



## **Adroddiad Blynnyddiol Annual Report**

### **Amser i Siarad**

**April 2020 - March 2021**

**Rhif Elusen/ Charity Number: 1096880**

**Rhif Cwmni / Company Number : 4666301**

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

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

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

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

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

**Public Benefit**

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



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

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

### **Our work during the Covid Pandemic period:**

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

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

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

#### **When and Where:**

Online.

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

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

An appointment is required and individuals can self-refer:

#### **When and Where:**

#### **Monthly and Bi-monthly**

Online or over the phone.

#### **3. Mindfulness:**

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



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

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

**When and Where:**

Online.

**4. Trainings:**

**Youth Mental Health First Aid/ Adult Mental Health First Aid**

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

**When and Where:**

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

**ASIST**

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

Variety of other short training modules:

Peri-Natal Mental Health

E.g. Self-harm.

Community, Schools and Colleges.

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

**5. Peer Support**

**When and Where:**

Online every five weeks.

**For more information, please contact:**

info@amserisiarad.org.uk

Check our website at [www.amserisiarad.org.uk](http://www.amserisiarad.org.uk)

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

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

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#### **When and Where:**

##### **Monthly and Bi-monthly**

Online or over the phone.

#### **3. Mindfulness:**

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

Amser I Siarad

Uned 10/11

Galeri

Caernarfon

LL55 1SQ

Tel: 01286 685279

### **Policies:**

Amser I Siarad operates under the following policies:

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



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

## **Chief Officers Introduction**

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

We hope you find this report useful and interesting.

## **Chief Officers Report:**

This financial year saw Amser I Siarad

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

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

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



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

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

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

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

Clare Bailey, Chief Officer.

### **Chairs Report**

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

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

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

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

Ella Fisk

Chair of Trustees

### **Treasurers Report:**

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



The grants monies mainly come from the following:

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

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

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

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

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

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



williamsdenton

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

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**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2021**

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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 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**Change of name**

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

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

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

**Public benefit**

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

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

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2021**

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**ACHIEVEMENT AND PERFORMANCE**

**Charitable Activities - How our activities deliver public benefits**

This year saw the charity serve 3,011 people across the counties of Anglesey and Gwynedd.

The significant achievements over this year have been, that despite the Covid pandemic, we have been able to maintain all services for people virtually and over the phone. We managed within the Covid pandemic to:

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

The organisation also continued to deliver anti-stigma workshops in the community, schools and colleges alongside delivering several training courses throughout the year which included suicide intervention skills training course ASSIST, Adult and Youth Mental Health First Aid courses and Several Mental health in the Workplace training days for employers and mental Health Awareness training.

The year has been exceptionally challenging as we faced significant difficulties with national Mind and raised serious concerns. Within this period, we found ourselves preparing to pull away from the national body as we felt we could no longer compromise our integrity.

Pre Covid all services continued to be delivered from non-traditional settings and out in the community with the office base and hub of the organisation remaining within the Galeri Caernarfon, a busy community arts and media setting.

Regarding the Covid 19 pandemic, all services were transferred to being delivered online and via video or over the telephone.

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

Thank you also to all the grant providers who have funded our work over this year which includes: Children in Need, Henry Smith, BCHUB, Moondance, and Crime Commissioner.

**FINANCIAL REVIEW**

**Financial position**

The charity had unrestricted reserves of £144,024 and restricted reserves of £30,669 as at 31 March 2021 (31 March 2020 unrestricted £134,972 / restricted £NIL)

The accounts for the year ended 31 March 2021 show a surplus of £39,721 (2020: £38,852).

**Principal funding sources**

The main funders during the year were BCUHB, Henry Smith, Children in Need, Crime Commissioner Fund, Awards for All and Moondance alongside income from training and donations.

**Donations and fundraising**

The charity relies on donations and community fundraising. Only donations that are given directly to Amser I Siarad will go into our local services. Monies donated to Mind Cymru are not given to Amser I Siarad.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2021**

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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 three months running costs of the organisation and endeavour to increase this amount to the equivalent of six months running costs.

**FUTURE PLANS**

Moving forward we aim to continue the full implementation of all our core recovery focused and resilience based work, one to one work and groups for both adults and young people within our communities of Anglesey and Gwynedd in line and with our anti-stigma agenda. With regards to the Covid 19 pandemic, we are looking to monitor new ways of working and will implement best practice.

We have rebranded and intend to break away from national Mind and their office in Wales Mind Cymru and will stay true to our values of providing genuine grass roots local services that put people first.

We will look forward to continue to serve and support the people of Anglesey and Gwynedd as best we can and hope to involve the community in fundraising activities that can support our beneficiaries directly.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

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

**Recruitment and appointment of new trustees**

An advert is placed in the local newspaper targeting specific skills that are required on the board (trustees can also be identified via word of mouth). Interested parties are invited to fill in an application form and demonstrate their suitability and prospective trustees will be called to interview. Successful candidates will then undergo induction training and are invited to three board meetings and if they have the relevant skills their appointment is discussed by the board and voted upon. They will be formally appointed at an AGM.

**Organisational structure**

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

**Induction and training of new trustees**

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

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

04666301 (England and Wales)

**Registered Charity number**

1096880

**AMSER I SIARAD LTD**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2021**

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**Registered office**

Uned 10  
Galeri  
Victoria Doc  
Caernarfon  
Gwynedd  
LL55 1SQ

**Trustees**

L Chant  
Ms E S Fisk  
Ms H M Forshaw

**Company Secretary**

Ms C M Bailey

**Independent Examiner**

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

**Bankers**

HSBC  
High Street  
Llangefni  
Ynys Mon  
LL77 7LU

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

Approved by order of the board of trustees on 20 January 2022 and signed on its behalf by:

  
.....

Ms E S Fisk - Trustee

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

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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 2021.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

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



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

Date: 20 January 2022



**AMSER I SIARAD LTD**

**STATEMENT OF FINANCIAL ACTIVITIES  
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2021**

	Notes	Unrestricted fund £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	17,215	-	17,215	12,579
<b>Charitable activities</b>	4				
Mental health services		53,409	103,205	156,614	118,441
Investment income	3	70	-	70	311
<b>Total</b>		<b>70,694</b>	<b>103,205</b>	<b>173,899</b>	<b>131,331</b>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Mental health services		53,070	81,108	134,178	170,183
<b>NET INCOME/(EXPENDITURE)</b>		<b>17,624</b>	<b>22,097</b>	<b>39,721</b>	<b>(38,852)</b>
<b>Transfers between funds</b>	13	<b>(8,572)</b>	<b>8,572</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>		<b>9,052</b>	<b>30,669</b>	<b>39,721</b>	<b>(38,852)</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>134,972</b>	<b>-</b>	<b>134,972</b>	<b>173,824</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b><u>144,024</u></b>	<b><u>30,669</u></b>	<b><u>174,693</u></b>	<b><u>134,972</u></b>

The notes form part of these financial statements

**AMSER I SIARAD LTD**

**BALANCE SHEET  
31 MARCH 2021**

	Notes	Unrestricted fund £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	9	-	2,685	2,685	-
<b>CURRENT ASSETS</b>					
Debtors	10	-	-	-	15,250
Cash at bank and in hand		<u>152,349</u>	<u>33,328</u>	<u>185,677</u>	<u>139,654</u>
		152,349	33,328	185,677	154,904
<b>CREDITORS</b>					
Amounts falling due within one year	11	<u>(8,325)</u>	<u>(5,344)</u>	<u>(13,669)</u>	<u>(19,932)</u>
<b>NET CURRENT ASSETS</b>		<u>144,024</u>	<u>27,984</u>	<u>172,008</u>	<u>134,972</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>144,024</u>	<u>30,669</u>	<u>174,693</u>	<u>134,972</u>
<b>NET ASSETS</b>		<u>144,024</u>	<u>30,669</u>	<u>174,693</u>	<u>134,972</u>
<b>FUNDS</b>	13				
Unrestricted funds				144,024	134,972
Restricted funds				<u>30,669</u>	-
<b>TOTAL FUNDS</b>				<u>174,693</u>	<u>134,972</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- 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**

**BALANCE SHEET - continued**  
**31 MARCH 2021**

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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 20 January 2022 and were signed on its behalf by:

  
.....  
E S Fisk - Trustee

  
.....  
L Chant - Trustee

The notes form part of these financial statements

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**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2021**

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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.

**Income**

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

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

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

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

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

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

**Expenditure**

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

**Tangible fixed assets**

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

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

**Taxation**

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

**Fund accounting**

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



**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2021**

**1. ACCOUNTING POLICIES - continued**

**Fund accounting**

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

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

**Pension costs and other post-retirement benefits**

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

**2. DONATIONS AND LEGACIES**

	31.3.21	31.3.20
	£	£
Donations	<u>17,215</u>	<u>12,579</u>

**3. INVESTMENT INCOME**

	31.3.21	31.3.20
	£	£
Bank interest	<u>70</u>	<u>311</u>

**4. INCOME FROM CHARITABLE ACTIVITIES**

	Activity	31.3.21	31.3.20
		£	£
Grants	Mental health services	142,596	63,923
Training	Mental health services	-	29,409
Parabl	Mental health services	14,018	24,588
Class fees	Mental health services	-	521
		<u>156,614</u>	<u>118,441</u>

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

	31.3.21	31.3.20
	£	£
BCUHB	39,391	24,564
Children in need	27,732	9,000
Henry Smith Grant	26,500	13,250
Crime Commissioner	23,750	6,250
Active Monitoring	-	10,859
Mind IT	5,000	-
Awards for All GCC	10,000	-
Moondance	<u>10,223</u>	<u>-</u>
	<u>142,596</u>	<u>63,923</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2021**

**5. NET INCOME/(EXPENDITURE)**

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

	31.3.21	31.3.20
	£	£
Depreciation - owned assets	<u>1,323</u>	<u>-</u>

**6. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

**Trustees' expenses**

	31.3.21	31.3.20
	£	£
Trustees' expenses	<u>4</u>	<u>310</u>

**7. STAFF COSTS**

	31.3.21	31.3.20
	£	£
Wages and salaries	91,247	102,022
Social security costs	3,500	4,897
Other pension costs	<u>4,423</u>	<u>5,399</u>
	<u>99,170</u>	<u>112,318</u>

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

	31.3.21	31.3.20
Direct charitable work	3	4
Manager	<u>1</u>	<u>1</u>
	<u>4</u>	<u>5</u>

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

The charity considers its key management personnel comprise of the Manager. Total emoluments, including employer pension contributions, of the key management personnel were £40,341 (2020 - £40,066).

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2021**

**8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	12,579	-	12,579
<b>Charitable activities</b>			
Mental health services	79,082	39,359	118,441
Investment income	<u>311</u>	<u>-</u>	<u>311</u>
<b>Total</b>	91,972	39,359	131,331
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Mental health services	69,266	100,917	170,183
<b>NET INCOME/(EXPENDITURE)</b>	22,706	(61,558)	(38,852)
<b>Transfers between funds</b>	<u>(25,585)</u>	<u>25,585</u>	<u>-</u>
<b>Net movement in funds</b>	(2,881)	(35,973)	(38,852)
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	137,851	35,973	173,824
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>134,972</u>	<u>-</u>	<u>134,972</u>

**9. TANGIBLE FIXED ASSETS**

	Plant & Equipment £	Computer equipment £	Totals £
<b>COST</b>			
At 1 April 2020	480	4,828	5,308
Additions	<u>-</u>	<u>4,008</u>	<u>4,008</u>
At 31 March 2021	<u>480</u>	<u>8,836</u>	<u>9,316</u>
<b>DEPRECIATION</b>			
At 1 April 2020	480	4,828	5,308
Charge for year	<u>-</u>	<u>1,323</u>	<u>1,323</u>
At 31 March 2021	<u>480</u>	<u>6,151</u>	<u>6,631</u>
<b>NET BOOK VALUE</b>			
At 31 March 2021	<u>-</u>	<u>2,685</u>	<u>2,685</u>
At 31 March 2020	<u>-</u>	<u>-</u>	<u>-</u>



NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2021**10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>31.3.21</b>	31.3.20
	£	£
Trade debtors	<u>-</u>	<u>15,250</u>

**11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>31.3.21</b>	31.3.20
	£	£
Bank loans and overdrafts (see note 12)	-	9,306
Accruals	<u>13,669</u>	<u>10,626</u>
	<u><b>13,669</b></u>	<u><b>19,932</b></u>

**12. LOANS**

An analysis of the maturity of loans is given below:

	<b>31.3.21</b>	31.3.20
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	<u>-</u>	<u>9,306</u>

**13. MOVEMENT IN FUNDS**

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

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2021**

**13. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	70,694	(53,070)	17,624
<b>Restricted funds</b>			
Children in need	27,732	(33,529)	(5,797)
Henry Smith Grant	26,500	(20,098)	6,402
Crime Commissioner	23,750	(15,660)	8,090
Active Monitoring	-	(712)	(712)
Mind IT	5,000	(1,323)	3,677
Awards for All GCC	10,000	(8,450)	1,550
Moondance	10,223	(1,336)	8,887
	<u>103,205</u>	<u>(81,108)</u>	<u>22,097</u>
<b>TOTAL FUNDS</b>	<u>173,899</u>	<u>(134,178)</u>	<u>39,721</u>

**Comparatives for movement in funds**

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
<b>Unrestricted funds</b>				
General fund	137,851	22,706	(25,585)	134,972
<b>Restricted funds</b>				
Children in need	26,065	(30,208)	4,143	-
Mind Creative Therapies	-	(1,600)	1,600	-
Henry Smith Grant	4,944	(11,462)	6,518	-
Crime Commissioner	4,964	(18,289)	13,325	-
Active Monitoring	-	1	(1)	-
	<u>35,973</u>	<u>(61,558)</u>	<u>25,585</u>	<u>-</u>
<b>TOTAL FUNDS</b>	<u>173,824</u>	<u>(38,852)</u>	<u>-</u>	<u>134,972</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2021**

**13. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	91,972	(69,266)	22,706
<b>Restricted funds</b>			
Children in need	9,001	(39,209)	(30,208)
Mind Creative Therapies	-	(1,600)	(1,600)
Henry Smith Grant	13,250	(24,712)	(11,462)
Crime Commissioner	6,250	(24,539)	(18,289)
Active Monitoring	10,858	(10,857)	1
	<u>39,359</u>	<u>(100,917)</u>	<u>(61,558)</u>
<b>TOTAL FUNDS</b>	<u>131,331</u>	<u>(170,183)</u>	<u>(38,852)</u>

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

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
<b>Unrestricted funds</b>				
General fund	137,851	40,330	(34,157)	144,024
<b>Restricted funds</b>				
Children in need	26,065	(36,005)	9,940	-
Mind Creative Therapies	-	(1,600)	1,600	-
Henry Smith Grant	4,944	(5,060)	6,518	6,402
Crime Commissioner	4,964	(10,199)	13,325	8,090
Active Monitoring	-	(711)	711	-
Mind IT	-	3,677	-	3,677
Awards for All GCC	-	1,550	3,450	5,000
Moondance	-	8,887	(1,387)	7,500
	<u>35,973</u>	<u>(39,461)</u>	<u>34,157</u>	<u>30,669</u>
<b>TOTAL FUNDS</b>	<u>173,824</u>	<u>869</u>	<u>-</u>	<u>174,693</u>



**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2021**

**13. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	162,666	(122,336)	40,330
<b>Restricted funds</b>			
Children in need	36,733	(72,738)	(36,005)
Mind Creative Therapies	-	(1,600)	(1,600)
Henry Smith Grant	39,750	(44,810)	(5,060)
Crime Commissioner	30,000	(40,199)	(10,199)
Active Monitoring	10,858	(11,569)	(711)
Mind IT	5,000	(1,323)	3,677
Awards for All GCC	10,000	(8,450)	1,550
Moondance	10,223	(1,336)	8,887
	<u>142,564</u>	<u>(182,025)</u>	<u>(39,461)</u>
<b>TOTAL FUNDS</b>	<u>305,230</u>	<u>(304,361)</u>	<u>869</u>

**Children in need**

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

**Mind Creative Therapies**

Funding to provide art workshops.

**Henry Smith Grant**

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

**Crime Commissioner**

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

**Active Monitoring**

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

**Mind IT**

Funding for IT related equipment.

**Awards for All GCC**

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

**Moondance**

Funding for salaries providing 1-1 services.

**14. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2021.



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

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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 2021.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

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



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

Date: 20 January 2022