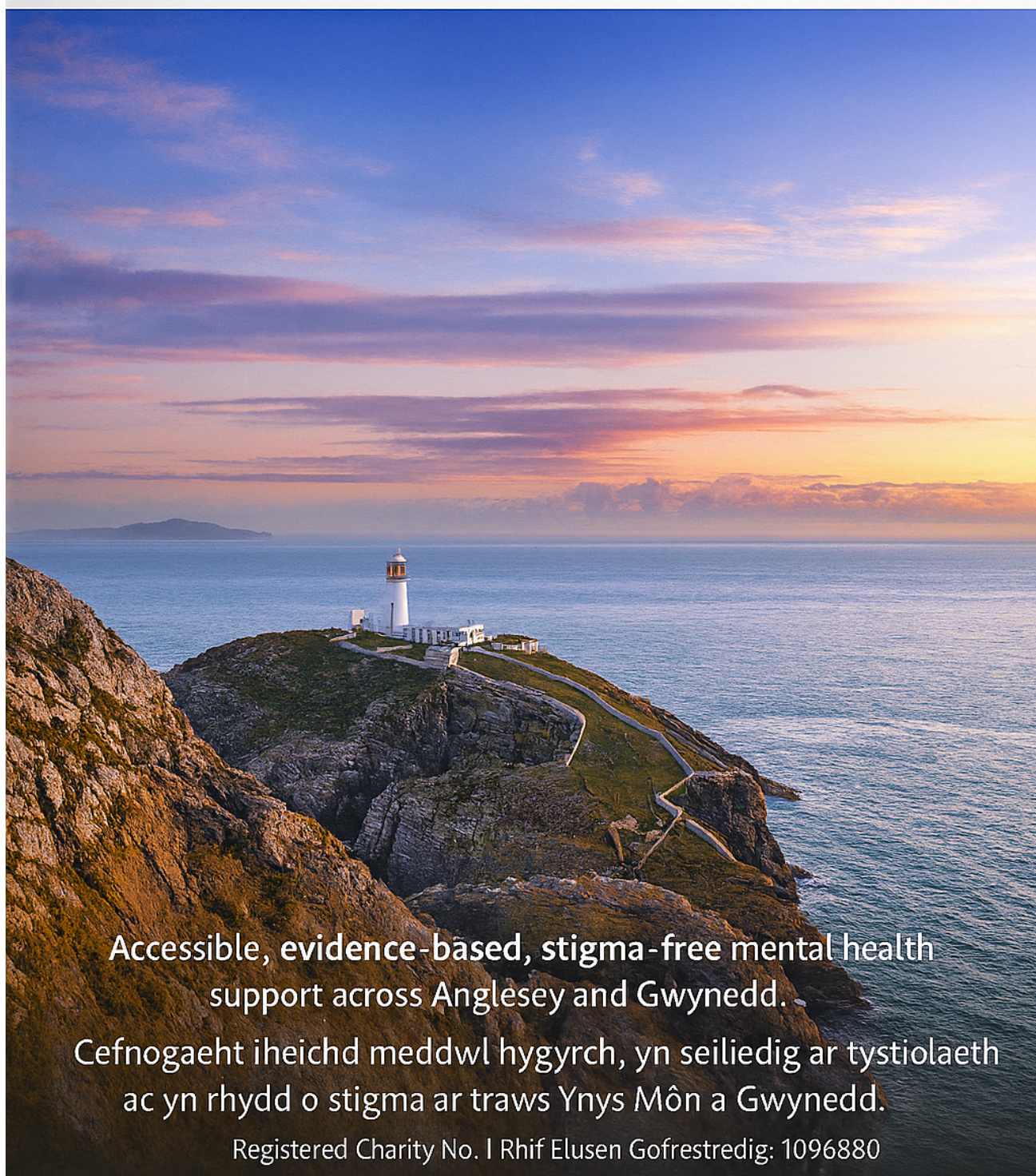


# ANNUAL REPORT

## 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

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## **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, anglinigol—Galeri Caernarfon, archfarchnadoedd, canolfannau celf a mannau 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

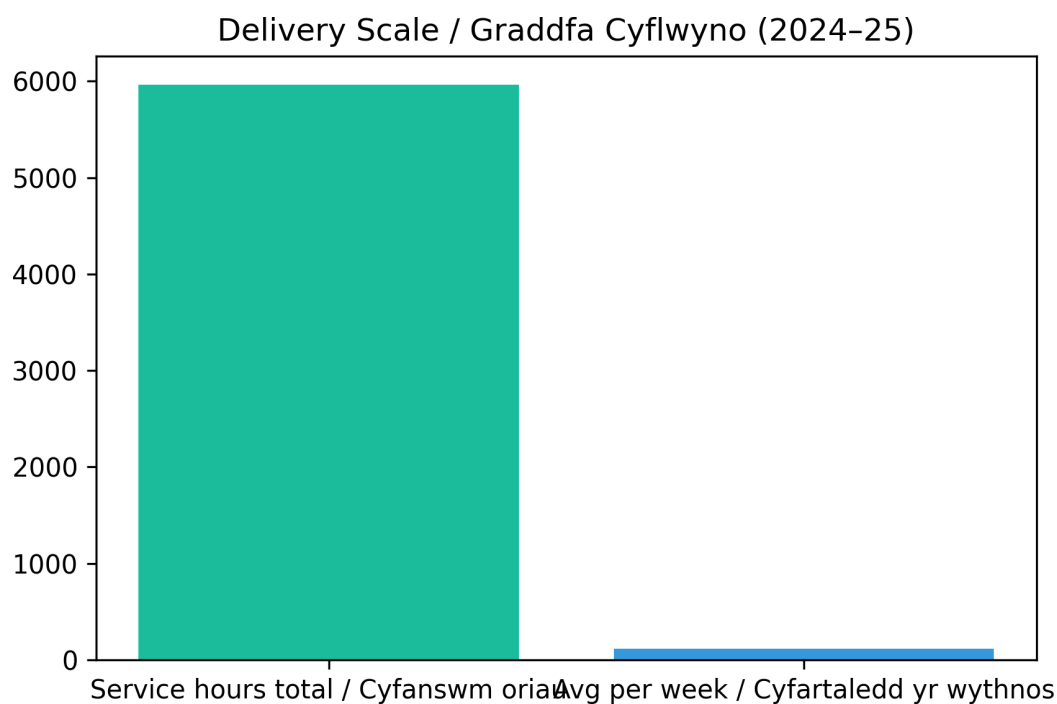
**EN:** Core services include CBT based therapeutic groups, confidential 1-to-1 support, peer led groups, arts-based wellbeing, and mental health training (MHFA and ASIST). While founded to support mild to moderate needs, we now routinely provide Tier 1 and Tier 2 support, often preventing escalation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

**CY:** Mae ein gwasanaethau craidd yn cynnwys: grwpiau therapiwtig yn seiliedig ar CBT, cymorth cyfrinachol 1 i 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.

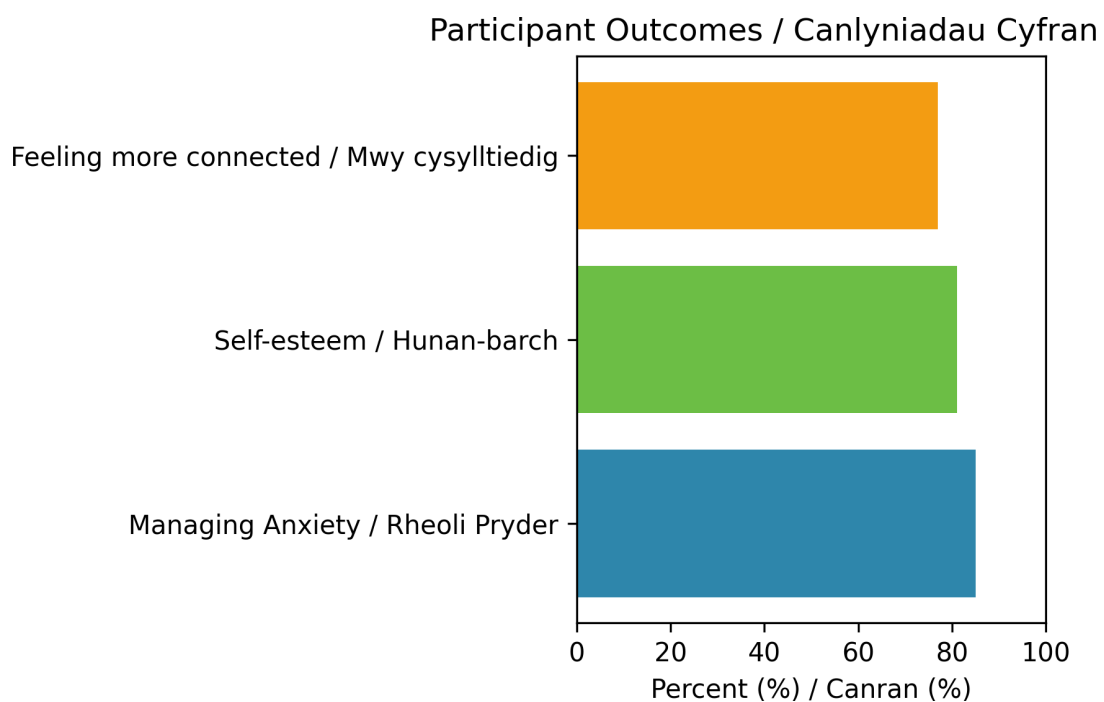
**CY:** Cyflwynwyd 16 o gyrsiau therapiwtig (CBT + Ymwybyddiaeth Ofalgar). Darparodd staff 5,962 awr o wasanaeth (cyfartaledd 114 yr wythnos), gan gynnwys grwpiau, cefnogaeth 1-to-1, paratoi, cefnogaeth gan gymheiriaid, nodiadau achos a goruchwyliaeth glinigol.



## 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.

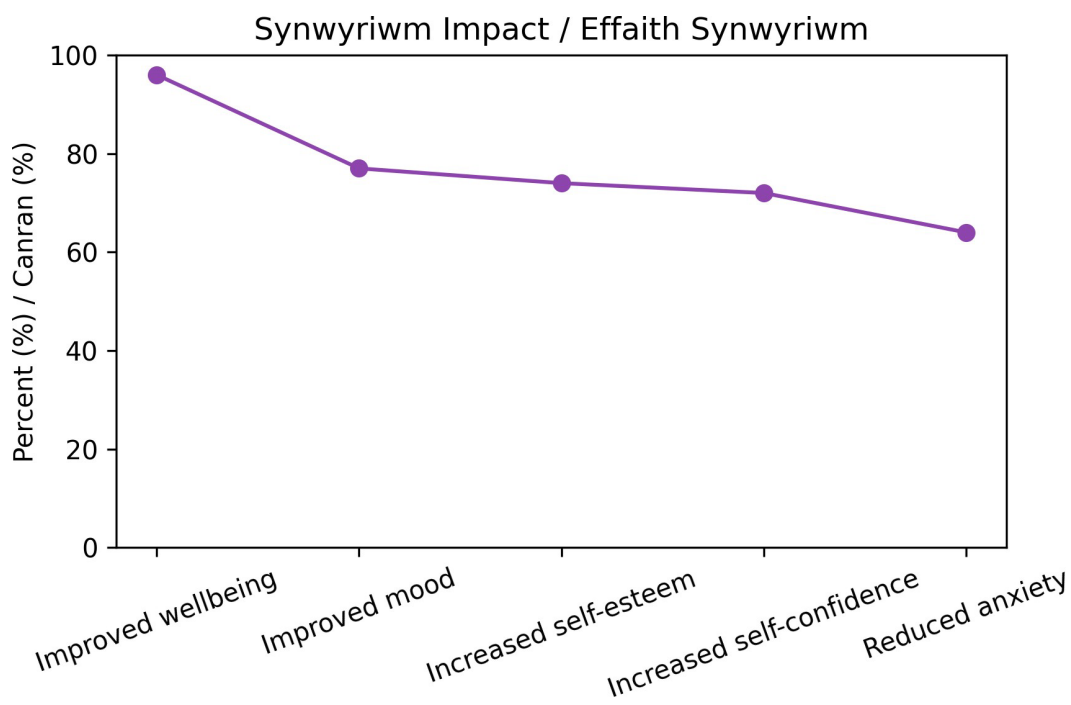
**CY:** Roedd canlyniadau'n gryf: 85% yn well eu gallu i reoli pryder; 81% gyda hunanbarch gwell; 77% yn teimlo'n fwy cysylltiedig ag eraill a'r gymuned. Cofnodwyd y cynnydd mwyaf ym meysydd hunan barch, ynghyd â gwelliannau mewn gobaith, ymddiriedaeth, rheoleiddio emosiynol a chymhelliant.



## 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, cwnselwyr, 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

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FOR THE YEAR ENDED 31 MARCH 2025**

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

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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**

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**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**

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**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**

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**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

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### 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 £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	3,730	-	3,730	53,874
<b>Charitable activities</b>	4				
Mental health services		45,037	61,585	106,622	97,529
Investment income	3	4,355	-	4,355	3,006
<b>Total</b>		<u>53,122</u>	<u>61,585</u>	<u>114,707</u>	<u>154,409</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Mental health services		<u>42,863</u>	<u>59,007</u>	<u>101,870</u>	<u>87,055</u>
<b>NET INCOME</b>		<b>10,259</b>	<b>2,578</b>	<b>12,837</b>	<b>67,354</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>157,358</u>	<u>74,462</u>	<u>231,820</u>	<u>164,466</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><b>167,617</b></u>	<u><b>77,040</b></u>	<u><b>244,657</b></u>	<u><b>231,820</b></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 £
<b>FIXED ASSETS</b>					
Tangible assets	11	116	-	116	766
<b>CURRENT ASSETS</b>					
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
<b>CREDITORS</b>					
Amounts falling due within one year	13	(2,739)	-	(2,738)	(424)
<b>NET CURRENT ASSETS</b>		<u>167,500</u>	<u>77,040</u>	<u>244,541</u>	<u>231,054</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>167,617</u>	<u>77,040</u>	<u>244,657</u>	<u>231,820</u>
<b>NET ASSETS</b>		<u>167,617</u>	<u>77,040</u>	<u>244,657</u>	<u>231,820</u>
<b>FUNDS</b>	14				
Unrestricted funds				167,617	157,358
Restricted funds				<u>77,040</u>	<u>74,462</u>
<b>TOTAL FUNDS</b>				<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**

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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 .....11/12/25.....  
and were signed on its behalf by:

.....  
E S Fisk - Trustee

.....  
W T Love - Trustee

The notes form part of these financial statements

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

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**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**

	Activity	2025	2024
		£	£
Grants	Mental health services	88,079	79,635
Training	Mental health services	2,859	2,470
Parabl	Mental health services	<u>15,684</u>	<u>15,424</u>
		<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>

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

**11. TANGIBLE FIXED ASSETS**

	Computer equipment £
<b>COST</b>	
At 1 April 2024 and 31 March 2025	<u>8,290</u>
<b>DEPRECIATION</b>	
At 1 April 2024	<u>7,524</u>
Charge for year	<u>650</u>
At 31 March 2025	<u>8,174</u>
<b>NET BOOK VALUE</b>	
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
			£
<b>Unrestricted funds</b>			
General fund	157,358	10,258	167,617
<b>Restricted funds</b>			
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	-	7,267	7,267
	<u>74,462</u>	<u>2,579</u>	<u>77,040</u>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	53,122	(42,864)	10,258
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	157,372	(14)	157,358
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<u>164,466</u>	<u>67,354</u>	<u>231,820</u>

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

**14. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	50,329	(50,343)	(14)
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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](mailto:bangor@williamsdenton.co.uk)

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

[www.williamsdenton.co.uk](http://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

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

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

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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**

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**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**

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**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

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### 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 £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	3,730	-	3,730	53,874
<b>Charitable activities</b>	4				
Mental health services		45,037	61,585	106,622	97,529
Investment income	3	4,355	-	4,355	3,006
<b>Total</b>		<u>53,122</u>	<u>61,585</u>	<u>114,707</u>	<u>154,409</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Mental health services		<u>42,863</u>	<u>59,007</u>	<u>101,870</u>	<u>87,055</u>
<b>NET INCOME</b>		<b>10,259</b>	<b>2,578</b>	<b>12,837</b>	<b>67,354</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>157,358</u>	<u>74,462</u>	<u>231,820</u>	<u>164,466</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><b>167,617</b></u>	<u><b>77,040</b></u>	<u><b>244,657</b></u>	<u><b>231,820</b></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 £
<b>FIXED ASSETS</b>					
Tangible assets	11	116	-	116	766
<b>CURRENT ASSETS</b>					
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
<b>CREDITORS</b>					
Amounts falling due within one year	13	(2,739)	-	(2,738)	(424)
<b>NET CURRENT ASSETS</b>		<u>167,500</u>	<u>77,040</u>	<u>244,541</u>	<u>231,054</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>167,617</u>	<u>77,040</u>	<u>244,657</u>	<u>231,820</u>
<b>NET ASSETS</b>		<u>167,617</u>	<u>77,040</u>	<u>244,657</u>	<u>231,820</u>
<b>FUNDS</b>	14				
Unrestricted funds				167,617	157,358
Restricted funds				<u>77,040</u>	<u>74,462</u>
<b>TOTAL FUNDS</b>				<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**

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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 .....11/12/25.....  
and were signed on its behalf by:

.....  
E S Fisk - Trustee

.....  
W T Love - Trustee

The notes form part of these financial statements

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**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**

	Activity	2025	2024
		£	£
Grants	Mental health services	88,079	79,635
Training	Mental health services	2,859	2,470
Parabl	Mental health services	<u>15,684</u>	<u>15,424</u>
		<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>

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

**11. TANGIBLE FIXED ASSETS**

	Computer equipment £
<b>COST</b>	
At 1 April 2024 and 31 March 2025	<u>8,290</u>
<b>DEPRECIATION</b>	
At 1 April 2024	<u>7,524</u>
Charge for year	<u>650</u>
At 31 March 2025	<u>8,174</u>
<b>NET BOOK VALUE</b>	
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
			£
<b>Unrestricted funds</b>			
General fund	157,358	10,258	167,617
<b>Restricted funds</b>			
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	-	7,267	7,267
	<u>74,462</u>	<u>2,579</u>	<u>77,040</u>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	53,122	(42,864)	10,258
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	157,372	(14)	157,358
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<u>164,466</u>	<u>67,354</u>	<u>231,820</u>

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

**14. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	50,329	(50,343)	(14)
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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.







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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](mailto:bangor@williamsdenton.co.uk)

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

[www.williamsdenton.co.uk](http://www.williamsdenton.co.uk)