

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

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



williamsdenton

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FOR THE YEAR ENDED 31 MARCH 2024

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AMSER I SIARAD LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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

Change of name

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

OBJECTIVES AND ACTIVITIES

Objectives and aims

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

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

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

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

Public benefit

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

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

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

ACHIEVEMENT AND PERFORMANCE

Charitable Activities - How our activities deliver public benefits

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

This year we:

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

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

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

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

FINANCIAL REVIEW

Financial position

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

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

Principal funding sources

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

Donations and fundraising

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

Reserves policy

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

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

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

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

FUTURE PLANS

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

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

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

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

Organisational structure

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

Induction and training of new trustees

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

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04666301 (England and Wales)

Registered Charity number

1096880

Registered office

Uned 5
Galeri
Victoria Doc
Caernarfon
Gwynedd
LL55 1SQ

Trustees

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

Company Secretary

C M Bailey

AMSER I SIARAD LTD

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

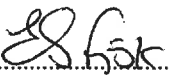
REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

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

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

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

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

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

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

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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



Owain Ap Elfed FCCA

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

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

AMSER I SIARAD LTD

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

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

The notes form part of these financial statements

AMSER I SIARAD LTD

**BALANCE SHEET
31 MARCH 2024**

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

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

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

The trustees acknowledge their responsibilities for

- 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

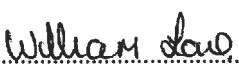
AMSER I SIARAD LTD

BALANCE SHEET - continued
31 MARCH 2024

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

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


.....
E S Fisk - Trustee


.....
W T Love - Trustee

The notes form part of these financial statements

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

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

Income

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

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

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

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

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

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

Expenditure

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

Tangible fixed assets

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

Computer equipment - 33% on cost

Taxation

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

Fund accounting

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

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

1. ACCOUNTING POLICIES - continued

Fund accounting

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

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

Pension costs and other post-retirement benefits

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

2. DONATIONS AND LEGACIES

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

3. INVESTMENT INCOME

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

4. INCOME FROM CHARITABLE ACTIVITIES

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

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

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

AMSER I SIARAD LTD

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

5. SUPPORT COSTS

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

6. NET INCOME/(EXPENDITURE)

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

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

7. INDEPENDENT EXAMINERS' REMUNERATION

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

8. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

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

9. STAFF COSTS

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

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

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

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

9. STAFF COSTS - continued

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

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

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

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

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

11. TANGIBLE FIXED ASSETS

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

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

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

14. MOVEMENT IN FUNDS

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

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

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

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

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

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

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

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

Children in need

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

Mind IT

Funding for IT related equipment.

Awards for All GCC

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

Time to Talk

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

15. RELATED PARTY DISCLOSURES

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