



Amser I Siarad
Annual Report 2022-2023

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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.

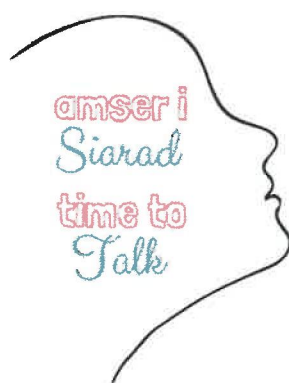
We are also confident that the organisation is run as our funders would wish and in accordance with the Charity Commissions regulations.

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**



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**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 | | 52,504 | 25,693 | 78,197 | 119,920 |
| EXPENDITURE ON | | | | | |
| Charitable activities | | | | | |
| Mental health services | | 56,895 | 42,354 | 99,249 | 109,095 |
| NET INCOME/(EXPENDITURE) | | (4,391) | (16,661) | (21,052) | 10,825 |
| Transfers between funds | 14 | (1,720) | 1,720 | - | - |
| 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 | | 157,372 | 7,094 | 164,466 | 185,518 |

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 | 14 | | | | |
| Unrestricted funds | | | | 157,372 | 163,483 |
| Restricted funds | | | | <u>7,094</u> | <u>22,035</u> |
| 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

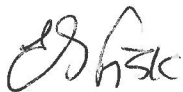
- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus 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

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

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

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

| | Activity | 2023 | 2022 |
|----------|------------------------|---------------|---------------|
| | | £ | £ |
| Grants | Mental health services | 50,748 | 69,276 |
| Training | Mental health services | 2,925 | 1,960 |
| Parabl | Mental health services | 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> |

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

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 | <u>4,116</u> | <u>3,951</u> |
| | <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 | <u>64,233</u> | <u>44,862</u> | <u>109,095</u> |
| 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) |
| 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) |
| At 31 March 2023 | - | 6,874 | 6,874 |
| NET BOOK VALUE | | | |
| At 31 March 2023 | - | 1,065 | 1,065 |
| At 31 March 2022 | - | 1,362 | 1,362 |

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2023 £ | 2022 £ |
|---------------|-----------|-----------|
| Trade debtors | 650 | 20,078 |

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2023 £ | 2022 £ |
|-----------------|-----------|-----------|
| Trade creditors | 3,621 | - |
| Other creditors | 460 | - |
| Accruals | 10 | 1,990 |
| | 4,091 | 1,990 |

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

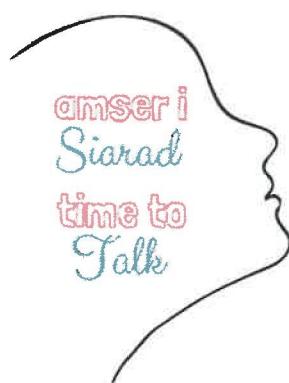
Funding for salaries providing 1-1 services.

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**



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| Report of the Trustees | 1 to 4 |
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| 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 | 14 | | | | |
| Unrestricted funds | | | | 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

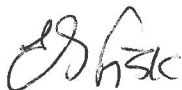
- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus 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

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

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

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

| | Activity | 2023 | 2022 |
|----------|------------------------|---------------|---------------|
| | | £ | £ |
| Grants | Mental health services | 50,748 | 69,276 |
| Training | Mental health services | 2,925 | 1,960 |
| Parabl | Mental health services | 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> |

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

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 | <u>4,116</u> | <u>3,951</u> |
| | <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 | <u>64,233</u> | <u>44,862</u> | <u>109,095</u> |
| 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) |
| 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) |
| At 31 March 2023 | - | 6,874 | 6,874 |
| NET BOOK VALUE | | | |
| At 31 March 2023 | - | 1,065 | 1,065 |
| At 31 March 2022 | - | 1,362 | 1,362 |

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2023 £ | 2022 £ |
|---------------|-----------|-----------|
| Trade debtors | 650 | 20,078 |

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2023 £ | 2022 £ |
|-----------------|-----------|-----------|
| Trade creditors | 3,621 | - |
| Other creditors | 460 | - |
| Accruals | 10 | 1,990 |
| | 4,091 | 1,990 |

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.

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

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.