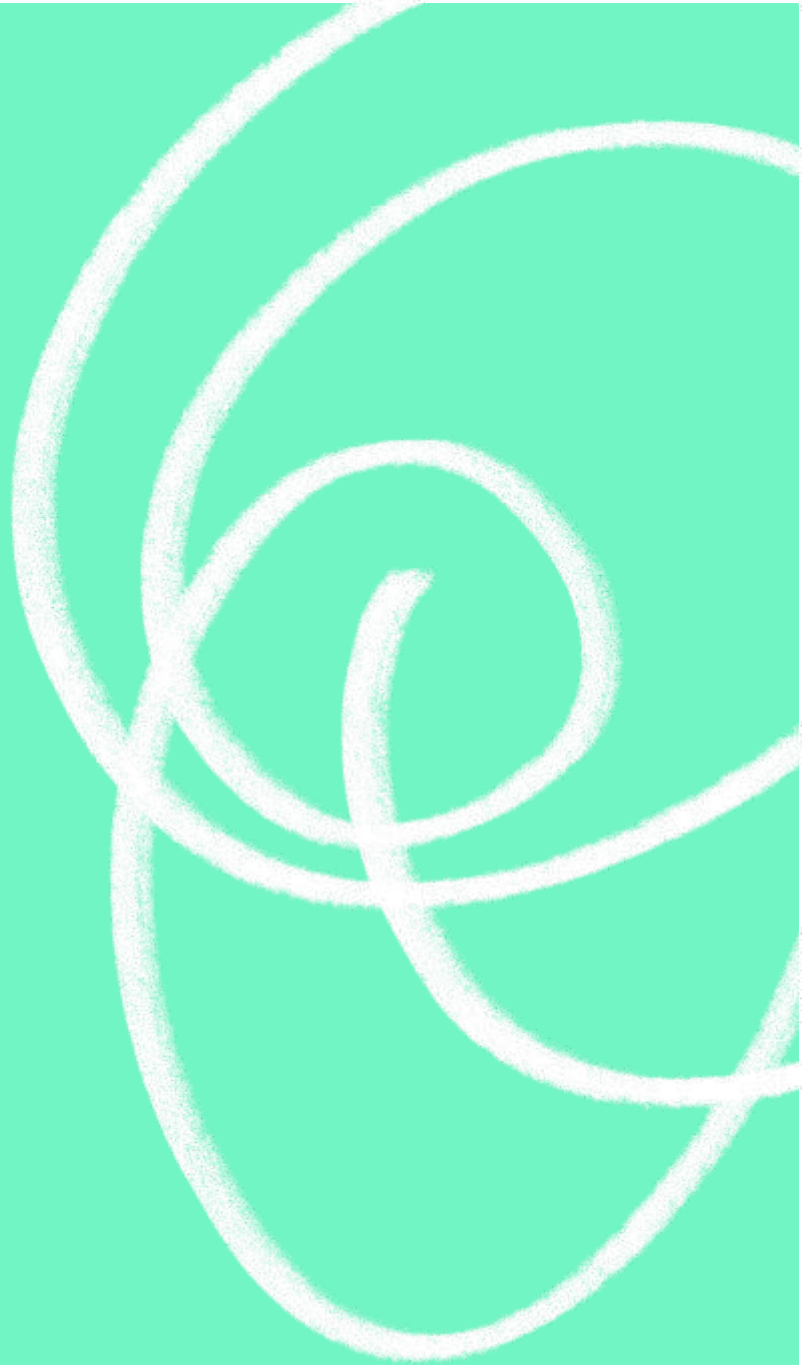
- Sharon Bevans (Director)
- Tracey Sherlock (Business Development and Sustainability Officer)
- Rebecca Morgan (Counselling Coordinator)
- Anne Marie Edwards (Digital Engagement Officer)
- Nicola Oakes (Life Project Resilience Officer until July 2020- then Seeds of Change CYP Project Lead)
- Terri Phillips (Welfare Rights Officer)
- Kath Evans (Link Officer)
- Will Price (What's the Score project Lead until June 2020/Money & Me Project Lead)
- Sian John (Active Monitoring Practitioner/counsellor)
- Jody James (Active Monitoring Practitioner/counsellor)
- Sally Anne Pugh (Active Monitoring Practitioner)
- Rhian Davies (Adult Services Officer)
- Lianne Lambert Newton (Counsellor)
- Louise o Mahoney (Counsellor)
- Ian Thomas (Counsellor)
- Tracey Grant (Adult Services Caseworker)
- Chloe Morgan (Adult Services Caseworker)
- Karen Hughes (Counsellor)

Our board of Trustees

- Howard Puxley (Chair of the Board)
- Karen Henn (Vice Chair)
- John Price (Treasurer)
- Jonathan Tidball (Secretary)
- Sue Jones
- Lowri Collins
- Ian Hutchinson



Neath Port Talbot
Castell-nedd Port Talbot



@nptmind

www.nptmind.org.uk

01639 643510

Company Registered Number 3750679

Charity Number: 1076817

