

Amser I Siarad

England & Wales · Charity number 1096880

Details

Other names YNYS MON AND GWYNEDD MIND, YNYS MON MIND, Amser I Siarad

Status Registered

Legal form Charitable company

Company number 04666301

Registered 2003-04-07

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

Contact

Address Uned 5
Galeri
Victoria Dock
Caernarfon

Phone 01286685279

Email info@amserisiarad.org

Website www.amserisiarad.org

Activities

Objects: To Promote the Preservation of Mental Health and to Assist in relieving and rehabilitating persons suffering or experiencing mental disorder or conditions of emotional or mental distress requiring advice or treatment in Ynys Mon and Gwynedd and in accordance with the aims and objects of Amser I Siarad

Activities: Community art projects
Anti-Stigma projects and work
Mental Health First Aid
Youth Mental Health First Aid
ASIST Suicide Intervention Training
CBT Self Management courses
School & College Anti Stigma Workshops
Amser I Siarad:1 to 1 CBT work (community&college)
CBT Coping With Life Courses
Mindfulness
Children&Young People support-school, college, community
Peer Support group

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** YNYS MON
- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£114,707	£101,870	-	-
2024-03-31	£154,409	£87,055	-	-
2023-03-31	£78,197	£99,249	-	-
2022-03-31	£119,920	£109,095	-	-
2021-03-31	£173,899	£134,178	-	-

Trustees

Name	Role	Appointed
Ella Susan Fisk		2018-12-11
Jayke Hannah May Forshaw		2019-12-16
Raymond Wilton		2024-01-22
William Thomson Love		2022-01-20

Amser I Siarad

England & Wales - Charity number 1096880

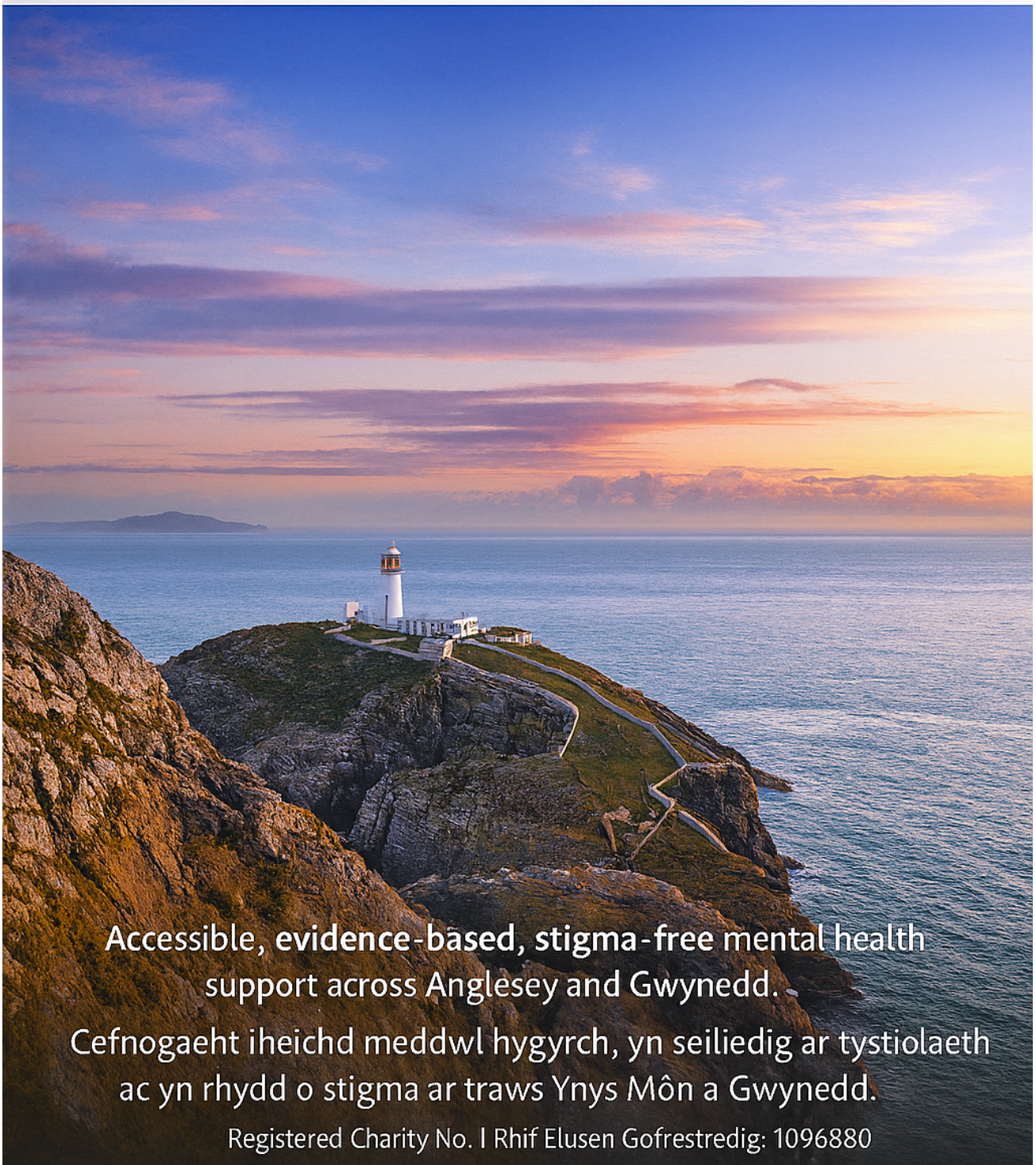
Accounts



ANNUAL REPORT

ADRODDIAD BLYNYDDOL

April 2024 – Mawrth 2025



Accessible, evidence-based, stigma-free mental health support across Anglesey and Gwynedd.

Cefnogaeth iheichd meddwl hygyrch, yn seiliedig ar tystiolaeth ac yn rhydd o stigma ar traws Ynys Môn a Gwynedd.

Registered Charity No. | Rhif Elusen Gofrestredig: 1096880

Contents | Cynnwys

- 1 1. Who We Are & Our Approach | Pwy Ydym Ni a'n Dull
- 2 2. Our Services | Ein Gwasanaethau
- 3 3. Reach & Delivery at a Glance (2024–25) | Cyrhaeddiad a Chyflwyno ar Gôlwg (2024–25)
- 4 4. Participant Outcomes & Impact | Canlyniadau a'r Effaith ar Gyfranogwyr
- 5 5. Synwriwm: Arts & Health Highlight | Synwriwm: Uchafbwynt Celfyddydau ac Iechyd
- 6 6. Our Team & Clinical Governance | Ein Tîm a Llywodraethu Clinigol
- 7 7. Thanks & Acknowledgements | Diolchiadau ac Adnabyddiaethau

Who We Are & Our Approach | 1. Pwy Ydym Ni a'n Dull o Weithredu

1.

EN: Amser i Siarad supported 2,270 people across Anglesey and Gwynedd in 2024–25, including adults and young people from local communities and colleges. Our approach is grounded in research (since 2007) showing stigma as a key barrier to accessing mental health support in close-knit rural settings. We therefore deliver support in everyday, nonclinical venues—Galeri Caernarfon, supermarkets, arts centres, and community spaces—so people can access help quickly, comfortably, and without fear of judgement. Our small, adaptable team enables rapid response when support is needed.

CY: Cefnogodd Amser i Siarad 2,270 o bobl ar draws Ynys Môn a Gwynedd yn 2024–25, gan gynnwys oedolion a phobl ifanc o'n cymunedau a'n colegau lleol. Mae ein dull yn seiliedig ar ymchwil (ers 2007) sy'n dangos bod stigma yn rhwystr allweddol i gael cymorth iechyd meddwl mewn cymunedau gwledig clos. Felly rydym yn darparu cefnogaeth mewn lleoliadau bob dydd, an-glinigol—Galeri Caernarfon, archfarchnadoedd, canolfannau celf a manau cymunedol—fel y gall pobl gael cymorth yn gyflym, yn gyfforddus ac heb ofni barn. Mae ein tîm bach ac addasadwy yn gallu ymateb yn gyflym pan fo angen.

2. Our Services | 2. Ein Gwasanaethau

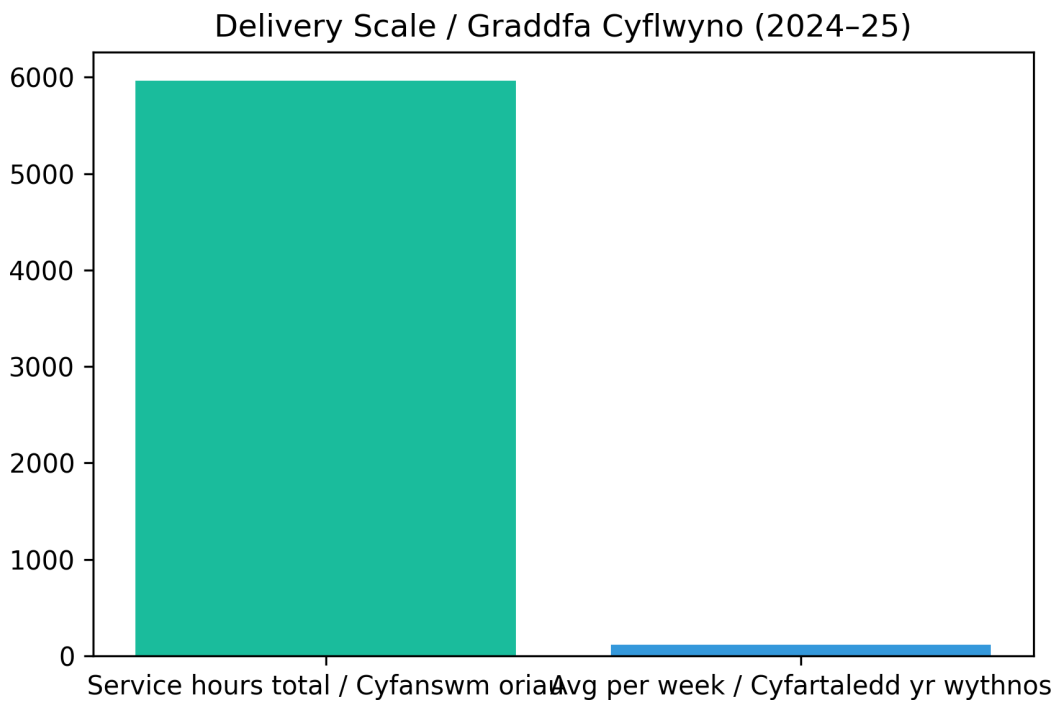
EN: Core services include CBT based therapeutic groups, confidential 1-to-1 support, peer led groups, arts-based wellbeing, and mental health training (MHFA and ASIST). While founded to support mild to moderate needs, we now routinely provide Tier 1 and Tier 2 support, often preventing escalation into crisis services.

CY: Mae ein gwasanaethau craidd yn cynnwys: grwpiau therapiwtig yn seiliedig ar CBT, cymorth cyfrinachol 1■1, grwpiau dan arweiniad cyfoedion, mentrau lles seiliedig ar y celfyddydau, a hyfforddiant iechyd meddwl (MHFA ac ASIST). Er i ni ddechrau i gefnogi anghenion ysgafn i gymedrol, rydym bellach yn darparu Haen 1 a Haen 2 yn rheolaidd, gan atal esgalaeth i wasanaethau argyfwng yn aml.

3. Reach & Delivery at a Glance (2024–25) | 3. Cyrhaeddiad a Chyflwyno ar Gôlwg (2024–25)

EN: We delivered 16 therapeutic courses (CBT + Mindfulness). Staff provided 5,962 service hours (avg. 114 per week), including groups, 1-to-1 support, preparation, peer support, case notes, and clinical supervision.

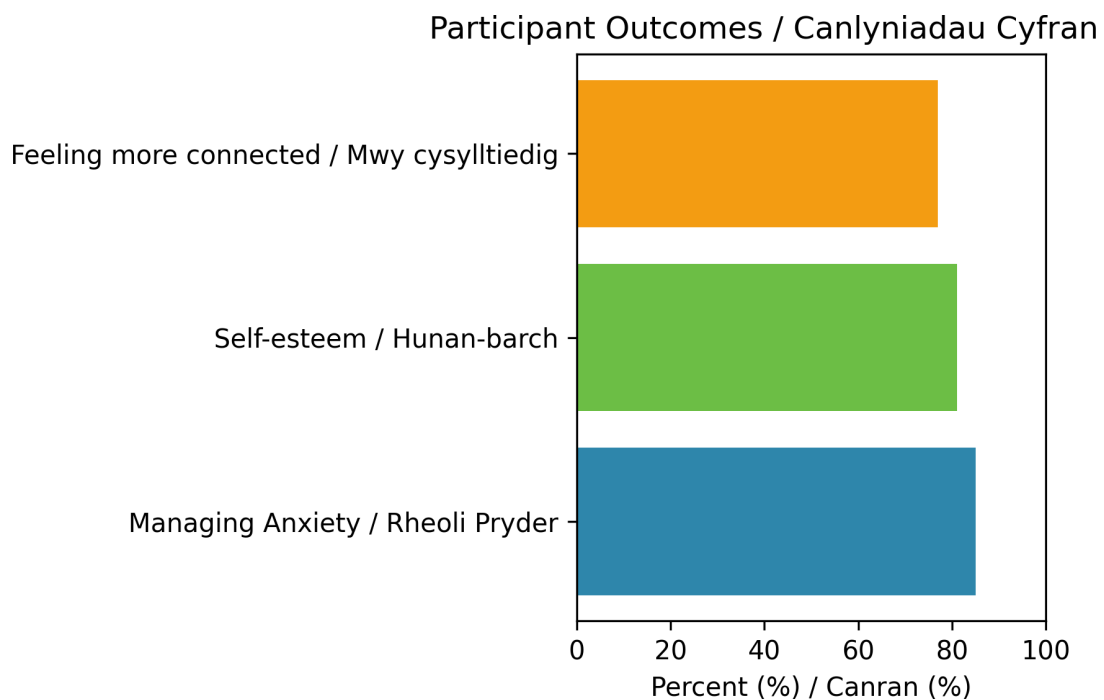
CY: Cyflwynwyd 16 o gysiau therapiwtig (CBT + Ymwybyddiaeth Ofalgar). Darparodd staff 5,962 awr o wasanaeth (cyfartaledd 114 yr wythnos), gan gynnwys grwpiau, cefnogaeth 1-to-1, paratoi, cefnogaeth gan gymheiriaid, nodiadau achos a goruchwyliaeth glinigol.



4. Participant Outcomes & Impact | 4. Canlyniadau a'r Effaith ar Gyfranogwyr

EN: Outcomes were strong: 85% better able to manage anxiety; 81% improved self-esteem; 77% felt more connected to others and community. Self-esteem showed the largest gains alongside improvements in hope, trust, emotional regulation, and motivation.

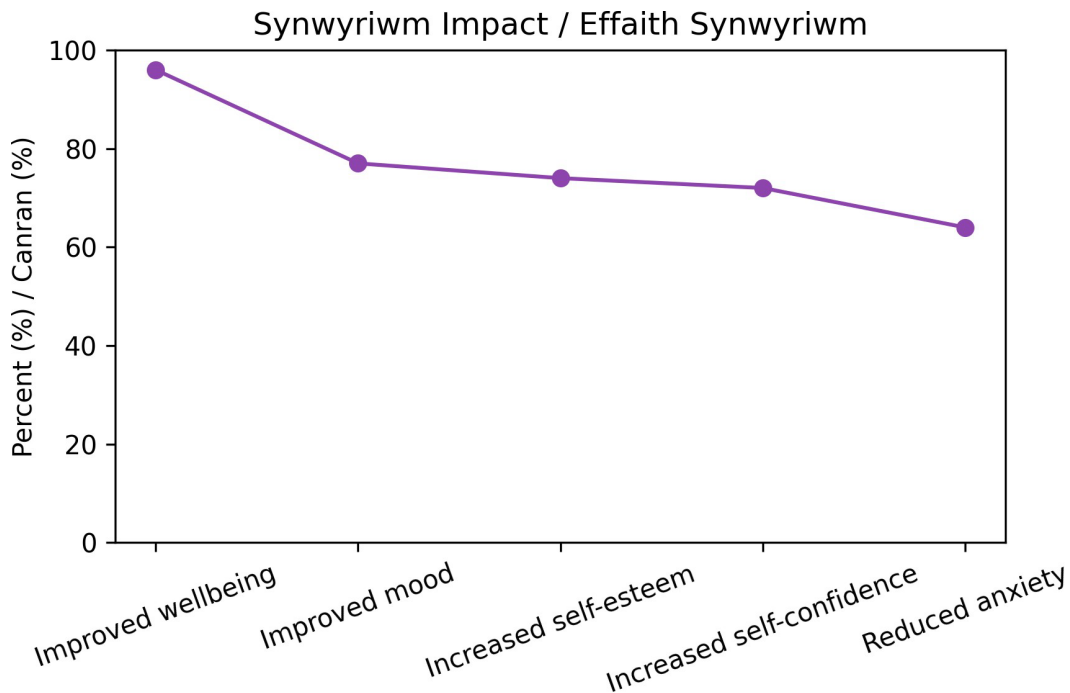
CY: Roedd canlyniadau'n gryf: 85% yn well eu gallu i reoli pryder; 81% gyda hunanbarch gwell; 77% yn teimlo'n fwy cysylltiedig ag eraill a'r gymuned. Cofnodwyd y cynnydd mwyaf ym meysydd hunan barch, ynghyd â gwelliannau mewn gobaith, ymddiriedaeth, rheoleiddio emosiynol a chymhelliant.



5. Synwrywm: Arts & Health Highlight | 5. Synwrywm: Uchafbwynt Celfyddydau ac Iechyd

EN: In partnership with Galeri Caernarfon and Plas Newydd (National Trust Cymru), Synwrywm combined art, nature and heritage to enhance wellbeing and reduce stigma. Impact: 96% improved wellbeing; 77% improved mood; 74% increased self-esteem; 72% increased self-confidence; 64% reduced anxiety. Participants reported feeling calmer, more hopeful and connected, with some progressing to lead creative sessions.

CY: Mewn partneriaeth â Galeri Caernarfon a Phlas Newydd (Ymddiriedolaeth Genedlaethol Cymru), cyfuno celf, natur a threftadaeth wnaeth Synwrywm i wella lles a lleihau stigma. Effaith: 96% gwell lles; 77% hwyliau gwell; 74% cynnydd mewn hunanbarch; 72% mwy o hyder; 64% llai o bryder. Soniodd cyfranogwyr eu bod yn dawelach, yn fwy gobeithiol ac yn fwy cysylltiedig, gyda rhai'n symud ymlaen i arwain sesiynau creadigol.



6. Our Team & Clinical Governance | 6. Ein Tîm a Llywodraethu Clinigol

EN: A skilled multidisciplinary local team—PhD level practitioner, Registered Mental Health Nurse, Counsellor, trainers and art therapists—delivers our support. All clinical work is underpinned by Band 8 Clinical Psychologist supervision, ensuring safety, integrity, reflective practice and continuous improvement.

CY: Mae tîm lleol medrus a rhyngddisgyblaethol—ymarferydd lefel PhD, Nyrs Iechyd Meddwl Gofrestredig, cwyselwyr, hyfforddwyr a therapyddion celf—yn darparu ein cefnogaeth. Cefnogir yr holl waith clinigol gan oruchwyliaeth Seicolegydd Clinigol Band 8, gan sicrhau diogelwch, uniondeb, ymarfer myfyriol a gwelliant parhaus.

7. Thanks & Acknowledgements | 7. Diolchiadau ac Adnabyddiaethau

EN: Thank you to our staff for their professionalism and compassion; to our Trustees for robust governance; to our partners—including Galeri Caernarfon, Plas Newydd and National Trust Cymru, and health, education and community partners; and to our funders and supporters whose investment makes this work possible.

CY: Diolch i'n staff am eu proffesiynoldeb a'u cydymdeimlad; i'n Hymddiriedolwyr am lywodraethu cadarn; i'n partneriaid—gan gynnwys Galeri Caernarfon, Plas Newydd ac Ymddiriedolaeth Genedlaethol Cymru, a phartneriaid iechyd, addysg a chymunedol; ac i'n cyllidwyr a'n cefnogwyr sy'n galluogi'r gwaith hwn.

REGISTERED COMPANY NUMBER: 04666301 (England and Wales)
REGISTERED CHARITY NUMBER: 1096880

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

FOR

AMSER I SIARAD LTD



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

AMSER I SIARAD LTD

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

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7 to 8
Notes to the Financial Statements	9 to 15

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

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

Change of name

The charity changed its name from Ynys Mon and Gwynedd Mind Ltd to Amser i Siarad Ltd on 8 October 2021.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Amser i Siarad provides grass roots support for adults and young people experiencing mental health problems from the heart of their community. It's main focus of delivery takes an anti-stigma approach- and so all services operate from everyday settings and support both adults and young people to take control of their illnesses and lives for themselves. Amser i Siarad also works from a trauma informed perspective which is reflected throughout the organisation.

Amser i Siarad aims to tackle the stigma and discrimination in the wider community through a variety of innovative projects, training, and styles of service delivery. They aim to create a community whereby people with mental health problems can talk openly without a fear of rejection and discrimination.

The charity takes a population approach to all they do and promotes good mental health and wellbeing for all.

Amser i Siarad also provides a comprehensive range of key mental health training with the aim of skilling up the local population to be more ready, aware, and confident to support a colleague or friend who may be struggling.

Public benefit

The charity was set up with the aim of supporting local people who may be experiencing a mental health problem and to work in ways that tackle stigma and discrimination for people with mental health problems and the general public alike.

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding the activities undertaken during the year. The trustees are satisfied that the information provided in the report and accounts meets the public benefit reporting requirements.

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

ACHIEVEMENTS AND PERFORMANCE

Charitable Activities - How our activities deliver public benefits

This year saw the charity support and serve 2,270 people across the counties of Anglesey and Gwynedd.

This year we:

- 1) Continued the successful delivery of our community based Amser i Siarad/Time to Talk one-to-one service from Holyhead to Dolgellau for both adults, children, and young people.
- 2) Continued the successful delivery of our Amser i Siarad/Time to Talk one-to-one service for children and young people within the schools and colleges.
- 3) Continued the successful delivery of our Cognitive Behavioural Therapy (CBT) focused self-management groups within the community for adults, children and young people.
- 4) Continued the successful delivery of our Cognitive Behavioural Therapy (CBT) focused self-management groups within the further education colleges for children and young people.
- 5) Continued Peer Support groups in the community for adults, children, and young people.
- 6) Continued to be a key partner within the Parabl talking treatments service for North Wales.
- 7) Delivered key Mental Health trainings such as Youth and Adult Mental Health First Aid and ASSIST the recognised gold standard in suicide intervention skills training within our community.
- 8) Began a partnership with Galeri alongside Plas Newydd for Creative Arts Projects.

We continued to work flexibly offering services face-to-face, over the phone, via video link, and both in and out of hours.

Once more, we express gratitude to all the people who have fundraised for us in our community and donated to us. We simply could not continue to deliver the work we do without their efforts. All the monies received goes into our front-line services and supports us to meet any funding gaps that might arise.

Thank you to all the grant providers who have funded the work over the year which includes Children in Need , BCUHB, Parabl , The Britford Bridge Trust, and Lottery, Asda.

FINANCIAL REVIEW

Financial position

The charity had unrestricted reserves of £167,616 and restricted reserves of £77,041 as at 31 March 2025 (31 March 2024 unrestricted £157,358 / restricted £74,462)

The accounts for the year ended 31 March 2025 show a surplus of £12,837 (2024: £67,354)

Principal funding sources

The main funders during the year were BCUHB, Children in Need and the lottery.

Donations and fundraising

The charity relies on donations and community fundraising. Only donations that are given directly to Amser i Siarad will go into our local services.

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

FINANCIAL REVIEW

Reserves policy

The charity recognises and accepts its responsibilities as a charity, limited company and employer to protect the financial viability and continuation of the organisation. In accordance with good practice (e.g. Charity Commission) it is agreed that monies are allocated towards a reserve. The purpose of maintaining adequate reserves is:

- ~ To ensure cash flow (e.g. cover delays in revenue funding).
- ~ To cover unforeseen circumstances.
- ~ To provide the opportunity to attract/identify alternative funding should existing funds be subject to cutbacks.
- ~ To ensure that should funding cease, the organisation would be able to fulfil all of its financial and legal obligations when winding up.

The level of the reserve will be reviewed annually by the Board. Unless and until otherwise agreed the organisation will maintain a minimum reserve equivalent to the current six months running costs of the organisation and endeavour to increase this amount to the equivalent of nine months running costs.

FUTURE PLANS

We remain focused on securing our current provision whilst developing family focused services that meet needs at different stages of people's life's and that focus on supporting parents in need.

We are also looking to develop a support for those with higher needs and will also be focused on expanding our training provision moving forward alongside our creative projects.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

Following a comprehensive skills audit to identify those required by the organisation surrounding governance, an advert is placed targeting specific skills required alongside a comprehensive understanding of governance. Trustees can also be identified via word of mouth.

Interested parties are invited to fill in an application form and demonstrate their suitability. Prospective trustees will be called to interview. Successful candidates will then undergo induction training and are invited to three board meetings. If they demonstrate the required skills, comprehensive understanding of governance and commitment to the organisation their appointment will be discussed by the board and voted upon. They will be formally appointed at an AGM.

Organisational structure

The trustees are responsible for ensuring the organisation fulfils its mission statement and leads on its strategic direction. The operational responsibility is delegated to the Chief Officer of the organisation.

Induction and training of new trustees

New trustees receive an induction pack and are provided with copies of all policies, procedures, the governing documents and other relevant material. There is an expectation they will commit to the induction training programme which is mandatory to complete. Specific training needs are identified. All trustees have ongoing training on their roles and responsibilities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04666301 (England and Wales)

Registered Charity number

1096880

AMSER I SIARAD LTD (REGISTERED NUMBER: 04666301)

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

Registered office

Uned 5
Galeri
Victoria Doc
Caernarfon
Gwynedd
LL55 1SQ

Trustees

E S Fisk
J H M Forshaw
W T Love
R Wilton

Company Secretary


C M Bailey

Independent Examiner

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

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 11.12.2025 and signed on its behalf by:


.....
E S Fisk - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
AMSER I SIARAD LTD**

Independent examiner's report to the trustees of Amser i Siarad Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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



Owain Ap Elfed FCCA

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

Date: 15/12/2025

AMSER I SIARAD LTD

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	3,730	-	3,730	53,874
Charitable activities					
Mental health services	4	45,037	61,585	106,622	97,529
Investment income	3	<u>4,355</u>	<u>-</u>	<u>4,355</u>	<u>3,006</u>
Total		<u>53,122</u>	<u>61,585</u>	<u>114,707</u>	<u>154,409</u>
EXPENDITURE ON					
Charitable activities					
Mental health services		<u>42,863</u>	<u>59,007</u>	<u>101,870</u>	<u>87,055</u>
NET INCOME		10,259	2,578	12,837	67,354
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>157,358</u>	<u>74,462</u>	<u>231,820</u>	<u>164,466</u>
TOTAL FUNDS CARRIED FORWARD		<u>167,617</u>	<u>77,040</u>	<u>244,657</u>	<u>231,820</u>

The notes form part of these financial statements

AMSER I SIARAD LTD (REGISTERED NUMBER: 04666301)**BALANCE SHEET
31 MARCH 2025**

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	11	116	-	116	766
CURRENT ASSETS					
Debtors	12	1,120	-	1,120	-
Cash at bank and in hand		<u>169,119</u>	<u>77,040</u>	<u>246,159</u>	<u>231,478</u>
		170,239	77,040	247,279	231,478
CREDITORS					
Amounts falling due within one year	13	(2,739)	-	(2,738)	(424)
NET CURRENT ASSETS		<u>167,500</u>	<u>77,040</u>	<u>244,541</u>	<u>231,054</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>167,617</u>	<u>77,040</u>	<u>244,657</u>	<u>231,820</u>
NET ASSETS		<u>167,617</u>	<u>77,040</u>	<u>244,657</u>	<u>231,820</u>
FUNDS	14				
Unrestricted funds				167,617	157,358
Restricted funds				<u>77,040</u>	<u>74,462</u>
TOTAL FUNDS				<u>244,657</u>	<u>231,820</u>

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

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

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

AMSER I SIARAD LTD (REGISTERED NUMBER: 04666301)

BALANCE SHEET - continued
31 MARCH 2025

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

The financial statements were approved by the Board of Trustees and authorised for issue on11/12/25.....
and were signed on its behalf by:

..........
E S Fisk - Trustee

..........
W T Love - Trustee

The notes form part of these financial statements

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

The accounts are prepared on a going concern basis and there are no material uncertainties about the charity's ability to continue.

Income

Income from grants, contracts and fees: including capital grants and other income, is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably except for:

When it is specified that income from grants and contracts received by the charitable company are to be used in future periods, then the income is deferred until that period.

When conditions are imposed which have to be fulfilled before the charitable company becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When specified, income including capital grants, is for a particular restricted purpose, which does not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until those conditions are met.

Interest on funds held on deposit or loans provided is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Computer equipment - 33% on cost

Taxation

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

Fund accounting

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

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

1. ACCOUNTING POLICIES - continued

Fund accounting

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	3,730	52,547
Gift aid	-	1,327
	<u>3,730</u>	<u>53,874</u>

3. INVESTMENT INCOME

	2025	2024
	£	£
Bank interest	<u>4,355</u>	<u>3,006</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2025	2024
	£	£
Grants	88,079	79,635
Training	2,859	2,470
Parabl	15,684	15,424
	<u>106,622</u>	<u>97,529</u>

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

	2025	2024
	£	£
BCUHB	26,494	25,556
Big Lottery	-	19,926
Children in need	18,585	34,153
Arts Grant	13,500	-
The Britford Bridge Trust	7,500	-
Postcode Lottery	<u>22,000</u>	<u>-</u>
	<u>88,079</u>	<u>79,635</u>

AMSER I SIARAD LTD

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

5. SUPPORT COSTS

	Finance £	Governance costs £	Totals £
Mental health services	<u>98</u>	<u>5,576</u>	<u>5,674</u>

6. NET INCOME/(EXPENDITURE)

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

	2025 £	2024 £
Depreciation - owned assets	<u>650</u>	<u>650</u>

7. INDEPENDENT EXAMINERS' REMUNERATION

	2025 £	2024 £
Independent examiner - independent examination	2,340	2,232
Independent examiner - other services	<u>3,216</u>	<u>2,665</u>
	5,556	4,897

8. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

	2025 £	2024 £
Trustees' expenses	<u>20</u>	<u>8</u>

Trustee expenses of £20.47 were paid to one trustee during the year (2024: £8.10) relating to travel costs.

9. STAFF COSTS

	2025 £	2024 £
Wages and salaries	57,092	53,745
Social security costs	705	-
Other pension costs	<u>3,904</u>	<u>3,442</u>
	<u>61,701</u>	<u>57,187</u>

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

	2025	2024
Direct charitable work	1	1
Manager	<u>1</u>	<u>1</u>
	<u>2</u>	<u>2</u>

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

9. STAFF COSTS - continued

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

The charity considers its key management personnel comprise of the Manager. Total emoluments, including employer pension contributions, of the key management personnel were £42,727 (2024 - £35,801).

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3,873	50,001	53,874
Charitable activities			
Mental health services	43,450	54,079	97,529
Investment income	<u>3,006</u>	<u>-</u>	<u>3,006</u>
Total	<u>50,329</u>	<u>104,080</u>	<u>154,409</u>
EXPENDITURE ON			
Charitable activities			
Mental health services	<u>50,344</u>	<u>36,711</u>	<u>87,055</u>
NET INCOME/(EXPENDITURE)	(15)	67,369	67,354
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>157,372</u>	<u>7,094</u>	<u>164,466</u>
TOTAL FUNDS CARRIED FORWARD	<u>157,357</u>	<u>74,463</u>	<u>231,820</u>

11. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2024 and 31 March 2025	<u>8,290</u>
DEPRECIATION	
At 1 April 2024	7,524
Charge for year	<u>650</u>
At 31 March 2025	<u>8,174</u>
NET BOOK VALUE	
At 31 March 2025	<u>116</u>
At 31 March 2024	<u>766</u>

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

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	2025		2024
	£		£
Trade debtors	<u>1,120</u>		<u>-</u>
13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	2025		2024
	£		£
Trade creditors	638		78
Social security and other taxes	2,080		335
Other creditors	<u>20</u>		<u>11</u>
	<u>2,738</u>		<u>424</u>
14. MOVEMENT IN FUNDS			
	At 1.4.24	Net	At
	£	movement	31.3.25
		in funds	£
		£	
Unrestricted funds			
General fund	157,358	10,258	167,617
Restricted funds			
Children in need	5,545	4,014	9,559
Mind IT	991	-	991
Awards for All (Gwynedd Council)	17,926	(11,885)	6,041
Time to Talk	50,000	(7,252)	42,748
Arts Grants	-	10,263	10,263
Asist	-	172	172
Postcode Lottery	-	<u>7,267</u>	<u>7,267</u>
	<u>74,462</u>	<u>2,579</u>	<u>77,040</u>
TOTAL FUNDS	<u>231,820</u>	<u>12,837</u>	<u>244,657</u>

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

14. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	53,122	(42,864)	10,258
Restricted funds			
Children in need	18,586	(14,572)	4,014
Awards for All (Gwynedd Council)	-	(11,885)	(11,885)
Time to Talk	-	(7,252)	(7,252)
Arts Grants	13,500	(3,237)	10,263
Asist	7,499	(7,327)	172
Postcode Lottery	21,999	(14,732)	7,267
	<u>61,585</u>	<u>(59,006)</u>	<u>2,579</u>
TOTAL FUNDS	<u>114,707</u>	<u>(101,870)</u>	<u>12,837</u>

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	157,372	(14)	157,358
Restricted funds			
Children in need	6,103	(558)	5,545
Mind IT	991	-	991
Awards for All (Gwynedd Council)	-	17,926	17,926
Time to Talk	-	50,000	50,000
	<u>7,094</u>	<u>67,368</u>	<u>74,462</u>
TOTAL FUNDS	<u>164,466</u>	<u>67,354</u>	<u>231,820</u>

14. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	50,329	(50,343)	(14)
Restricted funds			
Children in need	34,154	(34,712)	(558)
Awards for All (Gwynedd Council)	19,926	(2,000)	17,926
Time to Talk	<u>50,000</u>	<u>-</u>	<u>50,000</u>
	<u>104,080</u>	<u>(36,712)</u>	<u>67,368</u>
TOTAL FUNDS	<u>154,409</u>	<u>(87,055)</u>	<u>67,354</u>

Children in need

Funding to provide CBT based self-management groups for young people within colleges and for 1-1 support in the colleges and community.

Mind IT

Funding for IT related equipment.

Awards for All GCC

Funding for recovery workers and 1-1 service for people with learning difficulty and mental health.

Time to Talk

Funding to be spent on advocacy related services for over 18 and residing within the Gwynedd and Ynys Môn areas and advancement of education of the public about mental health and related issues.

Arts Grants

Funding for the Synwriwm Creative arts project in partnership with Galeri and Plas Newydd. Supporting people with moderate mental health problems with sensory art in art, heritage and nature settings.

Asist

Funding to deliver ASIST (Applied Suicide Intervention Skills Training) in community for those outside traditional health organisations.

Postcode Lottery

Funding to deliver 1-1 work within the community to people experiencing mental health problems.



williamsdenton

Accountants and Tax Advisors
Cyfrifwyr ac Ymgynghorwyr Treth

Glaslyn, Ffordd Y Parc, Parc Menai
Bangor, Gwynedd, LL57 4FE
t: 01248 670370
bangor@williamsdenton.co.uk

San Remo, 13 Trinity Square,
Llandudno, Conwy, LL30 2RB
t: 01492 877478
llandudno@williamsdenton.co.uk

www.williamsdenton.co.uk

REGISTERED COMPANY NUMBER: 04666301 (England and Wales)
REGISTERED CHARITY NUMBER: 1096880

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025
FOR
AMSER I SIARAD LTD**



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

AMSER I SIARAD LTD

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

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7 to 8
Notes to the Financial Statements	9 to 15

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

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

Change of name

The charity changed its name from Ynys Mon and Gwynedd Mind Ltd to Amser i Siarad Ltd on 8 October 2021.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Amser i Siarad provides grass roots support for adults and young people experiencing mental health problems from the heart of their community. It's main focus of delivery takes an anti-stigma approach- and so all services operate from everyday settings and support both adults and young people to take control of their illnesses and lives for themselves. Amser i Siarad also works from a trauma informed perspective which is reflected throughout the organisation.

Amser i Siarad aims to tackle the stigma and discrimination in the wider community through a variety of innovative projects, training, and styles of service delivery. They aim to create a community whereby people with mental health problems can talk openly without a fear of rejection and discrimination.

The charity takes a population approach to all they do and promotes good mental health and wellbeing for all.

Amser i Siarad also provides a comprehensive range of key mental health training with the aim of skilling up the local population to be more ready, aware, and confident to support a colleague or friend who may be struggling.

Public benefit

The charity was set up with the aim of supporting local people who may be experiencing a mental health problem and to work in ways that tackle stigma and discrimination for people with mental health problems and the general public alike.

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding the activities undertaken during the year. The trustees are satisfied that the information provided in the report and accounts meets the public benefit reporting requirements.

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

ACHIEVEMENTS AND PERFORMANCE

Charitable Activities - How our activities deliver public benefits

This year saw the charity support and serve 2,270 people across the counties of Anglesey and Gwynedd.

This year we:

- 1) Continued the successful delivery of our community based Amser i Siarad/Time to Talk one-to-one service from Holyhead to Dolgellau for both adults, children, and young people.
- 2) Continued the successful delivery of our Amser i Siarad/Time to Talk one-to-one service for children and young people within the schools and colleges.
- 3) Continued the successful delivery of our Cognitive Behavioural Therapy (CBT) focused self-management groups within the community for adults, children and young people.
- 4) Continued the successful delivery of our Cognitive Behavioural Therapy (CBT) focused self-management groups within the further education colleges for children and young people.
- 5) Continued Peer Support groups in the community for adults, children, and young people.
- 6) Continued to be a key partner within the Parabl talking treatments service for North Wales.
- 7) Delivered key Mental Health trainings such as Youth and Adult Mental Health First Aid and ASSIST the recognised gold standard in suicide intervention skills training within our community.
- 8) Began a partnership with Galeri alongside Plas Newydd for Creative Arts Projects.

We continued to work flexibly offering services face-to-face, over the phone, via video link, and both in and out of hours.

Once more, we express gratitude to all the people who have fundraised for us in our community and donated to us. We simply could not continue to deliver the work we do without their efforts. All the monies received goes into our front-line services and supports us to meet any funding gaps that might arise.

Thank you to all the grant providers who have funded the work over the year which includes Children in Need , BCUHB, Parabl , The Britford Bridge Trust, and Lottery, Asda.

FINANCIAL REVIEW

Financial position

The charity had unrestricted reserves of £167,616 and restricted reserves of £77,041 as at 31 March 2025 (31 March 2024 unrestricted £157,358 / restricted £74,462)

The accounts for the year ended 31 March 2025 show a surplus of £12,837 (2024: £67,354)

Principal funding sources

The main funders during the year were BCUHB, Children in Need and the lottery.

Donations and fundraising

The charity relies on donations and community fundraising. Only donations that are given directly to Amser i Siarad will go into our local services.

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

FINANCIAL REVIEW

Reserves policy

The charity recognises and accepts its responsibilities as a charity, limited company and employer to protect the financial viability and continuation of the organisation. In accordance with good practice (e.g. Charity Commission) it is agreed that monies are allocated towards a reserve. The purpose of maintaining adequate reserves is:

- ~ To ensure cash flow (e.g. cover delays in revenue funding).
- ~ To cover unforeseen circumstances.
- ~ To provide the opportunity to attract/identify alternative funding should existing funds be subject to cutbacks.
- ~ To ensure that should funding cease, the organisation would be able to fulfil all of its financial and legal obligations when winding up.

The level of the reserve will be reviewed annually by the Board. Unless and until otherwise agreed the organisation will maintain a minimum reserve equivalent to the current six months running costs of the organisation and endeavour to increase this amount to the equivalent of nine months running costs.

FUTURE PLANS

We remain focused on securing our current provision whilst developing family focused services that meet needs at different stages of people's life's and that focus on supporting parents in need.

We are also looking to develop a support for those with higher needs and will also be focused on expanding our training provision moving forward alongside our creative projects.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

Following a comprehensive skills audit to identify those required by the organisation surrounding governance, an advert is placed targeting specific skills required alongside a comprehensive understanding of governance. Trustees can also be identified via word of mouth.

Interested parties are invited to fill in an application form and demonstrate their suitability. Prospective trustees will be called to interview. Successful candidates will then undergo induction training and are invited to three board meetings. If they demonstrate the required skills, comprehensive understanding of governance and commitment to the organisation their appointment will be discussed by the board and voted upon. They will be formally appointed at an AGM.

Organisational structure

The trustees are responsible for ensuring the organisation fulfils its mission statement and leads on its strategic direction. The operational responsibility is delegated to the Chief Officer of the organisation.

Induction and training of new trustees

New trustees receive an induction pack and are provided with copies of all policies, procedures, the governing documents and other relevant material. There is an expectation they will commit to the induction training programme which is mandatory to complete. Specific training needs are identified. All trustees have ongoing training on their roles and responsibilities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04666301 (England and Wales)

Registered Charity number

1096880

AMSER I SIARAD LTD (REGISTERED NUMBER: 04666301)

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

Registered office

Uned 5
Galeri
Victoria Doc
Caernarfon
Gwynedd
LL55 1SQ

Trustees

E S Fisk
J H M Forshaw
W T Love
R Wilton

Company Secretary


C M Bailey

Independent Examiner

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

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 11.12.2025 and signed on its behalf by:


.....
E S Fisk - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
AMSER I SIARAD LTD**

Independent examiner's report to the trustees of Amser i Siarad Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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



Owain Ap Elfed FCCA

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

Date: 15/12/2025

AMSER I SIARAD LTD

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	3,730	-	3,730	53,874
Charitable activities					
Mental health services	4	45,037	61,585	106,622	97,529
Investment income	3	<u>4,355</u>	<u>-</u>	<u>4,355</u>	<u>3,006</u>
Total		<u>53,122</u>	<u>61,585</u>	<u>114,707</u>	<u>154,409</u>
EXPENDITURE ON					
Charitable activities					
Mental health services		<u>42,863</u>	<u>59,007</u>	<u>101,870</u>	<u>87,055</u>
NET INCOME		10,259	2,578	12,837	67,354
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>157,358</u>	<u>74,462</u>	<u>231,820</u>	<u>164,466</u>
TOTAL FUNDS CARRIED FORWARD		<u>167,617</u>	<u>77,040</u>	<u>244,657</u>	<u>231,820</u>

The notes form part of these financial statements

AMSER I SIARAD LTD (REGISTERED NUMBER: 04666301)**BALANCE SHEET
31 MARCH 2025**

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	11	116	-	116	766
CURRENT ASSETS					
Debtors	12	1,120	-	1,120	-
Cash at bank and in hand		<u>169,119</u>	<u>77,040</u>	<u>246,159</u>	<u>231,478</u>
		170,239	77,040	247,279	231,478
CREDITORS					
Amounts falling due within one year	13	(2,739)	-	(2,738)	(424)
		<u>167,500</u>	<u>77,040</u>	<u>244,541</u>	<u>231,054</u>
NET CURRENT ASSETS					
		<u>167,500</u>	<u>77,040</u>	<u>244,541</u>	<u>231,054</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>167,617</u>	<u>77,040</u>	<u>244,657</u>	<u>231,820</u>
NET ASSETS		<u>167,617</u>	<u>77,040</u>	<u>244,657</u>	<u>231,820</u>
FUNDS	14				
Unrestricted funds				167,617	157,358
Restricted funds				<u>77,040</u>	<u>74,462</u>
TOTAL FUNDS				<u>244,657</u>	<u>231,820</u>

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

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

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

AMSER I SIARAD LTD (REGISTERED NUMBER: 04666301)

BALANCE SHEET - continued
31 MARCH 2025

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

The financial statements were approved by the Board of Trustees and authorised for issue on11/12/25.....
and were signed on its behalf by:

.....
E S Fisk - Trustee

.....
W T Love - Trustee

The notes form part of these financial statements

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

The accounts are prepared on a going concern basis and there are no material uncertainties about the charity's ability to continue.

Income

Income from grants, contracts and fees: including capital grants and other income, is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably except for:

When it is specified that income from grants and contracts received by the charitable company are to be used in future periods, then the income is deferred until that period.

When conditions are imposed which have to be fulfilled before the charitable company becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When specified, income including capital grants, is for a particular restricted purpose, which does not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until those conditions are met.

Interest on funds held on deposit or loans provided is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Computer equipment - 33% on cost

Taxation

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

Fund accounting

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

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

1. ACCOUNTING POLICIES - continued

Fund accounting

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	3,730	52,547
Gift aid	-	1,327
	<u>3,730</u>	<u>53,874</u>

3. INVESTMENT INCOME

	2025	2024
	£	£
Bank interest	<u>4,355</u>	<u>3,006</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2025	2024
	£	£
Grants	88,079	79,635
Training	2,859	2,470
Parabl	15,684	15,424
	<u>106,622</u>	<u>97,529</u>

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

	2025	2024
	£	£
BCUHB	26,494	25,556
Big Lottery	-	19,926
Children in need	18,585	34,153
Arts Grant	13,500	-
The Britford Bridge Trust	7,500	-
Postcode Lottery	<u>22,000</u>	<u>-</u>
	<u>88,079</u>	<u>79,635</u>

AMSER I SIARAD LTD

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

5. SUPPORT COSTS

	Finance £	Governance costs £	Totals £
Mental health services	<u>98</u>	<u>5,576</u>	<u>5,674</u>

6. NET INCOME/(EXPENDITURE)

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

	2025 £	2024 £
Depreciation - owned assets	<u>650</u>	<u>650</u>

7. INDEPENDENT EXAMINERS' REMUNERATION

	2025 £	2024 £
Independent examiner - independent examination	2,340	2,232
Independent examiner - other services	<u>3,216</u>	<u>2,665</u>
	<u>5,556</u>	<u>4,897</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

	2025 £	2024 £
Trustees' expenses	<u>20</u>	<u>8</u>

Trustee expenses of £20.47 were paid to one trustee during the year (2024: £8.10) relating to travel costs.

9. STAFF COSTS

	2025 £	2024 £
Wages and salaries	57,092	53,745
Social security costs	705	-
Other pension costs	<u>3,904</u>	<u>3,442</u>
	<u>61,701</u>	<u>57,187</u>

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

	2025	2024
Direct charitable work	1	1
Manager	<u>1</u>	<u>1</u>
	<u>2</u>	<u>2</u>

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

9. STAFF COSTS - continued

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

The charity considers its key management personnel comprise of the Manager. Total emoluments, including employer pension contributions, of the key management personnel were £42,727 (2024 - £35,801).

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3,873	50,001	53,874
Charitable activities			
Mental health services	43,450	54,079	97,529
Investment income	<u>3,006</u>	<u>-</u>	<u>3,006</u>
Total	<u>50,329</u>	<u>104,080</u>	<u>154,409</u>
EXPENDITURE ON			
Charitable activities			
Mental health services	<u>50,344</u>	<u>36,711</u>	<u>87,055</u>
NET INCOME/(EXPENDITURE)	(15)	67,369	67,354
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>157,372</u>	<u>7,094</u>	<u>164,466</u>
TOTAL FUNDS CARRIED FORWARD	<u>157,357</u>	<u>74,463</u>	<u>231,820</u>

11. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2024 and 31 March 2025	<u>8,290</u>
DEPRECIATION	
At 1 April 2024	7,524
Charge for year	<u>650</u>
At 31 March 2025	<u>8,174</u>
NET BOOK VALUE	
At 31 March 2025	<u>116</u>
At 31 March 2024	<u>766</u>

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

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	2025	2024	
	£	£	
Trade debtors	<u>1,120</u>	<u>-</u>	
13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	2025	2024	
	£	£	
Trade creditors	638	78	
Social security and other taxes	2,080	335	
Other creditors	<u>20</u>	<u>11</u>	
	<u>2,738</u>	<u>424</u>	
14. MOVEMENT IN FUNDS			
	At 1.4.24	Net movement in funds	At 31.3.25
	£	£	£
Unrestricted funds			
General fund	157,358	10,258	167,617
Restricted funds			
Children in need	5,545	4,014	9,559
Mind IT	991	-	991
Awards for All (Gwynedd Council)	17,926	(11,885)	6,041
Time to Talk	50,000	(7,252)	42,748
Arts Grants	-	10,263	10,263
Asist	-	172	172
Postcode Lottery	<u>-</u>	<u>7,267</u>	<u>7,267</u>
	<u>74,462</u>	<u>2,579</u>	<u>77,040</u>
TOTAL FUNDS	<u>231,820</u>	<u>12,837</u>	<u>244,657</u>

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

14. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	53,122	(42,864)	10,258
Restricted funds			
Children in need	18,586	(14,572)	4,014
Awards for All (Gwynedd Council)	-	(11,885)	(11,885)
Time to Talk	-	(7,252)	(7,252)
Arts Grants	13,500	(3,237)	10,263
Asist	7,499	(7,327)	172
Postcode Lottery	21,999	(14,732)	7,267
	<u>61,585</u>	<u>(59,006)</u>	<u>2,579</u>
TOTAL FUNDS	<u>114,707</u>	<u>(101,870)</u>	<u>12,837</u>

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	157,372	(14)	157,358
Restricted funds			
Children in need	6,103	(558)	5,545
Mind IT	991	-	991
Awards for All (Gwynedd Council)	-	17,926	17,926
Time to Talk	-	50,000	50,000
	<u>7,094</u>	<u>67,368</u>	<u>74,462</u>
TOTAL FUNDS	<u>164,466</u>	<u>67,354</u>	<u>231,820</u>

14. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	50,329	(50,343)	(14)
Restricted funds			
Children in need	34,154	(34,712)	(558)
Awards for All (Gwynedd Council)	19,926	(2,000)	17,926
Time to Talk	<u>50,000</u>	<u>-</u>	<u>50,000</u>
	<u>104,080</u>	<u>(36,712)</u>	<u>67,368</u>
TOTAL FUNDS	<u>154,409</u>	<u>(87,055)</u>	<u>67,354</u>

Children in need

Funding to provide CBT based self-management groups for young people within colleges and for 1-1 support in the colleges and community.

Mind IT

Funding for IT related equipment.

Awards for All GCC

Funding for recovery workers and 1-1 service for people with learning difficulty and mental health.

Time to Talk

Funding to be spent on advocacy related services for over 18 and residing within the Gwynedd and Ynys Môn areas and advancement of education of the public about mental health and related issues.

Arts Grants

Funding for the Synwriwm Creative arts project in partnership with Galeri and Plas Newydd. Supporting people with moderate mental health problems with sensory art in art, heritage and nature settings.

Asist

Funding to deliver ASIST (Applied Suicide Intervention Skills Training) in community for those outside traditional health organisations.

Postcode Lottery

Funding to deliver 1-1 work within the community to people experiencing mental health problems.



williamsdenton

Accountants and Tax Advisors
Cyfrifwyr ac Ymgynghorwyr Treth

Glaslyn, Ffordd Y Parc, Parc Menai
Bangor, Gwynedd, LL57 4FE
t: 01248 670370
bangor@williamsdenton.co.uk

San Remo, 13 Trinity Square,
Llandudno, Conwy, LL30 2RB
t: 01492 877478
llandudno@williamsdenton.co.uk

www.williamsdenton.co.uk

Amser I Siarad

England & Wales - Charity number 1096880

Accounts

REGISTERED COMPANY NUMBER: 04666301 (England and Wales)
REGISTERED CHARITY NUMBER: 1096880

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
FOR
AMSER I SIARAD LTD**



AMSER I SIARAD LTD

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

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7 to 8
Notes to the Financial Statements	9 to 15

AMSER I SIARAD LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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

Change of name

The charity changed its name from Ynys Mon and Gwynedd Mind Ltd to Amser I Siarad Ltd on 8 October 2021.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Amser I Siarad provides grass roots support for adults and young people experiencing mental health problems from the heart of their community. It's main focus of delivery takes an anti-stigma approach- and so all services operate from everyday settings and support both adults and young people to take control of their illnesses and lives for themselves. Amser I Siarad also works from a trauma informed perspective which is reflected throughout the organisation.

Amser I Siarad aims to tackle the stigma and discrimination in the wider community through a variety of innovative projects, training, and styles of service delivery. They aim to create a community whereby people with mental health problems can talk openly without a fear of rejection and discrimination.

The charity takes a population approach to all they do and promotes good mental health and wellbeing for all.

Amser I Siarad also provides a comprehensive range of key mental health training with the aim of skilling up the local population to be more ready, aware, and confident to support a colleague or friend who may be struggling.

Public benefit

The charity was set up with the aim of supporting local people who may be experiencing a mental health problem and to work in ways that tackle stigma and discrimination for people with mental health problems and the general public alike.

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding the activities undertaken during the year. The trustees are satisfied that the information provided in the report and accounts meets the public benefit reporting requirements.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024**

ACHIEVEMENT AND PERFORMANCE

Charitable Activities - How our activities deliver public benefits

This year saw the charity support and serve 2,244 people across the counties of Anglesey and Gwynedd.

This year we:

- 1) Continued the successful delivery of our community based Amser I Siarad/Time to Talk one-to-one service from Holyhead to Dolgellau for both adults, children, and young people.
- 2) Continued the successful delivery of our Amser I Siarad/Time to Talk one-to-one service for children and young people within the schools and colleges.
- 3) Continued the successful delivery of our Cognitive Behavioural Therapy (CBT) focused self-management groups within the community for adults, children and young people.
- 4) Continued the successful delivery of our Cognitive Behavioural Therapy (CBT) focused self-management groups within the further education colleges for children and young people.
- 5) Continued Peer Support groups in the community for adults, children, and young people.
- 6) Continued to be a key partner within the Parabl talking treatments service for North Wales.
- 7) Delivered key Mental Health trainings such as Youth and Adult Mental Health First Aid and ASSIST the recognised gold standard in suicide intervention skills training within our community.

We continued to work flexibly offering services face-to-face, over the phone, via video link, and both in and out of hours.

Once more, we express gratitude to all the people who have fundraised for us in our community and donated to us. We simply could not continue to deliver the work we do without their efforts. All the monies received goes into our front-line services and supports us to meet any funding gaps that might arise.

Thank you to all the grant providers who have funded the work over the year which includes Children in Need , BCUHB, Parabl and Lottery.

FINANCIAL REVIEW

Financial position

The charity had unrestricted reserves of £157,358 and restricted reserves of £74,462 as at 31 March 2024 (31 March 2023 unrestricted £157,372 / restricted £7,094)

The accounts for the year ended 31 March 2024 show a surplus of £67,354 (2023: deficit of £21,052).

Principal funding sources

The main funders during the year were BCUHB, Children in Need and the lottery.

Donations and fundraising

The charity relies on donations and community fundraising. Only donations that are given directly to Amser I Siarad will go into our local services.

Reserves policy

The charity recognises and accepts its responsibilities as a charity, limited company and employer to protect the financial viability and continuation of the organisation. In accordance with good practice (e.g. Charity Commission) it is agreed that monies are allocated towards a reserve. The purpose of maintaining adequate reserves is:

- ~ To ensure cash flow (e.g. cover delays in revenue funding).
- ~ To cover unforeseen circumstances.
- ~ To provide the opportunity to attract/identify alternative funding should existing funds be subject to cutbacks.
- ~ To ensure that should funding cease, the organisation would be able to fulfil all of its financial and legal obligations when winding up.

The level of the reserve will be reviewed annually by the Board. Unless and until otherwise agreed the organisation will maintain a minimum reserve equivalent to the current six months running costs of the organisation and endeavour to increase this amount to the equivalent of nine months running costs.

AMSER I SIARAD LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

FUTURE PLANS

We are focusing on securing our current provision whilst developing family focused services that meet needs at different stages of people's life's and that focus on supporting parents in need.

We are also looking to develop a support for those with higher needs, and will also be focused on expanding our training provision moving forward.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

Following a comprehensive skills audit to identify those required by the organisation surrounding governance, an advert is placed targeting specific skills required alongside a comprehensive understanding of governance. Trustees can also be identified via word of mouth.

Interested parties are invited to fill in an application form and demonstrate their suitability. Prospective trustees will be called to interview. Successful candidates will then undergo induction training and are invited to three board meetings. If they demonstrate the required skills, comprehensive understanding of governance and commitment to the organisation their appointment will be discussed by the board and voted upon. They will be formally appointed at an AGM.

Organisational structure

The trustees are responsible for ensuring the organisation fulfils its mission statement and leads on its strategic direction. The operational responsibility is delegated to the Chief Officer of the organisation.

Induction and training of new trustees

New trustees receive an induction pack and are provided with copies of all policies, procedures, the governing documents and other relevant material. There is an expectation they will commit to the induction training programme which is mandatory to complete. Specific training needs are identified. All trustees have ongoing training on their roles and responsibilities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04666301 (England and Wales)

Registered Charity number

1096880

Registered office

Uned 5
Galeri
Victoria Doc
Caernarfon
Gwynedd
LL55 1SQ

Trustees

L Chant (resigned 22.1.24)
E S Fisk
H M Forshaw
W T Love
R Wilton (appointed 22.1.24)

Company Secretary

C M Bailey

AMSER I SIARAD LTD

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024**

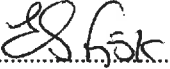
REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

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

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on13/12/2024..... and signed on its behalf by:


.....
E S Fisk - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
AMSER I SIARAD LTD**

Independent examiner's report to the trustees of Amser I Siarad Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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



Owain Ap Elfed FCCA

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

Date:19/12/2024.....

AMSER I SIARAD LTD**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	3,873	50,001	53,874	7,629
Charitable activities	4				
Mental health services		43,450	54,079	97,529	69,953
Investment income	3	<u>3,006</u>	<u>-</u>	<u>3,006</u>	<u>616</u>
Total		<u>50,329</u>	<u>104,080</u>	<u>154,409</u>	<u>78,198</u>
EXPENDITURE ON					
Charitable activities					
Mental health services		<u>50,344</u>	<u>36,711</u>	<u>87,055</u>	<u>99,250</u>
NET INCOME/(EXPENDITURE)		(15)	67,369	67,354	(21,052)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>157,372</u>	<u>7,094</u>	<u>164,466</u>	<u>185,518</u>
TOTAL FUNDS CARRIED FORWARD		<u>157,357</u>	<u>74,463</u>	<u>231,820</u>	<u>164,466</u>

The notes form part of these financial statements

AMSER I SIARAD LTD

**BALANCE SHEET
31 MARCH 2024**

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	11	766	-	766	1,065
CURRENT ASSETS					
Debtors	12	-	-	-	650
Cash at bank and in hand		<u>158,737</u>	<u>72,741</u>	<u>231,478</u>	<u>166,842</u>
		158,737	72,741	231,478	167,492
CREDITORS					
Amounts falling due within one year	13	(424)	-	(424)	(4,091)
NET CURRENT ASSETS					
		<u>158,313</u>	<u>72,741</u>	<u>231,054</u>	<u>163,401</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>159,079</u>	<u>72,741</u>	<u>231,820</u>	<u>164,466</u>
NET ASSETS					
		<u>159,079</u>	<u>72,741</u>	<u>231,820</u>	<u>164,466</u>
FUNDS					
Unrestricted funds	14			157,358	157,372
Restricted funds				<u>74,462</u>	<u>7,094</u>
TOTAL FUNDS					
				<u>231,820</u>	<u>164,466</u>

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

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

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

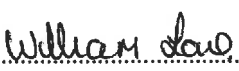
AMSER I SIARAD LTD

BALANCE SHEET - continued
31 MARCH 2024

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

The financial statements were approved by the Board of Trustees and authorised for issue on 13/12/2024 and were signed on its behalf by:


.....
E S Fisk - Trustee


.....
W T Love - Trustee

The notes form part of these financial statements

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

The accounts are prepared on a going concern basis and there are no material uncertainties about the charity's ability to continue.

Income

Income from grants, contracts and fees: including capital grants and other income, is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably except for:

When it is specified that income from grants and contracts received by the charitable company are to be used in future periods, then the income is deferred until that period.

When conditions are imposed which have to be fulfilled before the charitable company becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When specified, income including capital grants, is for a particular restricted purpose, which does not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until those conditions are met.

Interest on funds held on deposit or loans provided is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Computer equipment - 33% on cost

Taxation

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

Fund accounting

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

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

1. ACCOUNTING POLICIES - continued

Fund accounting

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	52,547	7,629
Gift aid	<u>1,327</u>	<u>-</u>
	<u>53,874</u>	<u>7,629</u>

3. INVESTMENT INCOME

	2024	2023
	£	£
Bank interest	<u>3,006</u>	<u>616</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024	2023
		£	£
Grants	Mental health services	79,635	50,748
Training	Mental health services	2,470	2,925
Parabl	Mental health services	<u>15,424</u>	<u>16,280</u>
		<u>97,529</u>	<u>69,953</u>

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

	2024	2023
	£	£
BCUHB	25,556	25,055
Big Lottery	19,926	-
Children in need	<u>34,153</u>	<u>25,693</u>
	<u>79,635</u>	<u>50,748</u>

AMSER I SIARAD LTD

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

5. SUPPORT COSTS

	Finance £	Governance costs £	Totals £
Mental health services	<u>99</u>	<u>5,077</u>	<u>5,176</u>

6. NET INCOME/(EXPENDITURE)

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

	2024 £	2023 £
Depreciation - owned assets	<u>650</u>	<u>1,947</u>

7. INDEPENDENT EXAMINERS' REMUNERATION

	2024 £	2023 £
Independent examiner - independent examination	2,232	2,130
Independent examiner - other services	<u>2,665</u>	<u>2,478</u>
	4,897	4,608

8. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

	2024 £	2023 £
Trustees' expenses	<u>8</u>	<u>9</u>

Trustee expenses of £8.10 were paid to one trustee during the year (2023: £9) relating to travel costs.

9. STAFF COSTS

	2024 £	2023 £
Wages and salaries	53,745	60,234
Social security costs	-	240
Other pension costs	<u>3,442</u>	<u>4,116</u>
	<u>57,187</u>	<u>64,590</u>

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

	2024	2023
Direct charitable work	1	1
Manager	<u>1</u>	<u>1</u>
	<u>2</u>	<u>2</u>

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

9. STAFF COSTS - continued

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

The charity considers its key management personnel comprise of the Manager. Total emoluments, including employer pension contributions, of the key management personnel were £35,801 (2023 - £40,605).

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	7,629	-	7,629
Charitable activities			
Mental health services	44,260	25,693	69,953
Investment income	<u>616</u>	<u>-</u>	<u>616</u>
Total	<u>52,505</u>	<u>25,693</u>	<u>78,198</u>
EXPENDITURE ON			
Charitable activities			
Mental health services	<u>56,896</u>	<u>42,354</u>	<u>99,250</u>
NET INCOME/(EXPENDITURE)	(4,391)	(16,661)	(21,052)
Transfers between funds	<u>(1,720)</u>	<u>1,720</u>	<u>-</u>
Net movement in funds	(6,111)	(14,941)	(21,052)
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>163,483</u>	<u>22,035</u>	<u>185,518</u>
TOTAL FUNDS CARRIED FORWARD	<u>157,372</u>	<u>7,094</u>	<u>164,466</u>

AMSER I SIARAD LTD

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

11. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2023	
Additions	7,939
	<u>351</u>
At 31 March 2024	<u>8,290</u>
DEPRECIATION	
At 1 April 2023	6,874
Charge for year	<u>650</u>
At 31 March 2024	<u>7,524</u>
NET BOOK VALUE	
At 31 March 2024	<u>766</u>
At 31 March 2023	<u>1,065</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	<u>-</u>	<u>650</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	78	3,620
Social security and other taxes	335	-
Other creditors	11	460
Accruals	<u>-</u>	<u>11</u>
	<u>424</u>	<u>4,091</u>

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

14. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	157,372	(14)	157,358
Restricted funds			
Children in need	6,103	(558)	5,545
Mind IT	991	-	991
Awards for All (Gwynedd Council)	-	17,926	17,926
Time to Talk	-	50,000	50,000
	<u>7,094</u>	<u>67,368</u>	<u>74,462</u>
TOTAL FUNDS	<u>164,466</u>	<u>67,354</u>	<u>231,820</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	50,329	(50,343)	(14)
Restricted funds			
Children in need	34,154	(34,712)	(558)
Awards for All (Gwynedd Council)	19,926	(2,000)	17,926
Time to Talk	50,000	-	50,000
	<u>104,080</u>	<u>(36,712)</u>	<u>67,368</u>
TOTAL FUNDS	<u>154,409</u>	<u>(87,055)</u>	<u>67,354</u>

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

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	163,483	(4,391)	(1,720)	157,372
Restricted funds				
Children in need	18,410	(12,307)	-	6,103
Mind IT	2,354	(1,363)	-	991
Awards for All (Gwynedd Council)	<u>1,271</u>	<u>(2,991)</u>	<u>1,720</u>	<u>-</u>
	<u>22,035</u>	<u>(16,661)</u>	<u>1,720</u>	<u>7,094</u>
TOTAL FUNDS	<u>185,518</u>	<u>(21,052)</u>	<u>-</u>	<u>164,466</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	52,505	(56,896)	(4,391)
Restricted funds			
Children in need	25,693	(38,000)	(12,307)
Mind IT	-	(1,363)	(1,363)
Awards for All (Gwynedd Council)	<u>-</u>	<u>(2,991)</u>	<u>(2,991)</u>
	<u>25,693</u>	<u>(42,354)</u>	<u>(16,661)</u>
TOTAL FUNDS	<u>78,198</u>	<u>(99,250)</u>	<u>(21,052)</u>

Children in need

Funding to provide CBT based self-management groups for young people within colleges and for 1-1 support in the colleges and community.

Mind IT

Funding for IT related equipment.

Awards for All GCC

Funding for recovery workers and 1-1 service for people with learning difficulty and mental health.

Time to Talk

Funding to be spent on advocacy related services for over 18 and residing within the Gwynedd and Ynys Môn areas and advancement of education of the public about mental health and related issues.

15. RELATED PARTY DISCLOSURES

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

Amser I Siarad

England & Wales - Charity number 1096880

Accounts



Amser I Siarad
Annual Report 2022-2023

Index

Amsur I Siarad Services	Page 2
Chief Officers Report	Page 7
Chairs Report	Page 8
Treasurers Report	Page 9
Abbreviated Accounts	page 10

The board of directors of Amser I Siarad is pleased to present the following report for the year April 2022 March 2023

About Amser I Siarad

Amser I Siarad continues to work with: adults, children and young people providing community services in everyday settings in the wider community, of Gwynedd and Anglesey as well as within educational establishments. Since Covid all services have adapted a hybrid way of working and offer a combination of face to face, online and phone support.

Amser I Siarad continues with it's community focused services for 14+ providing its flagship Time to Talk community one -to-one support service alongside its suite of CBT based groups, peer support groups and much more.

Public Benefit

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

We review our aims, objectives and activities each year. This report looks at what we have achieved and the outcomes of work over the past 12 months. The report looks at achievements of each key activity of the charity and the benefits they have brought to those groups of people we were set up to help.

Our work during this period:

1. Coping with Life CBT Focused Self-Management Groups (Adults and Young People).

These Run for Seven weeks and are CBT skills based. Each group also utilises Mindfulness practices. Following completion of a course participants can link into our monthly peer support groups.

Anxiety Management, Building Self Esteem, Assertiveness and Dealing with Depression run on rotation weekly in the counties of Anglesey and Gwynedd for adults and young people in the community and within Colleges for students.

2. Amser I Siarad/Time to Talk (Adults and Young People):

A confidential one-to-one space where people can talk about mental health related difficulties and work through with a worker who will utilise CBT based skills and practices and models of resilience.

3. Mindfulness:

Ten week Mindfulness courses for adults available on rotation in Anglesey and Gwynedd.

.B Mindfulness for 11-18year olds available in the community for young people.

4. Trainings:

Youth Mental Health First Aid/ Adult Mental Health First Aid

2-day skills intervention training that looks at the main mental health problems, signs and symptoms and what individuals can do to assist someone with a mental health problem and get them help. Aims to reduce stigma and ultimately preserve life.

ASIST

The gold standard in suicide Intervention. This is a 2 x day suicide intervention skills training course that follows an intervention skills model.

5. Peer Support

info@amserisiarad.org.uk

Check our website at www.amserisiarad.org.uk.

Amser I Siarad

Uned 5/11

Galeri

Caernarfon

LL55 1SQ

Tel: 01286 685279

Policies:

Amser I Siarad operates under the following policies:

Index of policies:
Anti-Stigma Policy and Practice
Backing Up policy
Child Protection Policy
Commitment to Quality Policy
Conflicts of Interest Policy
Code of Governance
DBS 1
DBS 2 policy
Complaints Procedure
Confidentiality
Conduct Policy
Declaration of Interests Policy
Declaration of interest's form-
Data protection Policy
Employment legislation
Environmental
Equality and Diversity Policy
Funding Strategy-
Financial Risk Assessment
Financial Risk Management
Financial Risk management Policy-
Grievance
Handling and banking Income
Harassment and Bullying-
Health and safety Policy
ICT Policy
Induction
ITP
Lone Working Policy
Managing and maintaining Records
Operational management of finances
Office systems and procedures
Payment of expenses
Policy on Policies
Policy on Personal safety
Public and Media Communication Policy
Risk assessment Rural outreach
Reserves
Risk Assessment Policy
Register of interest's policy
Shared Drive Policy

Staff Induction
Staff Recruitment
Staff & Volunteer Expenses
Safeguarding Vulnerable Adults from abuse policy
Safeguarding Vulnerable Adults from Abuse procedure
Support and Supervision
Service user Involvement and engagement
Training and Development of Staff
Trustee Recruitment
Trustee Roles and job Descriptions
Trustee Induction
Volunteering
Whistleblowing
Welsh language Policy and Scheme

Chief Officers Introduction

Welcome to the annual report for Amser I Siarad. This document serves two related purposes. The first is to provide technical information required by the Statement of Recommended Practice (SORP for Charities). The second is to provide an overview of our years' work to as broad an audience as possible.

We hope you find this report useful and interesting.

Chief Officers Report:

This financial year saw Amser I Siarad:

Serve **2,860** people across the counties of Anglesey and Gwynedd. The significant achievements over this year have been to continue the rebranding of the organisation and all its infrastructures.

- 1) Continued provision of our confidential one-to-one community based Amser I Siarad/Time to Talk service from Holyhead to Dolgellau for both adults, children and young people.
- 2) Continued our seven week, CBT based self-management groups in the community for adults, children and young people: Anxiety Management, Dealing with Depression, Building Self Esteem and Assertiveness run on rotation.
- 3) Continued CBT based Anxiety Management groups within the further education colleges for young people.
- 4) Continued our partnership with Adferiad Recovery and the Parabl Talking Treatment pan North Wales partnership

- 5) Delivery of several training courses: ASSIST, Adult and Youth Mental Health First Aid
- 6) Detailed planning for future services to benefit the people of our community
- 7) Development and training required to move the charity forward.

As always, the year remains challenging regarding funding which is an ever-ongoing battle. This has been a lean year for us and we have also been refocusing, training and developing moving forward.

We are grateful to all who have fundraised for us in our community and donated to our work. We simply could not have continued to deliver the work we do without their efforts. All donations go directly into front line services and this year it supported us meeting a funding gap.

Thank you to all the grant providers who have funded our work over this year which includes:

Children in Need and BCHUB

Thank you to all staff, volunteers and trustees- we continue to work together to drive the organisation forward.

Clare Bailey, Chief Officer.

Chairs Report

Since my report in January 2023, I continue to be proud to be a trustee of Amser I Siarad. Once again, we have continued to keep all our services open in spite of challenge and have successfully adopted to the world post Covid offering a variety of options for hybrid working.

We have navigated another tough year and have come through in a position that enables us to provide a high-quality service to support people with issues relating to their mental health. We hope to thrive as an independent organisation which can respond expediently to the needs of the individual and the community.

Our Income for the year ending March' 23 totalled £78,197.

compared to £119,920 for the previous financial year. The decrease of £41, 723 was mostly due to some streams coming to an end and some grants landing the other side of the financial year. I am satisfied we have abided by the requirements of our funders.

The CEO and staff have continued to provide a professional and caring service to all who are in contact with us and by doing so uphold our values of decency and

respect, providing a safe space for people to seek support and to develop skills to manage their mental health.

Ella Fisk

Chair of Trustees

Treasurers Report:

On behalf of the board, I report that this year we received by March 31st, 2023, £78,197 and expended £99, 249 and carried forward £7,094 in restricted funds and £157,372 in unrestricted funds into the new financial year.

The grants monies mainly come from the following:

BCUHB- £25,055.

Children in Need- £24,693

Parabl-£16,286

Donations-£8,244

Training-£2925

Our financial management for this period was shared between the Board of Directors, The Chief Officer, Williams and Dentons and Advance Brighter Futures

All financial transactions are verified and authorised by the Trustees, and we are fully confident that we fulfil our required procedures and policies.

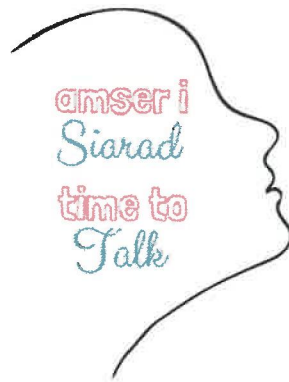
We are also confident that the organisation is run as our funders would wish and in accordance with the Charity Commissions regulations.

I would like to thank all staff and all volunteers for their hard work and Williams Denton our accountants.

Ella Fisk

REGISTERED COMPANY NUMBER: 04666301 (England and Wales)
REGISTERED CHARITY NUMBER: 1096880

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023
FOR
AMSER I SIARAD LTD**



	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7 to 8
Notes to the Financial Statements	9 to 17

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Change of name

The charity changed its name from Ynys Mon and Gwynedd Mind Ltd to Amser I Siarad Ltd on 8 October 2021.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Amser I Siarad provides grass roots support for adults and young people experiencing mental health problems in the heart of their community. Its main focus of delivery is anti-stigma work that operates from everyday settings and supports both adults and young people to take control of their illnesses and lives for themselves.

Amser I Siarad aims to tackle the stigma and discrimination in the wider community through a variety of innovative projects, training, and styles of service delivery. They aim to create a community whereby people with mental health problems can talk openly without a fear of rejection and discrimination.

The charity takes a population approach to all they do and promotes good mental health and wellbeing for all.

Amser I Siarad also provides a comprehensive range of key mental health training with the aim of skilling up the local population to be more ready, aware, and confident to support a colleague or friend who may be struggling.

Public benefit

The charity was set up with the aim of tackling stigma and discrimination for people with mental health problems and the general public alike.

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding the activities undertaken during the year. The trustees are satisfied that the information provided in the report and accounts meets the public benefit reporting requirements.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

ACHIEVEMENT AND PERFORMANCE

Charitable Activities - How our activities deliver public benefits

This year saw the charity support and serve 2,860 people across the counties of Anglesey and Gwynedd.

The significant achievements over this year have been continuing to adapt hybrid working and deliver all services with no disruption for people, virtually, over the phone or face-to-face.

This year we:

- 1) Continued the successful delivery of our community based Amser I Siarad/Time to Talk one-to-one service from Holyhead to Dolgellau for both adults, children, and young people.
- 2) Continued the successful delivery of our Amser I Siarad/Time to Talk one-to-one service for children and young people within the community and colleges.
- 3) Continued the successful delivery of our Cognitive Behavioural Therapy (CBT) focused self-management groups within the community for adults, children and young people.
- 4) Continued the successful delivery of our Cognitive Behavioural Therapy (CBT) focused self-management groups within the further education colleges for children and young people.
- 5) Continued Peer Support groups in the community for adults, children, and young people.
- 6) Continued to be a key partner within the Parabl talking treatments service for North Wales.
- 7) Continued successful delivery of Mindfulness for adults and young people within the community.
- 8) Delivered key Mental Health trainings such as Youth and Adult Mental Health First Aid and ASSIST the suicide intervention skills training course within our community.

Once more, we express gratitude to all the people who have fundraised for us in our community and donated to us. We simply could not continue to deliver the work we do without their efforts. All the monies received goes into our front-line services and supports us to meet any funding gaps that might arise.

Thank you to all the grant providers who have funded the work over the year which includes Children in Need and BCUHB.

FINANCIAL REVIEW

Financial position

The charity had unrestricted reserves of £157,372 and restricted reserves of £7,094 as at 31 March 2023 (31 March 2022 unrestricted £163,483 / restricted £22,035)

The accounts for the year ended 31 March 2023 show a deficit of £21,052 (2022: surplus of £10,825).

Principal funding sources

The main funders during the year were BCUHB and Children in Need.

Donations and fundraising

The charity relies on donations and community fundraising. Only donations that are given directly to Amser I Siarad will go into our local services.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

FINANCIAL REVIEW

Reserves policy

The charity recognises and accepts its responsibilities as a charity, limited company and employer to protect the financial viability and continuation of the organisation. In accordance with good practice (e.g. Charity Commission) it is agreed that monies are allocated towards a reserve. The purpose of maintaining adequate reserves is:

- ~ To ensure cash flow (e.g. cover delays in revenue funding).
- ~ To cover unforeseen circumstances.
- ~ To provide the opportunity to attract/identify alternative funding should existing funds be subject to cutbacks.
- ~ To ensure that should funding cease, the organisation would be able to fulfil all of its financial and legal obligations when winding up.

The level of the reserve will be reviewed annually by the Board. Unless and until otherwise agreed the organisation will maintain a minimum reserve equivalent to the current three months running costs of the organisation and endeavour to increase this amount to the equivalent of nine months running costs.

FUTURE PLANS

We are currently working on new service provision in collaboration with a partner for those within our communities with a view for delivery in 2024.

We are focusing on securing our current provision whilst developing family focused services that meet needs at different stages of people's life's and that focus on supporting parents in need.

We are also looking to develop a support for those with higher needs, and will also be focused on expanding our training provision moving forward.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

Following a comprehensive skills audit to identify those required by the organisation surrounding governance, an advert is placed targeting specific skills required alongside a comprehensive understanding of governance. Trustees can also be identified via word of mouth.

Interested parties are invited to fill in an application form and demonstrate their suitability. Prospective trustees will be called to interview. Successful candidates will then undergo induction training and are invited to three board meetings. If they demonstrate the required skills, comprehensive understanding of governance and commitment to the organisation their appointment will be discussed by the board and voted upon. They will be formally appointed at an AGM.

Organisational structure

The trustees are responsible for ensuring the organisation fulfils its mission statement and leads on its strategic direction. The operational responsibility is delegated to the Chief Officer of the organisation.

Induction and training of new trustees

New trustees receive an induction pack and are provided with copies of all policies, procedures, the governing documents and other relevant material. There is an expectation they will commit to the induction training programme which is mandatory to complete. Specific training needs are identified. All trustees have ongoing training on their roles and responsibilities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04666301 (England and Wales)

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

Registered Charity number
1096880

Registered office
Uned 5
Galeri
Victoria Doc
Caernarfon
Gwynedd
LL55 1SQ

Trustees
L Chant
E S Fisk
H M Forshaw
W T Love

Company Secretary
C M Bailey

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

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on11.12.23..... and signed on its behalf by:



.....
E S Fisk - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
AMSER I SIARAD LTD**

Independent examiner's report to the trustees of Amser I Siarad Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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



Owain Ap Elfed FCCA

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

Date:15/12/23.....

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	7,628	-	7,628	27,401
Charitable activities	4				
Mental health services		44,260	25,693	69,953	92,504
Investment income	3	616	-	616	15
Total		<u>52,504</u>	<u>25,693</u>	<u>78,197</u>	<u>119,920</u>
EXPENDITURE ON					
Charitable activities					
Mental health services		56,895	42,354	99,249	109,095
NET INCOME/(EXPENDITURE)					
Transfers between funds	14	(4,391) (1,720)	(16,661) 1,720	(21,052) -	10,825 -
Net movement in funds		(6,111)	(14,941)	(21,052)	10,825
RECONCILIATION OF FUNDS					
Total funds brought forward		163,483	22,035	185,518	174,693
TOTAL FUNDS CARRIED FORWARD		<u>157,372</u>	<u>7,094</u>	<u>164,466</u>	<u>185,518</u>

The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	11	1,065	-	1,065	1,362
CURRENT ASSETS					
Debtors	12	650	-	650	20,078
Cash at bank and in hand		156,127	10,715	166,842	166,068
		<u>156,777</u>	<u>10,715</u>	<u>167,492</u>	<u>186,146</u>
CREDITORS					
Amounts falling due within one year	13	(470)	(3,621)	(4,091)	(1,990)
NET CURRENT ASSETS		<u>156,307</u>	<u>7,094</u>	<u>163,401</u>	<u>184,156</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>157,372</u>	<u>7,094</u>	<u>164,466</u>	<u>185,518</u>
NET ASSETS		<u>157,372</u>	<u>7,094</u>	<u>164,466</u>	<u>185,518</u>
FUNDS					
Unrestricted funds	14			157,372	163,483
Restricted funds				7,094	22,035
TOTAL FUNDS				<u>164,466</u>	<u>185,518</u>

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

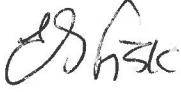
- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements


BALANCE SHEET - continued
31 MARCH 2023

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

The financial statements were approved by the Board of Trustees and authorised for issue on11/12/23..... and were signed on its behalf by:



.....
E S Fisk - Trustee



.....
L Chant - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

The accounts are prepared on a going concern basis and there are no material uncertainties about the charity's ability to continue.

Income

Income from grants, contracts and fees: including capital grants and other income, is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably except for:

When it is specified that income from grants and contracts received by the charitable company are to be used in future periods, then the income is deferred until that period.

When conditions are imposed which have to be fulfilled before the charitable company becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When specified, income including capital grants, is for a particular restricted purpose, which does not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until those conditions are met.

Interest on funds held on deposit or loans provided is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Plant & Equipment	- 25% on reducing balance
Computer equipment	- 33% on cost

Taxation

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

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES - continued**Fund accounting**

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

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	7,628	12,287
Other income	-	15,114
	<u>7,628</u>	<u>27,401</u>

3. INVESTMENT INCOME

	2023	2022
	£	£
Bank interest	616	15
	<u>616</u>	<u>15</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2023	2022
	£	£
Grants		
Activity		
Mental health services	50,748	69,276
Training	2,925	1,960
Parabl	16,280	21,268
	<u>69,953</u>	<u>92,504</u>

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

	2023	2022
	£	£
BCUHB	25,055	33,088
Children in need	25,693	32,855
Awards for All GCC	-	3,333
	<u>50,748</u>	<u>69,276</u>

5. SUPPORT COSTS

	Finance £	Governance costs £	Totals £
Mental health services	<u>46</u>	<u>2,139</u>	<u>2,185</u>

6. NET INCOME/(EXPENDITURE)

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

	2023 £	2022 £
Depreciation - owned assets	<u>1,947</u>	<u>1,323</u>

7. INDEPENDENT EXAMINERS' REMUNERATION

	2023 £	2022 £
Independent examiner - independent examination	2,130	1,920
Independent examiner - other services	<u>2,478</u>	<u>60</u>
	<u>4,608</u>	<u>1,980</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

	2023 £	2022 £
Trustees' expenses	<u>9</u>	<u>33</u>

Trustee expenses of £9 were paid to one trustee during the year (2022: £0) relating to travel costs.

9. STAFF COSTS

	2023 £	2022 £
Wages and salaries	62,920	69,995
Social security costs	240	2,444
Other pension costs	4,116	3,951
	<u>67,276</u>	<u>76,390</u>

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

	2023	2022
Direct charitable work	1	2
Manager	<u>1</u>	<u>1</u>
	<u>2</u>	<u>3</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

9. STAFF COSTS - continued

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

The charity considers its key management personnel comprise of the Manager. Total emoluments, including employer pension contributions, of the key management personnel were £40,605 (2022 - £40,605).

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	27,401	-	27,401
Charitable activities			
Mental health services	56,316	36,188	92,504
Investment income	15	-	15
Total	<u>83,732</u>	<u>36,188</u>	<u>119,920</u>
EXPENDITURE ON			
Charitable activities			
Mental health services	64,233	44,862	109,095
NET INCOME/(EXPENDITURE)	19,499	(8,674)	10,825
Transfers between funds	(39)	39	-
Net movement in funds	<u>19,460</u>	<u>(8,635)</u>	<u>10,825</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	144,024	30,669	174,693
TOTAL FUNDS CARRIED FORWARD	<u><u>163,484</u></u>	<u><u>22,034</u></u>	<u><u>185,518</u></u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

11. TANGIBLE FIXED ASSETS

	Plant & Equipment £	Computer equipment £	Totals £
COST			
At 1 April 2022	480	8,836	9,316
Additions	-	1,650	1,650
Disposals	(480)	(2,547)	(3,027)
	<u>-</u>	<u>7,939</u>	<u>7,939</u>
At 31 March 2023	-	7,939	7,939
DEPRECIATION			
At 1 April 2022	480	7,474	7,954
Charge for year	-	1,947	1,947
Eliminated on disposal	(480)	(2,547)	(3,027)
	<u>-</u>	<u>6,874</u>	<u>6,874</u>
At 31 March 2023	-	6,874	6,874
NET BOOK VALUE			
At 31 March 2023	<u>-</u>	<u>1,065</u>	<u>1,065</u>
At 31 March 2022	<u>-</u>	<u>1,362</u>	<u>1,362</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	<u>650</u>	<u>20,078</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	3,621	-
Other creditors	460	-
Accruals	10	1,990
	<u>4,091</u>	<u>1,990</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

14. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	163,483	(4,391)	(1,720)	157,372
Restricted funds				
Children in need	18,410	(12,307)	-	6,103
Mind IT	2,354	(1,363)	-	991
Awards for All (Gwynedd Council)	1,271	(2,991)	1,720	-
	<u>22,035</u>	<u>(16,661)</u>	<u>1,720</u>	<u>7,094</u>
TOTAL FUNDS	<u>185,518</u>	<u>(21,052)</u>	<u>-</u>	<u>164,466</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	52,504	(56,895)	(4,391)
Restricted funds			
Children in need	25,693	(38,000)	(12,307)
Mind IT	-	(1,363)	(1,363)
Awards for All (Gwynedd Council)	-	(2,991)	(2,991)
	<u>25,693</u>	<u>(42,354)</u>	<u>(16,661)</u>
TOTAL FUNDS	<u>78,197</u>	<u>(99,249)</u>	<u>(21,052)</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	144,024	19,498	(39)	163,483
Restricted funds				
Children in need	-	18,410	-	18,410
Henry Smith Grant	6,402	(6,402)	-	-
Crime Commissioner	8,090	(8,090)	-	-
Mind IT	3,677	(1,323)	-	2,354
Awards for All (Gwynedd Council)	5,000	(3,729)	-	1,271
Moondance	7,500	(7,539)	39	-
	<u>30,669</u>	<u>(8,673)</u>	<u>39</u>	<u>22,035</u>
TOTAL FUNDS	<u>174,693</u>	<u>10,825</u>	<u>-</u>	<u>185,518</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	83,732	(64,234)	19,498
Restricted funds			
Children in need	32,855	(14,445)	18,410
Henry Smith Grant	-	(6,402)	(6,402)
Crime Commissioner	-	(8,090)	(8,090)
Mind IT	-	(1,323)	(1,323)
Awards for All (Gwynedd Council)	3,333	(7,062)	(3,729)
Moondance	-	(7,539)	(7,539)
	<u>36,188</u>	<u>(44,861)</u>	<u>(8,673)</u>
TOTAL FUNDS	<u>119,920</u>	<u>(109,095)</u>	<u>10,825</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

14. MOVEMENT IN FUNDS - continued

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

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	144,024	15,107	(1,759)	157,372
Restricted funds				
Children in need	-	6,103	-	6,103
Henry Smith Grant	6,402	(6,402)	-	-
Crime Commissioner	8,090	(8,090)	-	-
Mind IT	3,677	(2,686)	-	991
Awards for All (Gwynedd Council)	5,000	(6,720)	1,720	-
Moondance	7,500	(7,539)	39	-
	<u>30,669</u>	<u>(25,334)</u>	<u>1,759</u>	<u>7,094</u>
TOTAL FUNDS	<u>174,693</u>	<u>(10,227)</u>	<u>-</u>	<u>164,466</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	136,236	(121,129)	15,107
Restricted funds			
Children in need	58,548	(52,445)	6,103
Henry Smith Grant	-	(6,402)	(6,402)
Crime Commissioner	-	(8,090)	(8,090)
Mind IT	-	(2,686)	(2,686)
Awards for All (Gwynedd Council)	3,333	(10,053)	(6,720)
Moondance	-	(7,539)	(7,539)
	<u>61,881</u>	<u>(87,215)</u>	<u>(25,334)</u>
TOTAL FUNDS	<u>198,117</u>	<u>(208,344)</u>	<u>(10,227)</u>

Children in need

Funding to provide CBT based self-management groups for young people within colleges.

Henry Smith Grant

Funding to provide community services on a 1:1 basis.

Crime Commissioner

Funding to provide young people up to 35 with Anxiety Management course.

14. MOVEMENT IN FUNDS - continued

Mind IT

Funding for IT related equipment.

Awards for All GCC

Funding for recovery workers and 1-1 service for people with learning difficulty and mental health.

Moondance

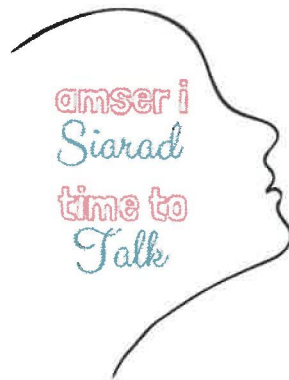
Funding for salaries providing 1-1 services.

15. RELATED PARTY DISCLOSURES

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

REGISTERED COMPANY NUMBER: 04666301 (England and Wales)
REGISTERED CHARITY NUMBER: 1096880

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023
FOR
AMSER I SIARAD LTD



	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7 to 8
Notes to the Financial Statements	9 to 17

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Change of name

The charity changed its name from Ynys Mon and Gwynedd Mind Ltd to Amser I Siarad Ltd on 8 October 2021.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Amser I Siarad provides grass roots support for adults and young people experiencing mental health problems in the heart of their community. Its main focus of delivery is anti-stigma work that operates from everyday settings and supports both adults and young people to take control of their illnesses and lives for themselves.

Amser I Siarad aims to tackle the stigma and discrimination in the wider community through a variety of innovative projects, training, and styles of service delivery. They aim to create a community whereby people with mental health problems can talk openly without a fear of rejection and discrimination.

The charity takes a population approach to all they do and promotes good mental health and wellbeing for all.

Amser I Siarad also provides a comprehensive range of key mental health training with the aim of skilling up the local population to be more ready, aware, and confident to support a colleague or friend who may be struggling.

Public benefit

The charity was set up with the aim of tackling stigma and discrimination for people with mental health problems and the general public alike.

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding the activities undertaken during the year. The trustees are satisfied that the information provided in the report and accounts meets the public benefit reporting requirements.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

ACHIEVEMENT AND PERFORMANCE

Charitable Activities - How our activities deliver public benefits

This year saw the charity support and serve 2,860 people across the counties of Anglesey and Gwynedd.

The significant achievements over this year have been continuing to adapt hybrid working and deliver all services with no disruption for people, virtually, over the phone or face-to-face.

This year we:

- 1) Continued the successful delivery of our community based Amser I Siarad/Time to Talk one-to-one service from Holyhead to Dolgellau for both adults, children, and young people.
- 2) Continued the successful delivery of our Amser I Siarad/Time to Talk one-to-one service for children and young people within the community and colleges.
- 3) Continued the successful delivery of our Cognitive Behavioural Therapy (CBT) focused self-management groups within the community for adults, children and young people.
- 4) Continued the successful delivery of our Cognitive Behavioural Therapy (CBT) focused self-management groups within the further education colleges for children and young people.
- 5) Continued Peer Support groups in the community for adults, children, and young people.
- 6) Continued to be a key partner within the Parabl talking treatments service for North Wales.
- 7) Continued successful delivery of Mindfulness for adults and young people within the community.
- 8) Delivered key Mental Health trainings such as Youth and Adult Mental Health First Aid and ASSIST the suicide intervention skills training course within our community.

Once more, we express gratitude to all the people who have fundraised for us in our community and donated to us. We simply could not continue to deliver the work we do without their efforts. All the monies received goes into our front-line services and supports us to meet any funding gaps that might arise.

Thank you to all the grant providers who have funded the work over the year which includes Children in Need and BCUHB.

FINANCIAL REVIEW

Financial position

The charity had unrestricted reserves of £157,372 and restricted reserves of £7,094 as at 31 March 2023 (31 March 2022 unrestricted £163,483 / restricted £22,035)

The accounts for the year ended 31 March 2023 show a deficit of £21,052 (2022: surplus of £10,825).

Principal funding sources

The main funders during the year were BCUHB and Children in Need.

Donations and fundraising

The charity relies on donations and community fundraising. Only donations that are given directly to Amser I Siarad will go into our local services.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

FINANCIAL REVIEW

Reserves policy

The charity recognises and accepts its responsibilities as a charity, limited company and employer to protect the financial viability and continuation of the organisation. In accordance with good practice (e.g. Charity Commission) it is agreed that monies are allocated towards a reserve. The purpose of maintaining adequate reserves is:

- ~ To ensure cash flow (e.g. cover delays in revenue funding).
- ~ To cover unforeseen circumstances.
- ~ To provide the opportunity to attract/identify alternative funding should existing funds be subject to cutbacks.
- ~ To ensure that should funding cease, the organisation would be able to fulfil all of its financial and legal obligations when winding up.

The level of the reserve will be reviewed annually by the Board. Unless and until otherwise agreed the organisation will maintain a minimum reserve equivalent to the current three months running costs of the organisation and endeavour to increase this amount to the equivalent of nine months running costs.

FUTURE PLANS

We are currently working on new service provision in collaboration with a partner for those within our communities with a view for delivery in 2024.

We are focusing on securing our current provision whilst developing family focused services that meet needs at different stages of people's life's and that focus on supporting parents in need.

We are also looking to develop a support for those with higher needs, and will also be focused on expanding our training provision moving forward.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

Following a comprehensive skills audit to identify those required by the organisation surrounding governance, an advert is placed targeting specific skills required alongside a comprehensive understanding of governance. Trustees can also be identified via word of mouth.

Interested parties are invited to fill in an application form and demonstrate their suitability. Prospective trustees will be called to interview. Successful candidates will then undergo induction training and are invited to three board meetings. If they demonstrate the required skills, comprehensive understanding of governance and commitment to the organisation their appointment will be discussed by the board and voted upon. They will be formally appointed at an AGM.

Organisational structure

The trustees are responsible for ensuring the organisation fulfils its mission statement and leads on its strategic direction. The operational responsibility is delegated to the Chief Officer of the organisation.

Induction and training of new trustees

New trustees receive an induction pack and are provided with copies of all policies, procedures, the governing documents and other relevant material. There is an expectation they will commit to the induction training programme which is mandatory to complete. Specific training needs are identified. All trustees have ongoing training on their roles and responsibilities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04666301 (England and Wales)

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

Registered Charity number
1096880

Registered office
Uned 5
Galeri
Victoria Doc
Caernarfon
Gwynedd
LL55 1SQ

Trustees
L Chant
E S Fisk
H M Forshaw
W T Love

Company Secretary
C M Bailey

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

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on11.12.23..... and signed on its behalf by:



.....
E S Fisk - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
AMSER I SIARAD LTD**

Independent examiner's report to the trustees of Amser I Siarad Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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



Owain Ap Elfed FCCA

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

Date:15/12/23.....

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	7,628	-	7,628	27,401
Charitable activities	4				
Mental health services		44,260	25,693	69,953	92,504
Investment income	3	616	-	616	15
Total		<u>52,504</u>	<u>25,693</u>	<u>78,197</u>	<u>119,920</u>
EXPENDITURE ON					
Charitable activities					
Mental health services		56,895	42,354	99,249	109,095
NET INCOME/(EXPENDITURE)					
Transfers between funds	14	(4,391) (1,720)	(16,661) 1,720	(21,052) -	10,825 -
Net movement in funds		(6,111)	(14,941)	(21,052)	10,825
RECONCILIATION OF FUNDS					
Total funds brought forward		163,483	22,035	185,518	174,693
TOTAL FUNDS CARRIED FORWARD		<u>157,372</u>	<u>7,094</u>	<u>164,466</u>	<u>185,518</u>

The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	11	1,065	-	1,065	1,362
CURRENT ASSETS					
Debtors	12	650	-	650	20,078
Cash at bank and in hand		156,127	10,715	166,842	166,068
		<u>156,777</u>	<u>10,715</u>	<u>167,492</u>	<u>186,146</u>
CREDITORS					
Amounts falling due within one year	13	(470)	(3,621)	(4,091)	(1,990)
NET CURRENT ASSETS		<u>156,307</u>	<u>7,094</u>	<u>163,401</u>	<u>184,156</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>157,372</u>	<u>7,094</u>	<u>164,466</u>	<u>185,518</u>
NET ASSETS		<u>157,372</u>	<u>7,094</u>	<u>164,466</u>	<u>185,518</u>
FUNDS					
Unrestricted funds	14			157,372	163,483
Restricted funds				7,094	22,035
TOTAL FUNDS				<u>164,466</u>	<u>185,518</u>

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

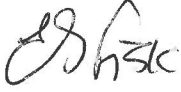
- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements


BALANCE SHEET - continued
31 MARCH 2023

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

The financial statements were approved by the Board of Trustees and authorised for issue on11/12/23..... and were signed on its behalf by:



.....
E S Fisk - Trustee



.....
L Chant - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

The accounts are prepared on a going concern basis and there are no material uncertainties about the charity's ability to continue.

Income

Income from grants, contracts and fees: including capital grants and other income, is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably except for:

When it is specified that income from grants and contracts received by the charitable company are to be used in future periods, then the income is deferred until that period.

When conditions are imposed which have to be fulfilled before the charitable company becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When specified, income including capital grants, is for a particular restricted purpose, which does not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until those conditions are met.

Interest on funds held on deposit or loans provided is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Plant & Equipment	- 25% on reducing balance
Computer equipment	- 33% on cost

Taxation

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

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES - continued

Fund accounting

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

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	7,628	12,287
Other income	-	15,114
	<u>7,628</u>	<u>27,401</u>

3. INVESTMENT INCOME

	2023	2022
	£	£
Bank interest	<u>616</u>	<u>15</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2023	2022
	£	£
Grants		
Activity		
Mental health services	50,748	69,276
Training	2,925	1,960
Parabl	16,280	21,268
	<u>69,953</u>	<u>92,504</u>

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

	2023	2022
	£	£
BCUHB	25,055	33,088
Children in need	25,693	32,855
Awards for All GCC	-	3,333
	<u>50,748</u>	<u>69,276</u>

5. SUPPORT COSTS

	Finance £	Governance costs £	Totals £
Mental health services	<u>46</u>	<u>2,139</u>	<u>2,185</u>

6. NET INCOME/(EXPENDITURE)

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

	2023 £	2022 £
Depreciation - owned assets	<u>1,947</u>	<u>1,323</u>

7. INDEPENDENT EXAMINERS' REMUNERATION

	2023 £	2022 £
Independent examiner - independent examination	2,130	1,920
Independent examiner - other services	<u>2,478</u>	<u>60</u>
	<u>4,608</u>	<u>1,980</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

	2023 £	2022 £
Trustees' expenses	<u>9</u>	<u>33</u>

Trustee expenses of £9 were paid to one trustee during the year (2022: £0) relating to travel costs.

9. STAFF COSTS

	2023 £	2022 £
Wages and salaries	62,920	69,995
Social security costs	240	2,444
Other pension costs	4,116	3,951
	<u>67,276</u>	<u>76,390</u>

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

	2023	2022
Direct charitable work	1	2
Manager	<u>1</u>	<u>1</u>
	<u>2</u>	<u>3</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

9. STAFF COSTS - continued

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

The charity considers its key management personnel comprise of the Manager. Total emoluments, including employer pension contributions, of the key management personnel were £40,605 (2022 - £40,605).

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	27,401	-	27,401
Charitable activities			
Mental health services	56,316	36,188	92,504
Investment income	15	-	15
Total	<u>83,732</u>	<u>36,188</u>	<u>119,920</u>
EXPENDITURE ON			
Charitable activities			
Mental health services	64,233	44,862	109,095
NET INCOME/(EXPENDITURE)			
Transfers between funds	19,499 (39)	(8,674) 39	10,825 -
Net movement in funds	<u>19,460</u>	<u>(8,635)</u>	<u>10,825</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	144,024	30,669	174,693
TOTAL FUNDS CARRIED FORWARD	<u><u>163,484</u></u>	<u><u>22,034</u></u>	<u><u>185,518</u></u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

11. TANGIBLE FIXED ASSETS

	Plant & Equipment £	Computer equipment £	Totals £
COST			
At 1 April 2022	480	8,836	9,316
Additions	-	1,650	1,650
Disposals	(480)	(2,547)	(3,027)
	<u>-</u>	<u>7,939</u>	<u>7,939</u>
At 31 March 2023	-	7,939	7,939
DEPRECIATION			
At 1 April 2022	480	7,474	7,954
Charge for year	-	1,947	1,947
Eliminated on disposal	(480)	(2,547)	(3,027)
	<u>-</u>	<u>6,874</u>	<u>6,874</u>
At 31 March 2023	-	6,874	6,874
NET BOOK VALUE			
At 31 March 2023	<u>-</u>	<u>1,065</u>	<u>1,065</u>
At 31 March 2022	<u>-</u>	<u>1,362</u>	<u>1,362</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	<u>650</u>	<u>20,078</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	3,621	-
Other creditors	460	-
Accruals	10	1,990
	<u>4,091</u>	<u>1,990</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

14. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	163,483	(4,391)	(1,720)	157,372
Restricted funds				
Children in need	18,410	(12,307)	-	6,103
Mind IT	2,354	(1,363)	-	991
Awards for All (Gwynedd Council)	1,271	(2,991)	1,720	-
	<u>22,035</u>	<u>(16,661)</u>	<u>1,720</u>	<u>7,094</u>
TOTAL FUNDS	<u>185,518</u>	<u>(21,052)</u>	<u>-</u>	<u>164,466</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	52,504	(56,895)	(4,391)
Restricted funds			
Children in need	25,693	(38,000)	(12,307)
Mind IT	-	(1,363)	(1,363)
Awards for All (Gwynedd Council)	-	(2,991)	(2,991)
	<u>25,693</u>	<u>(42,354)</u>	<u>(16,661)</u>
TOTAL FUNDS	<u>78,197</u>	<u>(99,249)</u>	<u>(21,052)</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	144,024	19,498	(39)	163,483
Restricted funds				
Children in need	-	18,410	-	18,410
Henry Smith Grant	6,402	(6,402)	-	-
Crime Commissioner	8,090	(8,090)	-	-
Mind IT	3,677	(1,323)	-	2,354
Awards for All (Gwynedd Council)	5,000	(3,729)	-	1,271
Moondance	7,500	(7,539)	39	-
	<u>30,669</u>	<u>(8,673)</u>	<u>39</u>	<u>22,035</u>
TOTAL FUNDS	<u>174,693</u>	<u>10,825</u>	<u>-</u>	<u>185,518</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	83,732	(64,234)	19,498
Restricted funds			
Children in need	32,855	(14,445)	18,410
Henry Smith Grant	-	(6,402)	(6,402)
Crime Commissioner	-	(8,090)	(8,090)
Mind IT	-	(1,323)	(1,323)
Awards for All (Gwynedd Council)	3,333	(7,062)	(3,729)
Moondance	-	(7,539)	(7,539)
	<u>36,188</u>	<u>(44,861)</u>	<u>(8,673)</u>
TOTAL FUNDS	<u>119,920</u>	<u>(109,095)</u>	<u>10,825</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

14. MOVEMENT IN FUNDS - continued

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

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	144,024	15,107	(1,759)	157,372
Restricted funds				
Children in need	-	6,103	-	6,103
Henry Smith Grant	6,402	(6,402)	-	-
Crime Commissioner	8,090	(8,090)	-	-
Mind IT	3,677	(2,686)	-	991
Awards for All (Gwynedd Council)	5,000	(6,720)	1,720	-
Moondance	7,500	(7,539)	39	-
	<u>30,669</u>	<u>(25,334)</u>	<u>1,759</u>	<u>7,094</u>
TOTAL FUNDS	<u>174,693</u>	<u>(10,227)</u>	<u>-</u>	<u>164,466</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	136,236	(121,129)	15,107
Restricted funds			
Children in need	58,548	(52,445)	6,103
Henry Smith Grant	-	(6,402)	(6,402)
Crime Commissioner	-	(8,090)	(8,090)
Mind IT	-	(2,686)	(2,686)
Awards for All (Gwynedd Council)	3,333	(10,053)	(6,720)
Moondance	-	(7,539)	(7,539)
	<u>61,881</u>	<u>(87,215)</u>	<u>(25,334)</u>
TOTAL FUNDS	<u>198,117</u>	<u>(208,344)</u>	<u>(10,227)</u>

Children in need

Funding to provide CBT based self-management groups for young people within colleges.

Henry Smith Grant

Funding to provide community services on a 1:1 basis.

Crime Commissioner

Funding to provide young people up to 35 with Anxiety Management course.

14. MOVEMENT IN FUNDS - continued

Mind IT

Funding for IT related equipment.

Awards for All GCC

Funding for recovery workers and 1-1 service for people with learning difficulty and mental health.

Moondance

Funding for salaries providing 1-1 services.

15. RELATED PARTY DISCLOSURES

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

Amser I Siarad

England & Wales - Charity number 1096880

Accounts

REGISTERED COMPANY NUMBER: 04666301 (England and Wales)
REGISTERED CHARITY NUMBER: 1096880

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

FOR

AMSER I SIARAD LTD



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

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7 to 8
Notes to the Financial Statements	9 to 16

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

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Change of name

The charity changed its name from Ynys Mon and Gwynedd Mind Ltd to Amser I Siarad Ltd on 8 October 2021.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Amser I Siarad provides grass roots support for adults and young people experiencing mental health problems in the heart of their community. Its main focus of delivery is anti-stigma work that operates from everyday settings and supports both adults and young people to take control of their illnesses and lives for themselves.

Amser I Siarad aims to tackle the stigma and discrimination in the wider community through a variety of innovative projects, training, and styles of service delivery. They aim to create a community whereby people with mental health problems can talk openly without a fear of rejection and discrimination.

The charity takes a population approach to all they do and promotes good mental health and wellbeing for all.

Amser I Siarad also provides a comprehensive range of key mental health training with the aim of skilling up the local population to be more ready, aware, and confident to support a colleague or friend who may be struggling.

Public benefit

The charity was set up with the aim of tackling stigma and discrimination for people with mental health problems and the general public alike.

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding the activities undertaken during the year. The trustees are satisfied that the information provided in the report and accounts meets the public benefit reporting requirements.

ACHIEVEMENT AND PERFORMANCE

Charitable Activities - How our activities deliver public benefits

This year saw the charity support and serve 3,200 people across the counties of Anglesey and Gwynedd.

The significant achievements over this year have been that despite the Covid pandemic continuing, Amser I Siarad has been able to adapt and continue to deliver all services with no disruption for people, virtually or over the phone.

This year we:

- 1) Continued the successful delivery of our community based Amser I Siarad/Time to Talk one-to-one service from Holyhead to Dolgellau for both adults, children, and young people.
- 2) Continued the successful delivery of our Amser I Siarad/Time to Talk one-to-one service for children and young people within the schools and colleges.
- 3) Continued the successful delivery of our Cognitive Behavioural Therapy (CBT) focused self-management groups within the community for adults, children and young people.
- 4) Continued the successful delivery of our Cognitive Behavioural Therapy (CBT) focused self-management groups within the further education colleges for children and young people.
- 5) Continued Peer Support groups in the community for adults, children, and young people.
- 6) Continued to be a key partner within the Parabl talking treatments service for North Wales.
- 7) Continued successful delivery of Mindfulness for adults and young people within the community.
- 8) Delivered key Mental Health trainings such as Youth and Adult Mental Health First Aid and ASSIST the suicide intervention skills training course within our community.

Again, the year was exceptionally challenging with ongoing significant difficulties we faced with national Mind where we raised concerns. We officially changed our name to Amser I Siarad on October 8th, 2021 and have no association with national Mind. We informed all our beneficiaries and funders accordingly.

Once more, we express gratitude to all the people who have fundraised for us in our community and donated to us. We simply could not continue to deliver the work we do without their efforts. All the monies received goes into our front-line services and supports us to meet any funding gaps that might arise.

Thank you to all the grant providers who have funded the work over the year which includes Children in Need, BCUHB, Cyngor Gwynedd.

FINANCIAL REVIEW

Financial position

The charity had unrestricted reserves of £163,483 and restricted reserves of £22,035 as at 31 March 2022 (31 March 2021 unrestricted £144,024 / restricted £30,669)

The accounts for the year ended 31 March 2022 show a surplus of £10,825 (2021: £39,721).

Principal funding sources

The main funders during the year were BCUHB, Children in Need, Cyngor Gwynedd.

Donations and fundraising

The charity relies on donations and community fundraising. Only donations that are given directly to Amser I Siarad will go into our local services.

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

FINANCIAL REVIEW

Reserves policy

The charity recognises and accepts its responsibilities as a charity, limited company and employer to protect the financial viability and continuation of the organisation. In accordance with good practice (e.g. Charity Commission) it is agreed that monies are allocated towards a reserve. The purpose of maintaining adequate reserves is:

- ~ To ensure cash flow (e.g. cover delays in revenue funding).
- ~ To cover unforeseen circumstances.
- ~ To provide the opportunity to attract/identify alternative funding should existing funds be subject to cutbacks.
- ~ To ensure that should funding cease, the organisation would be able to fulfil all of its financial and legal obligations when winding up.

The level of the reserve will be reviewed annually by the Board. Unless and until otherwise agreed the organisation will maintain a minimum reserve equivalent to the current three months running costs of the organisation and endeavour to increase this amount to the equivalent of nine months running costs.

FUTURE PLANS

We are looking into new service provision for those within our communities with a view for delivery in 2023.

We are focusing on securing our current provision whilst developing family focused services that meet needs at different stages of people's life's and that focus on supporting parents in need.

We are also looking to develop a support for those with higher needs, and will also be focused on expanding our training provision moving forward.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

Following a comprehensive skills audit to identify those required by the organisation surrounding governance, an advert is placed targeting specific skills required alongside a comprehensive understanding of governance. Trustees can also be identified via word of mouth.

Interested parties are invited to fill in an application form and demonstrate their suitability. Prospective trustees will be called to interview. Successful candidates will then undergo induction training and are invited to three board meetings. If they demonstrate the required skills, comprehensive understanding of governance and commitment to the organisation their appointment will be discussed by the board and voted upon. They will be formally appointed at an AGM.

Organisational structure

The trustees are responsible for ensuring the organisation fulfils its mission statement and leads on its strategic direction. The operational responsibility is delegated to the Chief Officer of the organisation.

Induction and training of new trustees

New trustees receive an induction pack and are provided with copies of all policies, procedures, the governing documents and other relevant material. There is an expectation they will commit to the induction training programme which is mandatory to complete. Specific training needs are identified. All trustees have ongoing training on their roles and responsibilities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04666301 (England and Wales)

Registered Charity number

1096880

AMSER I SIARAD LTD

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

Registered office

Uned 5
Galeri
Victoria Doc
Caernarfon
Gwynedd
LL55 1SQ

Trustees

L Chant
Ms E S Fisk
Mr H M Forshaw
W T Love (appointed 20.1.22)

Company Secretary

Ms C M Bailey

Independent Examiner


Keith Barker FCCA
Association of Chartered Certified Accountants
Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd Y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Bankers

HSBC
High Street
Llangefni
Ynys Mon
LL77 7LU

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 21/12/22 and signed on its behalf by:

.....

Ms E S Fisk - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
AMSER I SIARAD LTD**

Independent examiner's report to the trustees of Amser I Siarad Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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



Keith Barker FCCA
Association of Chartered Certified Accountants
Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd Y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Date: 22 December 2022

AMSER I SIARAD LTD

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022**

	Notes	Unrestricted fund £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	27,401	-	27,401	17,215
Charitable activities					
Mental health services		56,316	36,188	92,504	156,614
Investment income	3	15	-	15	70
Total		<u>83,732</u>	<u>36,188</u>	<u>119,920</u>	<u>173,899</u>
EXPENDITURE ON					
Charitable activities					
Mental health services		<u>64,233</u>	<u>44,862</u>	<u>109,095</u>	<u>134,178</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	12	19,499 (39)	(8,674) 39	10,825 -	39,721 -
Net movement in funds		19,460	(8,635)	10,825	39,721
RECONCILIATION OF FUNDS					
Total funds brought forward		144,024	30,669	174,693	134,972
TOTAL FUNDS CARRIED FORWARD		<u>163,484</u>	<u>22,034</u>	<u>185,518</u>	<u>174,693</u>

The notes form part of these financial statements

AMSER I SIARAD LTD

**BALANCE SHEET
31 MARCH 2022**

	Notes	Unrestricted fund £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
FIXED ASSETS					
Tangible assets	9	-	1,362	1,362	2,685
CURRENT ASSETS					
Debtors	10	1,960	18,118	20,078	-
Cash at bank and in hand		<u>163,513</u>	<u>2,555</u>	<u>166,068</u>	<u>185,677</u>
		165,473	20,673	186,146	185,677
CREDITORS					
Amounts falling due within one year	11	(1,990)	-	(1,990)	(13,669)
NET CURRENT ASSETS					
		<u>163,483</u>	<u>20,673</u>	<u>184,156</u>	<u>172,008</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>163,483</u>	<u>22,035</u>	<u>185,518</u>	<u>174,693</u>
NET ASSETS					
		<u>163,483</u>	<u>22,035</u>	<u>185,518</u>	<u>174,693</u>
FUNDS					
Unrestricted funds	12			163,483	144,024
Restricted funds				<u>22,035</u>	<u>30,669</u>
TOTAL FUNDS					
				<u>185,518</u>	<u>174,693</u>

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

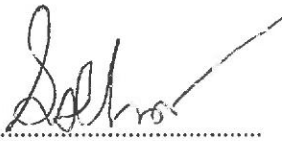
AMSER I SIARAD LTD

BALANCE SHEET - continued
31 MARCH 2022

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

The financial statements were approved by the Board of Trustees and authorised for issue on21/12/22..... and were signed on its behalf by:


.....
E S Fisk - Trustee


.....
L Chant - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

Income from grants, contracts and fees: including capital grants and other income, is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably except for:

When it is specified that income from grants and contracts received by the charitable company are to be used in future periods, then the income is deferred until that period.

When conditions are imposed which have to be fulfilled before the charitable company becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When specified, income including capital grants, is for a particular restricted purpose, which does not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until those conditions are met.

Interest on funds held on deposit or loans provided is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Plant & Equipment	- 25% on reducing balance
Computer equipment	- 33% on cost

Taxation

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

Fund accounting

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

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

1. ACCOUNTING POLICIES - continued

Fund accounting

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31.3.22	31.3.21
	£	£
Donations	12,287	17,215
Other income	<u>15,114</u>	<u>-</u>
	<u>27,401</u>	<u>17,215</u>

3. INVESTMENT INCOME

	31.3.22	31.3.21
	£	£
Bank interest	<u>15</u>	<u>70</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	31.3.22	31.3.21
		£	£
Grants	Mental health services	69,276	142,596
Training	Mental health services	1,960	-
Parabl	Mental health services	<u>21,268</u>	<u>14,018</u>
		<u>92,504</u>	<u>156,614</u>

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

	31.3.22	31.3.21
	£	£
BCUHB	33,088	39,391
Children in need	32,855	27,732
Henry Smith Grant	-	26,500
Crime Commissioner	-	23,750
Mind IT	-	5,000
Awards for All (Gwynedd Council)	3,333	10,000
Moondance	<u>-</u>	<u>10,223</u>
	<u>69,276</u>	<u>142,596</u>

5. NET INCOME/(EXPENDITURE)

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

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	<u>1,323</u>	<u>1,323</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

	31.3.22	31.3.21
	£	£
Trustees' expenses	<u>33</u>	<u>4</u>

7. STAFF COSTS

	31.3.22	31.3.21
	£	£
Wages and salaries	69,995	88,720
Social security costs	2,444	3,500
Other pension costs	<u>3,951</u>	<u>4,423</u>
	<u>76,390</u>	<u>96,643</u>

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

	31.3.22	31.3.21
Direct charitable work	2	3
Manager	<u>1</u>	<u>1</u>
	<u>3</u>	<u>4</u>

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

The charity considers its key management personnel comprise of the Manager. Total emoluments, including employer pension contributions, of the key management personnel were £40,605 (2021 - £40,341).

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	17,215	-	17,215
Charitable activities			
Mental health services	53,409	103,205	156,614
Investment income	<u>70</u>	<u>-</u>	<u>70</u>
Total	<u>70,694</u>	<u>103,205</u>	<u>173,899</u>
EXPENDITURE ON			
Charitable activities			
Mental health services	<u>53,070</u>	<u>81,108</u>	<u>134,178</u>
NET INCOME	17,624	22,097	39,721
Transfers between funds	<u>(8,572)</u>	<u>8,572</u>	<u>-</u>
Net movement in funds	9,052	30,669	39,721
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>134,972</u>	<u>-</u>	<u>134,972</u>
TOTAL FUNDS CARRIED FORWARD	<u>144,024</u>	<u>30,669</u>	<u>174,693</u>

9. TANGIBLE FIXED ASSETS

	Plant & Equipment £	Computer equipment £	Totals £
COST			
At 1 April 2021 and 31 March 2022	<u>480</u>	<u>8,836</u>	<u>9,316</u>
DEPRECIATION			
At 1 April 2021	480	6,151	6,631
Charge for year	<u>-</u>	<u>1,323</u>	<u>1,323</u>
At 31 March 2022	<u>480</u>	<u>7,474</u>	<u>7,954</u>
NET BOOK VALUE			
At 31 March 2022	<u>-</u>	<u>1,362</u>	<u>1,362</u>
At 31 March 2021	<u>-</u>	<u>2,685</u>	<u>2,685</u>

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

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR				
			31.3.22	31.3.21
			£	£
Trade debtors			<u>20,078</u>	<u>-</u>
11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR				
			31.3.22	31.3.21
			£	£
Accruals			<u>1,990</u>	<u>13,669</u>
12. MOVEMENT IN FUNDS				
	At 1.4.21	Net movement in funds	Transfers between funds	At 31.3.22
	£	£	£	£
Unrestricted funds				
General fund	144,024	19,498	(39)	163,483
Restricted funds				
Children in need	-	18,410	-	18,410
Henry Smith Grant	6,402	(6,402)	-	-
Crime Commissioner	8,090	(8,090)	-	-
Mind IT	3,677	(1,323)	-	2,354
Awards for All (Gwynedd Council)	5,000	(3,729)	-	1,271
Moondance	<u>7,500</u>	<u>(7,539)</u>	<u>39</u>	<u>-</u>
	<u>30,669</u>	<u>(8,673)</u>	<u>39</u>	<u>22,035</u>
TOTAL FUNDS	<u>174,693</u>	<u>10,825</u>	<u>-</u>	<u>185,518</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	83,732	(64,234)	19,498
Restricted funds			
Children in need	32,855	(14,445)	18,410
Henry Smith Grant	-	(6,402)	(6,402)
Crime Commissioner	-	(8,090)	(8,090)
Mind IT	-	(1,323)	(1,323)
Awards for All (Gwynedd Council)	3,333	(7,062)	(3,729)
Moondance	<u>-</u>	<u>(7,539)</u>	<u>(7,539)</u>
	<u>36,188</u>	<u>(44,861)</u>	<u>(8,673)</u>
TOTAL FUNDS	<u>119,920</u>	<u>(109,095)</u>	<u>10,825</u>

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

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	134,972	17,624	(8,572)	144,024
Restricted funds				
Children in need	-	(5,797)	5,797	-
Henry Smith Grant	-	6,402	-	6,402
Crime Commissioner	-	8,090	-	8,090
Active Monitoring	-	(712)	712	-
Mind IT	-	3,677	-	3,677
Awards for All (Gwynedd Council)	-	1,550	3,450	5,000
Moondance	-	8,887	(1,387)	7,500
	-	22,097	8,572	30,669
TOTAL FUNDS	<u>134,972</u>	<u>39,721</u>	<u>-</u>	<u>174,693</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	70,694	(53,070)	17,624
Restricted funds			
Children in need	27,732	(33,529)	(5,797)
Henry Smith Grant	26,500	(20,098)	6,402
Crime Commissioner	23,750	(15,660)	8,090
Active Monitoring	1	(713)	(712)
Mind IT	5,000	(1,323)	3,677
Awards for All (Gwynedd Council)	10,000	(8,450)	1,550
Moondance	10,222	(1,335)	8,887
	103,205	(81,108)	22,097
TOTAL FUNDS	<u>173,899</u>	<u>(134,178)</u>	<u>39,721</u>

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

12. MOVEMENT IN FUNDS - continued

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

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	134,972	37,122	(8,611)	163,483
Restricted funds				
Children in need	-	12,613	5,797	18,410
Active Monitoring	-	(712)	712	-
Mind IT	-	2,354	-	2,354
Awards for All (Gwynedd Council)	-	(2,179)	3,450	1,271
Moondance	-	1,348	(1,348)	-
	-	13,424	8,611	22,035
TOTAL FUNDS	<u>134,972</u>	<u>50,546</u>	<u>-</u>	<u>185,518</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	154,426	(117,304)	37,122
Restricted funds			
Children in need	60,587	(47,974)	12,613
Henry Smith Grant	26,500	(26,500)	-
Crime Commissioner	23,750	(23,750)	-
Active Monitoring	1	(713)	(712)
Mind IT	5,000	(2,646)	2,354
Awards for All (Gwynedd Council)	13,333	(15,512)	(2,179)
Moondance	10,222	(8,874)	1,348
	139,393	(125,969)	13,424
TOTAL FUNDS	<u>293,819</u>	<u>(243,273)</u>	<u>50,546</u>

Children in need

Funding to provide CBT based self-management groups for young people within colleges.

Henry Smith Grant

Funding to provide community services on a 1:1 basis.

Crime Commissioner

Funding to provide young people up to 35 with Anxiety Management course.

12. MOVEMENT IN FUNDS - continued

Active Monitoring

Funding to provide 1-1 support in a GP setting.

Mind IT

Funding for IT related equipment.

Awards for All GCC

Funding for recovery workers and 1-1 service for people with learning difficulty and mental health.

Moondance

Funding for salaries providing 1-1 services.

13. RELATED PARTY DISCLOSURES

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

Amser I Siarad

England & Wales - Charity number 1096880

Accounts



Adroddiad Blynyddiol Annual Report

Amser i Siarad

April 2020 - March 2021

Rhif Elusen/ Charity Number: 1096880

Rhif Cwmni / Company Number : 4666301

Index

Amser I Siarad (previously Ynys Môn and Gwynedd Mind) Services

page 2

Chief Officers Report

page 7

Chairs Report

page 8

Treasurers Report

page 9

Abbreviated Accounts

page 10

The board of directors of Amser I Siarad (Previously Ynys Môn and Gwynedd Mind) is pleased to present the following report for the year April 2020 March 2021

About Amser I Siarad (previously Ynys Môn and Gwynedd Mind) work and position April 20/March 21.

Amser I Siarad was still Ynys Môn and Gwynedd Mind at the close of the year March 2021. It was affiliated to Mind the leading mental health charity for England and Wales, yet remained an independent charity and therefore was solely responsible for its own fundraising, service design and delivery, whilst always ensuring it operated within Minds Quality Assurance and fulfilled the 23 standards around good practice and governance. Ynys Môn and Gwynedd Mind worked towards achieving a better understanding and acceptance of mental illness within the wider society.

It worked with, and continues to work with: adults, children, and young people providing (pre Covid) services in everyday settings in the wider community, as well as within educational establishments. Since Covid all services have been provided online.

Ynys Môn and Gwynedd Mind had, and Amser I Siard continues to have as its main focus anti-stigma and recovery work, which challenges misinformed perceptions of mental illness, promotes health and wellbeing, focuses on ability not disability and encourages empowerment and self-reliance of people who use its services. It is driven to break down the stigma that exists around those who experience mental health problems (reflected both in society and services) and to create a better life for all. This takes many forms such as innovative projects, training, one –to-one work, workshops, talks, seminars and conferences, and resilience and recovery focused CBT groups. Many projects adopt a recovery position and focus on ability, are open to the wider community to provide integration and social contact and are held (pre covid) away from traditional, institutionalised and stigmatised mental health buildings and settings. Within the Covid pandemic we have operated everything online or over the phone.

Public Benefit

We have referred to the guidance contained in the Charity Commissions general guidance on public benefit when reviewing our aims and objectives and in planning

our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

We review our aims, objectives and activities each year. This report looks at what we have achieved and the outcomes of work over the past 12 months. The report looks at achievements of each key activity of the charity and the benefits they have brought to those groups of people we were set up to help.

Our work during the Covid Pandemic period:

1. Coping with Life CBT Focused Self-Management Groups (Adults and Young People).

Run for Seven weeks and are CBT skills based and utilize the recovery star and goal setting and problem solving techniques. Each group also utilizes Mindfulness practices each week. Following completion of a course participants can link into our monthly peer support groups.

Anxiety Management, Building Self Esteem, Assertiveness run on rotation weekly in Anglesey and Gwynedd for adults and young people in the community and within Coleg Menai for students. Brief assessment and chat is required before being allocated a space, to ensure groups meet needs of clients. Individuals can self-refer.

When and Where:

Online.

2. Amser I Siarad/Time to Talk (Adults and Young People):

A confidential one-to-one space where people can talk about mental health related difficulties and work through with a worker who will utilize CBT based skills and practices and models of resilience.

An appointment is required and individuals can self-refer:

When and Where:

Monthly and Bi-monthly

Online or over the phone.

3. Mindfulness:

Eight-week Mindfulness courses for adults available on rotation on Anglesey and Gwynedd.

.B Mindfulness for 11-18year olds available in the community for young people.

Brief assessment and chat is required before being allocated a space, to ensure groups meet needs of clients. Individuals can self-refer.

When and Where:

Online.

4. Trainings:

Youth Mental Health First Aid/ Adult Mental Health First Aid

2 day skills intervention training that looks at the main mental health problems, signs and symptoms and what individuals can do to assist someone with a mental health problem and get them help. Aims to reduce stigma and ultimately preserve life.

When and Where:

Online and face to face when allowed adhering to social distancing measures.

ASIST

2 x day suicide intervention skills training following an intervention model.

Variety of other short training modules:

Peri-Natal Mental Health

E.g. Self-harm.

Community, Schools and Colleges.

Face to face when allowed, adhering to social distancing measures.

5. Peer Support

When and Where:

Online every five weeks.

For more information, please contact:

info@amserisiarad.org.uk

Check our website at www.amserisiarad.org.uk

our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

We review our aims, objectives and activities each year. This report looks at what we have achieved and the outcomes of work over the past 12 months. The report looks at achievements of each key activity of the charity and the benefits they have brought to those groups of people we were set up to help.

Our work during the Covid Pandemic period:

1. Coping with Life CBT Focused Self-Management Groups (Adults and Young People).

Run for Seven weeks and are CBT skills based and utilize the recovery star and goal setting and problem solving techniques. Each group also utilizes Mindfulness practices each week. Following completion of a course participants can link into our monthly peer support groups.

Anxiety Management, Building Self Esteem, Assertiveness run on rotation weekly in Anglesey and Gwynedd for adults and young people in the community and within Coleg Menai for students. Brief assessment and chat is required before being allocated a space, to ensure groups meet needs of clients. Individuals can self-refer.

When and Where:

Online.

2. Amser I Siarad/Time to Talk (Adults and Young People):

A confidential one-to-one space where people can talk about mental health related difficulties and work through with a worker who will utilize CBT based skills and practices and models of resilience.

An appointment is required and individuals can self-refer:

When and Where:

Monthly and Bi-monthly

Online or over the phone.

3. Mindfulness:

Eight-week Mindfulness courses for adults available on rotation on Anglesey and Gwynedd.

Amser I Siarad

Uned 10/11

Galeri

Caernarfon

LL55 1SQ

Tel: 01286 685279

Policies:

Amser I Siarad operates under the following policies:

Index of policies:
Anti-Stigma Policy and Practice
Backing Up policy
Child Protection Policy
Commitment to Quality Policy
Conflicts of Interest Policy
Code of Governance
DBS 1
DBS 2 policy
Complaints Procedure
Confidentiality
Conduct Policy
Declaration of Interests Policy
Declaration of interest's form-
Data protection Policy
Employment legislation
Environmental
Equality and Diversity Policy
Funding Strategy-
Financial Risk Assessment
Financial Risk Management
Financial Risk management Policy-
Grievance
Handling and banking Income
Harassment and Bullying-
Health and safety Policy
ICT Policy
Induction
ITP

Lone Working Policy
Managing and maintaining Records
Operational management of finances
Office systems and procedures
Payment of expenses
Policy on Policies
Policy on Personal safety
Public and Media Communication Policy
Risk assessment Rural outreach
Reserves
Risk Assessment Policy
Register of interest's policy
Shared Drive Policy
Staff Induction
Staff Recruitment
Staff & Volunteer Expenses
Safeguarding Vulnerable Adults from abuse policy
Safeguarding Vulnerable Adults from Abuse procedure
Support and Supervision
Service user Involvement and engagement
Training and Development of Staff
Trustee Recruitment
Trustee Roles and job Descriptions
Trustee Induction
Volunteering
Whistleblowing
Welsh language Policy and Scheme

Chief Officers Introduction

Welcome to the annual report for Amser I Siarad (formally) Ynys Môn and Gwynedd Mind. This document serves two related purposes. The first is to provide technical information required by the Statement of Recommended Practice (SORP for Charities). The second is to provide an overview of our years' work to as broad an audience as possible.

We hope you find this report useful and interesting.

Chief Officers Report:

This financial year saw Amser I Siarad

(previously) Ynys Môn and Gwynedd Mind serve **3,011** people across the counties of Anglesey and Gwynedd. The significant achievements over this year have been to continue all our work throughout the Covid pandemic be it online or over the phone:

- 1) Continued provision of our community based Amser I Siarad/Time to talk one-to-one service from Holyhead to Dolgellau for both adults, children and young people.
- 2) Continued Recovery focused and resilience work for both adults and young people within the community.
- 3) Continued CBT based self-management groups in the community for adults, children and young people.
- 4) Continued CBT based self-management groups within the further education colleges for Young people.
- 5) Continued One to one work for young people within the schools and colleges via our Amser I Siarad/ Time to talk service.
- 6) Continued Peer Support groups in the community for adults and young people.
- 7) continued provision of A 1-1 service within GP practices for people experiencing mental health problems.
- 8) Continued Partner within Parabl the talking treatments service for North Wales.
- 9) Continued Mindfulness in schools and Mindfulness within the community for both adults and children and young people aged 11-18yrs
- 8).10) Continued partnership with Hafal and Crime Commissioner for young people's work

The organisation also continued to deliver several training courses when it was possible to do so face to face or online throughout the year which included suicide intervention skills training course ASSIST, Adult and Youth Mental Health First Aid courses.

The year has been exceptionally challenging and funding remains an ongoing battle.

We are very grateful to all of the people who have fundraised for us in our community and donated. We simply could not continue to deliver the work we do without their efforts. All the money goes into front line services and this year it supported us meeting a funding gap.

Thank you also to all the grant providers who have funded our work over this year which includes:

Children in Need, Henry Smith, BCHUB and Crime Commissioner and Moon Dance

Clare Bailey, Chief Officer.

Chairs Report

Since my report in December 2020 the world has changed with many statutory and 3rd sector organisations having to close or restrict the services that they offer to our communities and it is with this in mind that I say how proud I am to be a trustee of Amser I Siarad as we have continued to keep our services open.

We have negotiated another difficult year and have come through it in a position that enables us to provide a high quality service to support people with issues relating to their mental health. We hope to thrive as an independent organisation which can respond expeditiously to the needs of the individual and the community.

Our Income for the year ending March' 21 totalled £173,899 compared to £131,331 for the previous financial year. The increase of £42,568. Was mostly for additional work to be undertaken during the Covid period. I am satisfied we have abided by the requirements of our funders.

The CEO and staff have continued to provide a professional and caring service to all who are in contact with us and by doing so uphold our values of decency and respect, providing a safe space for people to develop skills to manage their mental health.

Ella Fisk

Chair of Trustees

Treasurers Report:

On behalf of the board, I report that this year we received by March 31st 2020 £173,899 and expended £134,178 and carry forward £39,721 for spending in the new financial year.

The grants monies mainly come from the following:

BCUHB, Children in Need, Henry Smith, Crime Commissioner, Moondance as well as donations and training income.

Our financial management for this period was shared between the Board of Directors, The Chief Officer and Vale of Clwyd Mind.

All financial transactions are verified and authorised by the Trustees and we are fully confident that we fulfil our required procedures and policies.

We are also confident that the organisation is run as our funders would wish and in accordance with the Charity Commissions regulations.

I would like to thank all staff and all volunteers for their hard work and Williams Denton our accountants.

REGISTERED COMPANY NUMBER: 04666301 (England and Wales)
REGISTERED CHARITY NUMBER: 1096880

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021
FOR
AMSER I SIARAD LTD



williamsdenton

AMSER I SIARAD LTD

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

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7 to 8
Notes to the Financial Statements	9 to 17

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Change of name

The charity changed its name from Ynys Mon and Gwynedd Mind Ltd to Amser I Siarad Ltd on 8 October 2021.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Amser I Siarad's main focus of delivery is anti-stigma and recovery focused work that supports adults and young people to build resilience and take control of their illnesses and lives for themselves. They aim to tackle the stigma and discrimination in the wider community through a variety of innovative projects, training and styles of service delivery. They aim to create a community whereby people with mental health problems can talk openly without a fear of rejection or discrimination. The charity takes a population approach to all they do, and promotes good mental health and well-being for all. They also promote the creative arts as a form of service delivery.

Public benefit

The charity was set up with the aim of tackling stigma and discrimination for people with mental health problems and the general public alike.

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding the activities undertaken during the year. The trustees are satisfied that the information provided in the report and accounts meets the public benefit reporting requirements.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021**

ACHIEVEMENT AND PERFORMANCE

Charitable Activities - How our activities deliver public benefits

This year saw the charity serve 3,011 people across the counties of Anglesey and Gwynedd.

The significant achievements over this year have been, that despite the Covid pandemic, we have been able to maintain all services for people virtually and over the phone. We managed within the Covid pandemic to:

- 1) Continue provision of our community based Amser I Siarad/Time to talk one-to-one service from Holyhead to Dolgellau for both adults, children and young people.
- 2) Continue Recovery focused and resilience work for both adults and young people within the community.
- 3) Continue CBT based self-management groups in the community for adults, children and young people.
- 4) Continue CBT based self-management groups within the further education colleges for Young people.
- 5) Continue One to one work for young people within the schools and colleges via our Amser I Siarad/ Time to talk service.
- 6) Continue Peer Support groups in the community for adults and young people.
- 7) Continue provision of A 1-1 service within GP practices for people experiencing mental health problems.
- 8) Continue being a partner within Parabl the talking treatments service for North Wales.
- 9) Continue Mindfulness in schools and Mindfulness within the community for both adults and children and young people aged 11-18yrs.
- 10) Continue partnership with Hafal and Crime Commissioner for young people's work

The organisation also continued to deliver anti-stigma workshops in the community, schools and colleges alongside delivering several training courses throughout the year which included suicide intervention skills training course ASSIST, Adult and Youth Mental Health First Aid courses and Several Mental health in the Workplace training days for employers and mental Health Awareness training.

The year has been exceptionally challenging as we faced significant difficulties with national Mind and raised serious concerns. Within this period, we found ourselves preparing to pull away from the national body as we felt we could no longer compromise our integrity.

Pre Covid all services continued to be delivered from non-traditional settings and out in the community with the office base and hub of the organisation remaining within the Galeri Caernarfon, a busy community arts and media setting.

Regarding the Covid 19 pandemic, all services were transferred to being delivered online and via video or over the telephone.

We are very grateful to all of the people who have fundraised for us in our community and donated. We simply could not continue to deliver the work we do without their efforts. All the money goes into front line services and this year it supported us meeting a funding gap.

Thank you also to all the grant providers who have funded our work over this year which includes: Children in Need, Henry Smith, BCHUB, Moondance, and Crime Commissioner.

FINANCIAL REVIEW

Financial position

The charity had unrestricted reserves of £144,024 and restricted reserves of £30,669 as at 31 March 2021 (31 March 2020 unrestricted £134,972 / restricted £NIL)

The accounts for the year ended 31 March 2021 show a surplus of £39,721 (2020: £38,852).

Principal funding sources

The main funders during the year were BCUHB, Henry Smith, Children in Need, Crime Commissioner Fund, Awards for All and Moondance alongside income from training and donations.

Donations and fundraising

The charity relies on donations and community fundraising. Only donations that are given directly to Amser I Siarad will go into our local services. Monies donated to Mind Cymru are not given to Amser I Siarad.

FINANCIAL REVIEW

Reserves policy

The charity recognises and accepts its responsibilities as a charity, limited company and employer to protect the financial viability and continuation of the organisation. In accordance with good practice (e.g. Charity Commission) it is agreed that monies are allocated towards a reserve. The purpose of maintaining adequate reserves is:

- ~ To ensure cash flow (e.g. cover delays in revenue funding).
- ~ To cover unforeseen circumstances.
- ~ To provide the opportunity to attract/identify alternative funding should existing funds be subject to cutbacks.
- ~ To ensure that should funding cease, the organisation would be able to fulfil all of its financial and legal obligations when winding up.

The level of the reserve will be reviewed annually by the Board. Unless and until otherwise agreed the organisation will maintain a minimum reserve equivalent to the current three months running costs of the organisation and endeavour to increase this amount to the equivalent of six months running costs.

FUTURE PLANS

Moving forward we aim to continue the full implementation of all our core recovery focused and resilience based work, one to one work and groups for both adults and young people within our communities of Anglesey and Gwynedd in line and with our anti-stigma agenda. With regards to the Covid 19 pandemic, we are looking to monitor new ways of working and will implement best practice.

We have rebranded and intend to break away from national Mind and their office in Wales Mind Cymru and will stay true to our values of providing genuine grass roots local services that put people first.

We will look forward to continue to serve and support the people of Anglesey and Gwynedd as best we can and hope to involve the community in fundraising activities that can support our beneficiaries directly.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

An advert is placed in the local newspaper targeting specific skills that are required on the board (trustees can also be identified via word of mouth). Interested parties are invited to fill in an application form and demonstrate their suitability and prospective trustees will be called to interview. Successful candidates will then undergo induction training and are invited to three board meetings and if they have the relevant skills their appointment is discussed by the board and voted upon. They will be formally appointed at an AGM.

Organisational structure

The trustees are responsible for ensuring the organisation fulfils its mission statement and leads on its strategic direction. The operational responsibility is delegated to the Chief Officer of the organisation.

Induction and training of new trustees

New trustees receive an induction pack and are provided with copies of all policies, procedures, the governing documents and other relevant material. There is an expectation they will commit to the induction training programme which is mandatory to complete. Specific training needs are identified. All trustees have ongoing training on their roles and responsibilities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04666301 (England and Wales)

Registered Charity number

1096880

AMSER I SIARAD LTD

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021**

Registered office

Uned 10
Galeri
Victoria Doc
Caernarfon
Gwynedd
LL55 1SQ

Trustees

L Chant
Ms E S Fisk
Ms H M Forshaw

Company Secretary

Ms C M Bailey

Independent Examiner

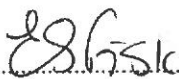
Keith Barker FCCA
Association of Chartered Certified Accountants
Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd Y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Bankers

HSBC
High Street
Llangefni
Ynys Mon
LL77 7LU

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 20 January 2022 and signed on its behalf by:



.....
Ms E S Fisk - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
AMSER I SIARAD LTD**

Independent examiner's report to the trustees of Amser I Siarad Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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



Keith Barker FCCA
Association of Chartered Certified Accountants
Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd Y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Date: 20 January 2022

AMSER I SIARAD LTD

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021**

	Notes	Unrestricted fund £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	17,215	-	17,215	12,579
Charitable activities	4				
Mental health services		53,409	103,205	156,614	118,441
Investment income	3	70	-	70	311
Total		70,694	103,205	173,899	131,331
EXPENDITURE ON					
Charitable activities					
Mental health services		53,070	81,108	134,178	170,183
NET INCOME/(EXPENDITURE)		17,624	22,097	39,721	(38,852)
Transfers between funds	13	(8,572)	8,572	-	-
Net movement in funds		9,052	30,669	39,721	(38,852)
RECONCILIATION OF FUNDS					
Total funds brought forward		134,972	-	134,972	173,824
TOTAL FUNDS CARRIED FORWARD		<u>144,024</u>	<u>30,669</u>	<u>174,693</u>	<u>134,972</u>

The notes form part of these financial statements

AMSER I SIARAD LTD**BALANCE SHEET
31 MARCH 2021**

	Notes	Unrestricted fund £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
FIXED ASSETS					
Tangible assets	9	-	2,685	2,685	-
CURRENT ASSETS					
Debtors	10	-	-	-	15,250
Cash at bank and in hand		<u>152,349</u>	<u>33,328</u>	<u>185,677</u>	<u>139,654</u>
		152,349	33,328	185,677	154,904
CREDITORS					
Amounts falling due within one year	11	<u>(8,325)</u>	<u>(5,344)</u>	<u>(13,669)</u>	<u>(19,932)</u>
NET CURRENT ASSETS					
		<u>144,024</u>	<u>27,984</u>	<u>172,008</u>	<u>134,972</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>144,024</u>	<u>30,669</u>	<u>174,693</u>	<u>134,972</u>
NET ASSETS					
		<u>144,024</u>	<u>30,669</u>	<u>174,693</u>	<u>134,972</u>
FUNDS					
Unrestricted funds	13			144,024	134,972
Restricted funds				<u>30,669</u>	-
TOTAL FUNDS					
				<u>174,693</u>	<u>134,972</u>

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements


AMSER I SIARAD LTD

BALANCE SHEET - continued
31 MARCH 2021

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

The financial statements were approved by the Board of Trustees and authorised for issue on 20 January 2022 and were signed on its behalf by:


.....
E S Fisk - Trustee


.....
L Chant - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

Income from grants, contracts and fees: including capital grants and other income, is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably except for:

When it is specified that income from grants and contracts received by the charitable company are to be used in future periods, then the income is deferred until that period.

When conditions are imposed which have to be fulfilled before the charitable company becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When specified, income including capital grants, is for a particular restricted purpose, which does not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until those conditions are met.

Interest on funds held on deposit or loans provided is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Plant & Equipment	- 25% on reducing balance
Computer equipment	- 33% on cost

Taxation

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

Fund accounting

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

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES - continued

Fund accounting

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31.3.21	31.3.20
	£	£
Donations	<u>17,215</u>	<u>12,579</u>

3. INVESTMENT INCOME

	31.3.21	31.3.20
	£	£
Bank interest	<u>70</u>	<u>311</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	31.3.21	31.3.20
	£	£
Grants	142,596	63,923
Training	-	29,409
Parabl	14,018	24,588
Class fees	-	521
	<u>156,614</u>	<u>118,441</u>

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

	31.3.21	31.3.20
	£	£
BCUHB	39,391	24,564
Children in need	27,732	9,000
Henry Smith Grant	26,500	13,250
Crime Commissioner	23,750	6,250
Active Monitoring	-	10,859
Mind IT	5,000	-
Awards for All GCC	10,000	-
Moondance	<u>10,223</u>	<u>-</u>
	<u>142,596</u>	<u>63,923</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

5. NET INCOME/(EXPENDITURE)

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

	31.3.21	31.3.20
	£	£
Depreciation - owned assets	<u>1,323</u>	<u>-</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

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

	31.3.21	31.3.20
	£	£
Trustees' expenses	<u>4</u>	<u>310</u>

7. STAFF COSTS

	31.3.21	31.3.20
	£	£
Wages and salaries	91,247	102,022
Social security costs	3,500	4,897
Other pension costs	<u>4,423</u>	<u>5,399</u>
	<u>99,170</u>	<u>112,318</u>

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

	31.3.21	31.3.20
Direct charitable work	3	4
Manager	<u>1</u>	<u>1</u>
	<u>4</u>	<u>5</u>

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

The charity considers its key management personnel comprise of the Manager. Total emoluments, including employer pension contributions, of the key management personnel were £40,341 (2020 - £40,066).

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	12,579	-	12,579
Charitable activities			
Mental health services	79,082	39,359	118,441
Investment income	<u>311</u>	<u>-</u>	<u>311</u>
Total	91,972	39,359	131,331
EXPENDITURE ON			
Charitable activities			
Mental health services	69,266	100,917	170,183
NET INCOME/(EXPENDITURE)	22,706	(61,558)	(38,852)
Transfers between funds	<u>(25,585)</u>	<u>25,585</u>	<u>-</u>
Net movement in funds	(2,881)	(35,973)	(38,852)
RECONCILIATION OF FUNDS			
Total funds brought forward	137,851	35,973	173,824
TOTAL FUNDS CARRIED FORWARD	<u>134,972</u>	<u>-</u>	<u>134,972</u>

9. TANGIBLE FIXED ASSETS

	Plant & Equipment £	Computer equipment £	Totals £
COST			
At 1 April 2020	480	4,828	5,308
Additions	<u>-</u>	<u>4,008</u>	<u>4,008</u>
At 31 March 2021	<u>480</u>	<u>8,836</u>	<u>9,316</u>
DEPRECIATION			
At 1 April 2020	480	4,828	5,308
Charge for year	<u>-</u>	<u>1,323</u>	<u>1,323</u>
At 31 March 2021	<u>480</u>	<u>6,151</u>	<u>6,631</u>
NET BOOK VALUE			
At 31 March 2021	<u>-</u>	<u>2,685</u>	<u>2,685</u>
At 31 March 2020	<u>-</u>	<u>-</u>	<u>-</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR				
		31.3.21		31.3.20
		£		£
Trade debtors		<u>-</u>		<u>15,250</u>
11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR				
		31.3.21		31.3.20
		£		£
Bank loans and overdrafts (see note 12)		-		9,306
Accruals		<u>13,669</u>		<u>10,626</u>
		<u>13,669</u>		<u>19,932</u>
12. LOANS				
An analysis of the maturity of loans is given below:				
		31.3.21		31.3.20
		£		£
Amounts falling due within one year on demand:				
Bank overdrafts		<u>-</u>		<u>9,306</u>
13. MOVEMENT IN FUNDS				
	At 1.4.20	Net	Transfers	At
	£	movement	between	31.3.21
		in funds	funds	£
		£	£	
Unrestricted funds				
General fund	134,972	17,624	(8,572)	144,024
Restricted funds				
Children in need	-	(5,797)	5,797	-
Henry Smith Grant	-	6,402	-	6,402
Crime Commissioner	-	8,090	-	8,090
Active Monitoring	-	(712)	712	-
Mind IT	-	3,677	-	3,677
Awards for All GCC	-	1,550	3,450	5,000
Moondance	<u>-</u>	<u>8,887</u>	<u>(1,387)</u>	<u>7,500</u>
	<u>-</u>	<u>22,097</u>	<u>8,572</u>	<u>30,669</u>
TOTAL FUNDS	<u>134,972</u>	<u>39,721</u>	<u>-</u>	<u>174,693</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	70,694	(53,070)	17,624
Restricted funds			
Children in need	27,732	(33,529)	(5,797)
Henry Smith Grant	26,500	(20,098)	6,402
Crime Commissioner	23,750	(15,660)	8,090
Active Monitoring	-	(712)	(712)
Mind IT	5,000	(1,323)	3,677
Awards for All GCC	10,000	(8,450)	1,550
Moondance	10,223	(1,336)	8,887
	<u>103,205</u>	<u>(81,108)</u>	<u>22,097</u>
TOTAL FUNDS	<u>173,899</u>	<u>(134,178)</u>	<u>39,721</u>

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General fund	137,851	22,706	(25,585)	134,972
Restricted funds				
Children in need	26,065	(30,208)	4,143	-
Mind Creative Therapies	-	(1,600)	1,600	-
Henry Smith Grant	4,944	(11,462)	6,518	-
Crime Commissioner	4,964	(18,289)	13,325	-
Active Monitoring	-	1	(1)	-
	<u>35,973</u>	<u>(61,558)</u>	<u>25,585</u>	<u>-</u>
TOTAL FUNDS	<u>173,824</u>	<u>(38,852)</u>	<u>-</u>	<u>134,972</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	91,972	(69,266)	22,706
Restricted funds			
Children in need	9,001	(39,209)	(30,208)
Mind Creative Therapies	-	(1,600)	(1,600)
Henry Smith Grant	13,250	(24,712)	(11,462)
Crime Commissioner	6,250	(24,539)	(18,289)
Active Monitoring	<u>10,858</u>	<u>(10,857)</u>	<u>1</u>
	<u>39,359</u>	<u>(100,917)</u>	<u>(61,558)</u>
TOTAL FUNDS	<u>131,331</u>	<u>(170,183)</u>	<u>(38,852)</u>

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

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	137,851	40,330	(34,157)	144,024
Restricted funds				
Children in need	26,065	(36,005)	9,940	-
Mind Creative Therapies	-	(1,600)	1,600	-
Henry Smith Grant	4,944	(5,060)	6,518	6,402
Crime Commissioner	4,964	(10,199)	13,325	8,090
Active Monitoring	-	(711)	711	-
Mind IT	-	3,677	-	3,677
Awards for All GCC	-	1,550	3,450	5,000
Moondance	-	8,887	(1,387)	7,500
	<u>35,973</u>	<u>(39,461)</u>	<u>34,157</u>	<u>30,669</u>
TOTAL FUNDS	<u>173,824</u>	<u>869</u>	<u>-</u>	<u>174,693</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	162,666	(122,336)	40,330
Restricted funds			
Children in need	36,733	(72,738)	(36,005)
Mind Creative Therapies	-	(1,600)	(1,600)
Henry Smith Grant	39,750	(44,810)	(5,060)
Crime Commissioner	30,000	(40,199)	(10,199)
Active Monitoring	10,858	(11,569)	(711)
Mind IT	5,000	(1,323)	3,677
Awards for All GCC	10,000	(8,450)	1,550
Moondance	<u>10,223</u>	<u>(1,336)</u>	<u>8,887</u>
	<u>142,564</u>	<u>(182,025)</u>	<u>(39,461)</u>
TOTAL FUNDS	<u>305,230</u>	<u>(304,361)</u>	<u>869</u>

Children in need

Funding to provide CBT based self-management groups for young people within colleges.

Mind Creative Therapies

Funding to provide art workshops.

Henry Smith Grant

Funding to provide community services on a 1:1 basis.

Crime Commissioner

Funding to provide young people up to 35 with Anxiety Management course.

Active Monitoring

Funding to provide 1-1 support in a GP setting.

Mind IT

Funding for IT related equipment.

Awards for All GCC

Funding for recovery workers and 1-1 service for people with learning difficulty and mental health.

Moondance

Funding for salaries providing 1-1 services.

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
AMSER I SIARAD LTD**

Independent examiner's report to the trustees of Amser I Siarad Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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



Keith Barker FCCA
Association of Chartered Certified Accountants
Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd Y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Date: 20 January 2022