

MIND ABERYSTWYTH

England & Wales · Charity number 1107182

Details

Status	Registered
Legal form	Charitable company
Company number	05238037
Registered	2004-12-09
Register	View on the Charity Commission register

Contact

Address	The Old Convent Llanbadarn Road Aberystwyth Ceredigion SY23 1EY
Phone	01970 626225
Email	info@mindaberystwyth.org
Website	www.mindaberystwyth.org

Activities

Objects: To promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition To relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

Activities: Mind Aberystwyth's core service maintains a varied programme of therapeutic activities including drop in sessions. In addition to our core activities we deliver tenancy related floating support across the north of the county of Ceredigion.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Recreation
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** ABERYSTWYTH
- Carmarthenshire
- Ceredigion
- Pembrokeshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£305,972	£319,627	-	-
2024-03-31	£303,396	£308,923	-	-
2023-03-31	£581,369	£484,091	£339,086	9
2022-03-31	£392,954	£341,771	-	-
2021-03-31	£358,124	£313,021	-	-

Trustees

Name	Role	Appointed
Richard Hughes	Chair	2025-04-28
Dylan Paul Wilson-Lewis		2009-06-01
Jason Thomas Brannan		2025-04-28
Katy Goodall		2025-04-28
Professor John Williams		2018-01-05

Accounts

**MIND ABERYSTWYTH
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

**Mind Aberystwyth
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The trustees present their report and the financial statements for the year ended 31 March 2025.

Objectives and Activities

Aims and Objectives

Mind Aberystwyth is one of a network of local Minds in Wales, working to improve the life of people affected by mental distress. We are an independent charity in our own right and we welcome the involvement of people who themselves experience mental health problems participating as Trustees, staff, volunteers or fund-raisers.

Vision:

We will not give up until everyone experiencing a mental health problem gets both support and respect.

Our Mission:

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We work to create a better life for everyone with experience of mental distress including carers, family, friends and supporters.

Goals:

Staying well: supporting people likely to develop mental health problems to stay well.

Empowering Choice: for people who experience a mental health problem, to make informed choices about how they live and recover.

Improving services and support: ensuring that people receive the appropriate services and support at the right time to help their recovery and to enable them to live with their mental health problem.

Enabling social participation: opening the doors to people with experience of mental health problems to enable them to participate fully in society.

Removing inequality of opportunity: striving for equality of treatment for people who experience mental health concerns.

Organisational excellence: making the most of our assets by building a culture of excellence.

Public Benefit

The Trustees consider how planned activities will contribute to the aims and objectives of working to create a better life for everyone with experience of mental distress by:

- advancing the views, needs and ambitions of people affected by mental distress (including carers, family, friends and supporters);
- influencing policy through involvement in the planning, development and review of local mental health services;
- challenging discrimination and promoting inclusion;
- developing quality services which reflect expressed need and diversity;
- striving to create equal rights through the creation of opportunity.

The trustees confirm that they have complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

Additional Note

Objectives for 2025-26:

To continue our collaborative work with local Mind organisations across West Wales and with Mind and Mind Cymru;

To continue to work collaboratively with our partners and stakeholders across the county of Ceredigion;

To develop and grow the range and spread of the services that we offer to our members and to the wider community;

To ensure our business development focus increases our reach to all those who experience mental distress;

To develop our sustainability and remove reliance upon funding contracts from local government and health board.

Achievements and Performance

Main Achievements

Core Service

We have continued to develop and grow our profile as an organisation as a key part of the community in Aberystwyth, in the county of Ceredigion and more widely across West Wales.

In 2024 – 2025 our core services have comprised:

Tenancy Support

Mum's Matter

Wellbeing Support

Cost of Living Service

Plus additional signposting and ad-hoc support to the community as-needed

Over the past year we have:

- continued to work flexibly to ensure that the people of Ceredigion receive comprehensive and quality services through several platforms including face to face, telephone, post and virtual platforms. We continue to publish our newsletter via our mailing list and via post for those who don't have access to digital copies;
- enhanced the quality of our operational performance, financial management and governance;
- we are utilising our robust outcome measures across all areas of service delivery that demonstrate the lasting, positive impact of our work;
- we continue to being able to offer face to face sessions for our service users which has had a positive impact on those who prefer to meet in person rather than online;
- we continue to be based in the centre of town and finding it beneficial to staff and service users alike. We have continued to run our activities and some support sessions in local buildings (Arad Goch and St Paul's; as well as more non-traditional venues such as public houses or coffee shops. This has enabled us to build partnerships with other local organisations and community stakeholders. We have tried to make this transition as smooth as possible for the individual ensuring that we are listening to their views about these changes;
- we have established networks with the University and attended/supported some of their events - Wellbeing promotion, as well as Volunteer Fair;
- we have strong strategic relationships with local service commissioners and stakeholders and across the Mind network in Wales, including engagement with One Mind in Wales;
- continued to develop closer working links with the local Mind groups within the Hywel Dda Health Board area (Mind Pembrokeshire, Mind Carmarthen and Llanelli Mind).
- we are continuing plans to rebrand as Mind Ceredigion and have been working on developing our network across Ceredigion so that we can provide services across the county.
- Throughout the year we have been fortunate to continue to receive donations from a wide range of local community-based organisations as well from individuals, in memory of much missed loved ones. We remain appreciative of all the support that we are given.
- We have continued to work closely with and enjoy the support of Pobl/Gwalia Care and Support, the Welsh Government, Ceredigion County Council Supporting People and Social Services Teams, Hywel Dda University Health Board, Ceredigion Association of Voluntary Organisations, WWAMH, Ceredigion Care Society, Aberystwyth Citizens Advice, Barod, the local Community Mental Health Team, the local Crisis Resolution Team, the local Primary Care Medical Health Team, Jobcentre Plus, Hafal, Citizens Advice, STEPS Training, The Ty Glyn Davies Trust, Coed Lleol, The Hafod Trust, Aberystwyth University, Aber Food Surplus and The Wallich.

Financial Review

Financial Position

The results of the charity are shown in the Statement of Financial Activities. The net resources of unrestricted funds amounted to a net movement of £-13,655 (2024 - £-5,529). The reserves of the charity at the year-end amounted to £305,548 (2024:£328,058) in unrestricted funds.

Reserves Policy Principal Funding Sources

Our principal funding sources remained the Welsh Government, through funding directed to us via Hywel Dda University Health Board, Ceredigion County Council through the Housing Support Grant Programme (formerly the Supporting People Programme), directed to us via our sub-contracting arrangement for delivery with Pobl/Gwalia Care and Support.

Investment Policy

Most of the charity's funds are to be spent in the short term, and the Board takes the view that those not required to be spent should be held as reserve placed in a readily accessible, interest-bearing bank or building society deposit account.

Reserves Policy and Going Concern

The Board has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be between three and six months core expenditure.

The Board has also considered how, in the event of any funding shortfall, existing activities and expenditure could be curtailed without prejudicing the charity's core service. During 2024/25 the charity operations continue to be restructured in light of these considerations. On the basis of this, a recruitment drive has begun for new trustees and a new Chair for the board.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 22 September 2004 and registered as a charity on 9 December 2004. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Membership, Recruitment and Appointment of Board

The Trustees have established a single class of membership, for individuals suffering from mental distress and their carers, family, friends and supporters. Members of the company guarantee to contribute an amount not exceeding £10 to the assets of the company in the event of winding up.

The Trustees, who are also the directors and officers of the company, constitute its Board. The Board meets quarterly and officers are available for consultation by staff, individually and collectively, in the interim between meetings.

At each annual general meeting (AGM), one third of the Trustees retire by rotation but can stand for re-election.

Trustees are appointed by election at each AGM, being proposed by Trustees or members. During the year Trustee vacancies may be filled and additional appointments may be made by the Trustees, with such Trustees holding office until the following AGM.

Trustee Recruitment, Induction and Training

As an organisation we work proactively to seek out new Trustees with the skills, experience and diversity to reflect the communities in which we work. All prospective trustees are asked to complete a skills audit to allow us to assess the contributions they may be able to make to the existing Trustee Board.

We provide prospective Trustees with comprehensive information to help them understand the charity and responsibilities of becoming a Trustee. Prospective candidates will be interviewed by the chair and Chief Executive and may then be invited to attend a board meeting as an observer. Appointments will be subject to the vote in a Board meeting.

Prior to appointment we ask that prospective Trustees make clear that they:

- understand and accept the role and legal responsibilities of being a Trustee where those actions will be governed by charity and company law;
- are able to commit sufficient time to being a Trustee;
- are willing to become a member of Mind Aberystwyth;
- accept the Mission, Aims and Objectives of Mind Aberystwyth.

We follow this up with an induction process to ensure that new Trustees have the opportunity to familiarise themselves with the organisation and the context within which it works. The induction process is managed by the Chair of the Board of Directors.

Organisational Structure

...CONTINUED

Governing Document - continued

The Board delegates day-to-day management of the charity to a Chief Executive, who allocates within the Management Team key responsibilities for core service delivery, service development, oversight of HR processes and procedures, Health and Safety, training and staff development/ supervision/ appraisal, financial planning and administration, volunteer development and estates management.

Risk Management

The Board regularly monitors significant risks to which the organisation is exposed and conducts an annual review. Where appropriate, systems or procedures are in place to mitigate the risks the organisation faces. External risks to funding are managed through close budget scrutiny and planning and the development of a strategic plan, which will examine financial sustainability. Internal financial risks are minimised by the implementation of policy and procedures for authorisation of all transactions and budget spends.

Procedures are in place to assure the health and safety of staff, volunteers, members and visitors to Mind Aberystwyth.

The organisation participates in the Mind Quality Review (MQM) process, to provide assurances in relation to consistent levels of quality across all areas of the organisation's activities. The MQM was conducted in September 2023, producing a report alongside any actions that are required to ensure consistent quality of service delivery across Health and Safety, Finances, Governing Documents and Contractual Compliance. This is an ongoing process. MQM was successfully awarded to Mind Aberystwyth in January 2025.

Reference and Administrative Details

Trustees

D Wilson-Lewis
J Williams
S Bathurst
M Pascoe
K Sinnett-Jones
R Hughes - Chair (appointed 28/04/2025)

Charity Number

1107182

Company Number

05238037

Principal Address

8 Great Darkegate Steet
1st Floor
Aberystwyth
Ceredigion
SY23 1DE

Registered Office

C/O The Old Convent, PJE Accountants and Advisors
Llanbadarn Road
Aberystwyth
Ceredigion
SY23 1EY

Independent Examiner

Catrin Skelton ACCA
PJE Accountants & Advisors
23 College Street
Lampeter
Ceredigion
SA48 7DY

**Mind Aberystwyth
Trustees' Report (continued)
For The Year Ended 31 March 2025**

Small Company Rules

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

The trustees' report was approved by the board of trustees and signed on its behalf by:

Richard Hughes

R Hughes
Trustee

28/01/2026

Mind Aberystwyth
Independent Examiner's Report to the Trustees of Mind Aberystwyth
For The Year Ended 31 March 2025

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 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

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Chartered Certified Accountants, which is one of the listed bodies.

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.

CM Skelton

Catrin Skelton ACCA
28/01/2026
23 College Street
Lampeter
Ceredigion
SA48 7DY

Mind Aberystwyth
Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 31 March 2025

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	3	3,788	26,155	29,943	23,885
Charitable activities:					
Charitable Activities		269,374	-	269,374	271,745
Investments	4	6,655	-	6,655	7,766
		<u>279,817</u>	<u>26,155</u>	<u>305,972</u>	<u>303,396</u>
EXPENDITURE ON:					
Charitable activities:	6				
Charitable Activities		(306,298)	(13,329)	(319,627)	(308,924)
		<u>(306,298)</u>	<u>(13,329)</u>	<u>(319,627)</u>	<u>(308,925)</u>
NET EXPENDITURE		<u>(26,481)</u>	<u>12,826</u>	<u>(13,655)</u>	<u>(5,529)</u>
NET MOVEMENT IN FUNDS		<u>(26,481)</u>	<u>12,826</u>	<u>(13,655)</u>	<u>(5,529)</u>
RECONCILIATION OF FUNDS:					
Total funds brought forward		332,029	1,528	333,557	339,086
TOTAL FUNDS CARRIED FORWARD	16	<u>305,548</u>	<u>14,354</u>	<u>319,902</u>	<u>333,557</u>

The notes on pages 10 to 15 form part of these financial statements.

Mind Aberystwyth
Comparative Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 31 March 2025

				2024
		Unrestricted funds	Restricted funds	Total funds
	Notes	£	£	£
INCOME AND ENDOWMENTS FROM:				
Donations and legacies	3	18,523	5,362	23,885
Charitable activities:				
Charitable Activities		271,745	-	271,745
Investments	4	7,766	-	7,766
		298,034	5,362	303,396
EXPENDITURE ON:				
Charitable activities:	6			
Charitable Activities		(294,063)	(14,862)	(308,924)
		(294,063)	(14,862)	(308,925)
NET EXPENDITURE		3,971	(9,500)	(5,529)
NET MOVEMENT IN FUNDS		3,971	(9,500)	(5,529)
RECONCILIATION OF FUNDS:				
Total funds brought forward		328,058	11,028	339,086
TOTAL FUNDS CARRIED FORWARD	16	332,029	1,528	333,557

The notes on pages 10 to 15 form part of these financial statements.

Mind Aberystwyth
Statement of Financial Position
As At 31 March 2025

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	11	900	-	900	1,200
		900	-	900	1,200
CURRENT ASSETS					
Debtors	12	3,000	-	3,000	-
Cash at bank and in hand		351,049	18,867	369,916	377,405
		354,049	18,867	372,916	377,405
Creditors: Amounts Falling Due Within One Year	13	(49,401)	(4,513)	(53,914)	(45,048)
NET CURRENT ASSETS (LIABILITIES)		304,648	14,354	319,002	332,357
TOTAL ASSETS LESS CURRENT LIABILITIES		305,548	14,354	319,902	333,557
NET ASSETS		305,548	14,354	319,902	333,557
FUNDS OF THE CHARITY					
Restricted Funds				14,354	1,528
Unrestricted Funds				305,548	332,029
TOTAL FUNDS	16			319,902	333,557

For the year ending 31 March 2025 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

On behalf of the board

Richard Hughes

R Hughes
Trustee

28/01/2026

The notes on pages 10 to 15 form part of these financial statements.

1. General Information

Mind Aberystwyth is a company limited by guarantee, incorporated in England & Wales, registered number 05238037 and registered charity number 1107182. The registered office is C/O The Old Convent, PJE Accountants and Advisors, Llanbadarn Road, Aberystwyth, Ceredigion, SY23 1EY.

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements 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 charitable company is a Public Benefit Entity as defined by FRS 102.

2.2. Incoming Resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

2.3. Resources Expended

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

2.4. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures & Fittings	25% reducing balance
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Mind Aberystwyth
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

2.5. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

3. Income from Donations and Legacies

	Unrestricted funds	Restricted funds	2025 Total funds
	£	£	£
Donations and gifts	3,788	-	3,788
Grants	-	26,155	26,155
	<u>3,788</u>	<u>26,155</u>	<u>29,943</u>
			2024
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Donations and gifts	13,641	-	13,641
Grants	4,882	5,362	10,244
	<u>18,523</u>	<u>5,362</u>	<u>23,885</u>

4. Investment Income

	2025 Unrestricted funds	2024 Unrestricted funds
	£	£
Bank interest receivable	<u>6,655</u>	<u>7,766</u>

5. Net Income/(Expenditure)

The net expenditure is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation of tangible fixed assets - owned	<u>300</u>	<u>401</u>

6. Analysis of Expenditure

	Activities undertaken directly	Support costs (see note 7)	2025 Total
	£	£	£
Charitable Activities	<u>229,223</u>	<u>90,404</u>	<u>319,626</u>
	<u>229,223</u>	<u>90,404</u>	<u>319,627</u>

Mind Aberystwyth
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

			2024
	Activities undertaken directly	Support costs (see note 7)	Total
	£	£	£
Charitable Activities	232,473	76,452	308,924
	232,473	76,452	308,925

7. Support Costs

		2025
	Charitable Activities	Total
	£	£
Employee costs	295	295
Premises expenses	22,000	22,000
General administration	35,954	35,954
Governance costs	32,155	32,155
	90,403	90,404

		2024
	Charitable Activities	Total
	£	£
Employee costs	55	55
Premises expenses	29,849	29,849
General administration	34,515	34,515
Governance costs	12,033	12,033
	76,451	76,452

8. Independent Examiner's Remuneration

	2025	2024
	£	£
Independent examination of the financial statements	2,400	2,400
	2,400	2,400

Mind Aberystwyth
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

9. Staff Costs

Staff costs were as follows:

	2025	2024
	£	£
Wages and salaries	206,335	211,820
Social security costs	9,155	10,894
Other pension costs	3,743	3,590
	<u>219,233</u>	<u>226,304</u>

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

10. Average Number of Employees

Average number of employees during the year was: 9 (2024: 7)

11. Tangible Assets

	Fixtures & Fittings
	£
Cost	
As at 1 April 2024	21,825
As at 31 March 2025	<u>21,825</u>
Depreciation	
As at 1 April 2024	20,625
Provided during the period	300
As at 31 March 2025	<u>20,925</u>
Net Book Value	
As at 31 March 2025	900
As at 1 April 2024	<u>1,200</u>

12. Debtors

	2025	2024
	£	£
Due within one year		
Other debtors	3,000	-
	<u>3,000</u>	<u>-</u>

13. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Trade creditors	13,855	1,371
Taxation and social security	3,460	5,307
Accruals and deferred income	36,599	38,370
	<u>53,914</u>	<u>45,048</u>

Mind Aberystwyth
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

14. Deferred Income

Deferred income movements in the year were as follows:

	2025	2024
	£	£
Balance at the start of the period	35,970	-
Income deferred in the current period	36,599	35,970
Amounts released in income from previous periods	(35,970)	-
Balance at the end of the period	<u>36,599</u>	<u>35,970</u>

15. Pension Commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was £3,743 (2024: £3,590).

At the statement of financial position date contributions of £850 (2024: £790) were due to the fund and are included in creditors.

16. Movement in Funds

	As at 1 April 2024	Income	Expenditure	As at 31 March 2025
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	42,693	10,443	(42,324)	10,812
Wanless (Health Board Sessions)	34,331	127,719	(124,740)	37,310
Supporting People	149,415	141,655	(139,234)	151,836
Ad Hoc Funding	47,559	-	-	47,559
Active Monitoring	9,911	-	-	9,911
	<u>283,909</u>	<u>279,817</u>	<u>(306,298)</u>	<u>257,428</u>
Designated:				
Future Projects	48,120	-	-	48,120
Total unrestricted funds	<u>332,029</u>	<u>279,817</u>	<u>(306,298)</u>	<u>305,548</u>
Restricted funds				
Mums Matter	1,528	13,536	(13,329)	1,735
Cost of Living Project	-	12,619	-	12,619
Total restricted funds	<u>1,528</u>	<u>26,155</u>	<u>(13,329)</u>	<u>14,354</u>
Total funds	<u>333,557</u>	<u>305,972</u>	<u>(319,627)</u>	<u>319,902</u>

Mind Aberystwyth
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

	As at 1 April 2023	Income	Expenditure	As at 31 March 2024
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	62,616	105,703	(125,626)	42,693
Wanless	34,331	-	-	34,331
Supporting People	125,961	140,291	(116,837)	149,415
Ad Hoc Funding	56,237	4,882	(13,560)	47,559
Active Monitoring	793	47,158	(38,040)	9,911
	279,938	298,034	(294,063)	283,909
Designated:				
Future Projects	48,120	-	-	48,120
Total unrestricted funds	328,058	298,034	(294,063)	332,029
Restricted funds				
Side by Side	1,150	-	(1,150)	-
Ad Hoc Funding	900	350	(1,250)	-
Resilience Hub	8,978	500	(9,478)	-
Mums Matter	-	4,512	(2,984)	1,528
Total restricted funds	11,028	5,362	(14,862)	1,528
Total funds	339,086	303,396	(308,925)	333,557

17. Transactions with Trustees

During the year the expenses reimbursed to the trustees or paid directly to third parties were as follows:

2025	2024
£	£

18. Company limited by guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

CERTIFICATE *of* SIGNATURE

REF. NUMBER
4U2WW-T8BEJ-HWFOT-XM2TS

DOCUMENT COMPLETED BY ALL PARTIES ON
28 JAN 2026 21:23:16
UTC

SIGNER

RICHARD HUGHES

EMAIL
TRUSTEE.RICHARD@MINDABERYSTWYTH.ORG

TIMESTAMP

SENT
28 JAN 2026 09:57:18

VIEWED
28 JAN 2026 19:46:21

SIGNED
28 JAN 2026 21:23:16

SIGNATURE



IP ADDRESS
82.17.215.121

LOCATION
CARDIFF, UNITED KINGDOM

RECIPIENT VERIFICATION

EMAIL VERIFIED
28 JAN 2026 19:46:21



Accounts

COMPANY REGISTRATION NUMBER: 05238037

CHARITY REGISTRATION NUMBER: 1107182

Mind Aberystwyth
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2024

PJE ACCOUNTANTS & ADVISORS

23 College Street
Lampeter
SA48 7DY

Mind Aberystwyth
Company Limited by Guarantee
Financial Statements
Year ended 31 March 2024

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Mind Aberystwyth
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report)
Year ended 31 March 2024

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2024.

Reference and administrative details

Registered charity name	Mind Aberystwyth
Charity registration number	1107182
Company registration number	05238037
Principal office and registered office	C/O The Old Convent PJE Accountants And Advisors Llanbadarn Road Aberystwyth Ceredigion SY23 1EY

The trustees

D Wilson-Lewis	
J Williams	
S Bathurst	
M Pascoe	
M Dodd	(Resigned 31 October 2023)
N Pidcock	(Resigned 29 February 2024)
K Sinnett-Jones	

Independent examiner	Catrin Skelton FCCA 23 College Street Lampeter SA48 7DY
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Mind Aberystwyth
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report) *(continued)*
Year ended 31 March 2024

Structure, governance and management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 22 September 2004 and registered as a charity on 9 December 2004. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Membership, Recruitment and Appointment of Board

The Trustees have established a single class of membership, for individuals suffering from mental distress and their carers, family, friends and supporters. Members of the company guarantee to contribute an amount not exceeding £10 to the assets of the company in the event of winding up.

The Trustees, who are also the directors and officers of the company, constitute its Board. The Board meets quarterly and officers are available for consultation by staff, individually and collectively, in the interim between meetings.

At each annual general meeting (AGM), one third of the Trustees retire by rotation but can stand for re-election.

Trustees are appointed by election at each AGM, being proposed by Trustees or members. During the year Trustee vacancies may be filled and additional appointments may be made by the Trustees, with such Trustees holding office until the following AGM.

Trustee Recruitment, Induction and Training

As an organisation we work proactively to seek out new Trustees with the skills, experience and diversity to reflect the communities in which we work. All prospective trustees are asked to complete a skills audit to allow us to assess the contributions they may be able to make to the existing Trustee Board.

We provide prospective Trustees with comprehensive information to help them understand the charity and responsibilities of becoming a Trustee. Prospective candidates will be interviewed by the chair and Chief Executive and may then be invited to attend a board meeting as an observer. Appointments will be subject to the vote in a Board meeting.

Prior to appointment we ask that prospective Trustees make clear that they:

- understand and accept the role and legal responsibilities of being a Trustee where those actions will be governed by charity and company law;
- are able to commit sufficient time to being a Trustee;
- are willing to become a member of Mind Aberystwyth;
- accept the Mission, Aims and Objectives of Mind Aberystwyth.

We follow this up with an induction process to ensure that new Trustees have the opportunity to familiarise themselves with the organisation and the context within which it works. The induction process is managed by the Chair of the Board of Directors.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Organisational Structure

The Board delegates day-to-day management of the charity to a Chief Executive, who allocates within the Management Team key responsibilities for core service delivery, service development, oversight of HR processes and procedures, Health and Safety, training and staff development/ supervision/ appraisal, financial planning and administration, volunteer development and estates management.

Risk Management

The Board regularly monitors significant risks to which the organisation is exposed and conducts an annual review. Where appropriate, systems or procedures are in place to mitigate the risks the organisation faces. External risks to funding are managed through close budget scrutiny and planning and the development of a strategic plan, which will examine financial sustainability. Internal financial risks are minimised by the implementation of policy and procedures for authorisation of all transactions and budget spends.

Procedures are in place to assure the health and safety of staff, volunteers, members and visitors to Mind Aberystwyth.

The organisation participates in the Mind Quality Review (MQM) process, to provide assurances in relation to consistent levels of quality across all areas of the organisation's activities. The MQM was conducted in September 2023, producing a report alongside any actions that are required to ensure consistent quality of service delivery across Health and Safety, Finances, Governing Documents and Contractual Compliance. This is an ongoing process.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Objectives and activities

Mind Aberystwyth is one of a network of local Minds in Wales, working to improve the life of people affected by mental distress. We are an independent charity in our own right and we welcome the involvement of people who themselves experience mental health problems participating as Trustees, staff, volunteers or fund-raisers.

Vision:

We will not give up until everyone experiencing a mental health problem gets both support and respect.

Our Mission:

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We work to create a better life for everyone with experience of mental distress including carers, family, friends and supporters.

Goals:

Staying well: supporting people likely to develop mental health problems to stay well.

Empowering Choice: for people who experience a mental health problem, to make informed choices about how they live and recover.

Improving services and support: ensuring that people receive the appropriate services and support at the right time to help their recovery and to enable them to live with their mental health problem.

Enabling social participation: opening the doors to people with experience of mental health problems to enable them to participate fully in society.

Removing inequality of opportunity: striving for equality of treatment for people who experience both mental health problems and other forms of discrimination.

Organisational excellence: making the most of our assets by building a culture of excellence.

Public Benefit and Aims:

The Trustees consider how planned activities will contribute to the aims and objectives of working to create a better life for everyone with experience of mental distress by:

- advancing the views, needs and ambitions of people affected by mental distress (including carers, family, friends and supporters;
- influencing policy through involvement in the planning, development and review of local mental health services;
- challenging discrimination and promoting inclusion;
- developing quality services which reflect expressed need and diversity;
- striving to create equal rights through the creation of opportunity.

Objectives for 2024-25:

To continue our collaborative work with local Mind organisations across West Wales and with Mind and Mind Cymru;

To continue to work collaboratively with our partners and stakeholders across the county of Ceredigion;

To develop and grow the range and spread of the services that we offer to our members and to the wider community;

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

To ensure our business development focus increases our reach to all those who experience mental distress;

To develop our sustainability and remove reliance upon funding contracts from local government and health board.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Achievements and performance

Core Service

We have continued to develop and grow our profile as an organisation as a key part of the community in Aberystwyth, in the county of Ceredigion and more widely across West Wales.

Over the past year we have:

- continued to work flexibly to ensure that the people of Ceredigion receive comprehensive and quality services through several platforms including face to face, telephone, post and virtual platforms. We continue to publish our newsletter via our mailing list and via post for those who have no access to digital copies.
- enhanced the quality of our operational performance, financial management and governance;
- we are utilising our robust outcome measures across all areas of service delivery that demonstrate the lasting, positive impact of our work;
- we have returned to being able to offer face to face sessions for our service users which has had a positive impact on those who prefer to meet in person rather than online.
- we are now established in the centre of town and finding it beneficial to staff and service users alike. We have continue to run our activities and some support sessions in local buildings (Arad Goch and St Paul's; as well as more non-traditional venues such as public houses or coffee shops. This has enabled us to build partnerships with other local organisations and community stakeholders. We have tried to make this transition as smooth as possible for the individual who use our services and we are ensuring that we are listening to their views about these changes.
- we created a new comment and complaints booklet to make it as easy as possible for individuals to provide us with feedback and this seems to be working well.
- we have established a networks with the University and attended/supported some of their events - Wellbeing promotion, as well as Volunteer Fair.
- we have strong strategic relationships with local service commissioners and stakeholders and across the Mind network in Wales, including engagement with One Mind in Wales.
- continued to develop closer working links with the local Mind groups within the Hywel Dda Health Board area (Mind Pembrokeshire, Mind Carmarthen and Llanelli Mind).
- we are continuing plans to rebrand as Mind Ceredigion and have been working on developing our network across Ceredigion so that we can provide services across the county

Throughout the year we have been fortunate to continue to receive donations from a wide range of local community-based organisations as well from individuals, in memory of much missed loved ones. We remain appreciative of all the support that we are given.

We have continued to work closely with and enjoy the support of Pobl/Gwalia Care and Support, the Welsh Government, Ceredigion County Council Supporting People and Social Services Teams, Hywel Dda University Health Board, Ceredigion Association of Voluntary Organisations, WWAMH, Ceredigion Care Society, Aberystwyth Citizens Advice, Barod, the local Community Mental Health

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Team, the local Crisis Resolution Team, the local Primary Care Medical Health Team, Jobcentre Plus, Hafal, Citizens Advice, STEPS Training, The Ty Glyn Davies Trust, Coed Lleol, The Hafod Trust, Aberystwyth University, Aber Food Surplus and The Wallich.

We have had some significant staff changes but are getting to a point where the organisation is resilient. A new Chief Executive is in place and is establishing robust and resilient ways of working alongside the staffing Team. We continue to look to the future and take the next step in our continued development and growth, following an extended period of stabilising and strengthening the organisation.

Financial review

Results

The results of the charity are shown in the Statement of Financial Activities on page 11. The net resources of unrestricted funds amounted to a net movement of £3,973 (2022/23 net movement of £90,391). The reserves of the charity at the year-end amounted to £332,031 in unrestricted funds.

Principal Funding Sources

Our principal funding sources remained the Welsh Government, through funding directed to us via Hywel Dda University Health Board, Ceredigion County Council through the Housing Support Grant Programme (formerly the Supporting People Programme), directed to us via our sub-contracting arrangement for delivery with Pobl/Gwalia Care and Support.

Investment Policy

Most of the charity's funds are to be spent in the short term, and the Board takes the view that those not required to be spent should be held as reserve placed in a readily accessible, interest-bearing bank or building society deposit account.

Reserves Policy and Going Concern

The Board has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be between three and six months core expenditure.

The Board has also considered how, in the event of any funding shortfall, existing activities and expenditure could be curtailed without prejudicing the charity's core service. During 2023/24 the charity operations continue to be restructured in light of these considerations. On the basis of this, the assessment by the Trustees is that the charity is a going concern.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

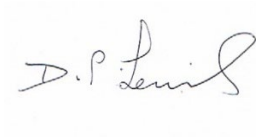
Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

The trustees' annual report was approved on 5 December 2024 and signed on behalf of the board of trustees by:



D Wilson-Lewis
Trustee

Mind Aberystwyth

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Mind Aberystwyth

Year ended 31 March 2024

I report to the trustees on my examination of the financial statements of Mind Aberystwyth ('the charity') for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements 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 the 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

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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 charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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).

Mind Aberystwyth

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Mind Aberystwyth *(continued)*

Year ended 31 March 2024

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.

CM Skelton

Catrin Skelton FCCA
Independent Examiner

23 College Street
Lampeter
SA48 7DY

Mind Aberystwyth
Company Limited by Guarantee
Statement of Financial Activities
(including income and expenditure account)
Year ended 31 March 2024

			2024		2023
		Unrestricted	Restricted	Total funds	Total funds
	Note	funds	funds	£	£
		£	£		
Income and endowments					
Donations and legacies	5	18,523	5,362	23,885	234,936
Charitable activities	6	271,745	–	271,745	343,375
Investment income	7	7,766	–	7,766	3,058
Total income		298,034	5,362	303,396	581,369
Expenditure					
Expenditure on charitable activities	8	294,061	14,862	308,923	484,091
Total expenditure		294,061	14,862	308,923	484,091
Net (expenditure)/income and net movement in funds		3,973	(9,500)	(5,527)	97,278
Reconciliation of funds					
Total funds brought forward		328,058	11,027	339,085	241,808
Total funds carried forward		332,031	1,527	333,558	339,086

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 14 to 24 form part of these financial statements.

Mind Aberystwyth
Company Limited by Guarantee
Statement of Financial Position
31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible fixed assets	14	1,200	1,600
Current assets			
Cash at bank and in hand		377,405	355,546
Creditors: amounts falling due within one year	15	45,047	18,060
Net current assets		332,358	337,486
Total assets less current liabilities		333,558	339,086
Net assets		333,558	339,086
Funds of the charity			
Restricted funds		1,527	11,028
Unrestricted funds		332,031	328,058
Total charity funds	18	333,558	339,086

For the year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 5 December 2024, and are signed on behalf of the board by:



D Wilson-Lewis
Trustee

Mind Aberystwyth
Company Limited by Guarantee
Statement of Financial Position

The notes on pages 14 to 24 form part of these financial statements.

Mind Aberystwyth
Company Limited by Guarantee
Statement of Cash Flows
Year ended 31 March 2024

	2024	2023
	£	£
Cash flows from operating activities		
Net (expenditure)/income	(5,527)	97,278
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	400	533
Other interest receivable and similar income	(7,766)	(3,058)
Interest payable and similar charges	140	260
Accrued income	–	(5,276)
<i>Changes in:</i>		
Trade and other debtors	–	56,160
Trade and other creditors	26,987	(227,296)
Cash generated from operations	14,234	(81,399)
Interest paid	(140)	(260)
Interest received	7,766	3,058
Net cash from/(used in) operating activities	21,860	(78,601)
Net increase/(decrease) in cash and cash equivalents	21,860	(78,601)
Cash and cash equivalents at beginning of year	355,546	434,147
Cash and cash equivalents at end of year	377,406	355,546

The notes on pages 14 to 24 form part of these financial statements.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements
Year ended 31 March 2024

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in and a registered charity in England and Wales. The address of the registered office is C/O The Old Convent, PJE Accountants And Advisors, Llanbadarn Road, Aberystwyth, Ceredigion, SY23 1EY.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2024

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2024

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% reducing balance

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2024

3. Accounting policies *(continued)*

Financial instruments *(continued)*

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

Members of the company guarantee to contribute an amount not exceeding £10 to the assets of the company in the event of winding up.

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations	13,641	–	13,641
Grants			
Ad Hoc Grants	–	350	350
Grant - Resilience Hub	–	500	500
Mind	4,882	–	4,882
Mums Matters	–	4,512	4,512
	18,523	5,362	23,885
	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	9,418	–	9,418
Grants			
Ad Hoc Grants	43,413	–	43,413
Grant - Resilience Hub	–	182,105	182,105
Mind	–	–	–
Mums Matters	–	–	–
	52,831	182,105	234,936

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Hywel Dda Wanless Core Grant	84,296	–	84,296
AMCYP	–	–	–
Shared Learning LEIPSLS	–	–	–
Active Monitoring	47,158	–	47,158
Side By Side Cymru	–	–	–
Gwalia Care & Support Supporting People	140,291	–	140,291
Ad Hoc Funding	–	–	–
	271,745	–	271,745

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

6. Charitable activities *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Hywel Dda Wanless Core Grant	113,522	–	113,522
AMCYP	–	5,000	5,000
Shared Learning LEIPSLS	–	2,000	2,000
Active Monitoring	32,338	–	32,338
Side By Side Cymru	–	3,562	3,562
Gwalia Care & Support Supporting People	133,582	–	133,582
Ad Hoc Funding	1,986	51,385	53,371
	281,428	61,947	343,375

7. Investment income

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Bank interest receivable	7,766	7,766	3,058	3,058

8. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2024 £	Total fund 2023 £
Charitable Activity	£ 232,474	£ 62,016	£ 294,490	£ 473,256
Governance costs	–	14,433	14,433	10,835
	232,474	76,449	308,923	484,091

9. Analysis of support costs

	Analysis of support costs £	Total 2024 £	Total 2023 £
Premises	29,848	29,848	40,487
Communications and IT	9,374	9,374	15,181
General office	14,047	14,047	13,541
Human resources	8,607	8,607	41,395
Finance costs	140	140	260
Governance costs	14,433	14,433	10,835
	76,449	76,449	121,699

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2024

10. Net (expenditure)/income

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

	2024	2023
	£	£
Depreciation of tangible fixed assets	400	533

11. Independent examination fees

	2024	2023
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	2,400	2,400

12. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024	2023
	£	£
Wages and salaries	211,763	332,032
Social security costs	10,894	1,150
Employer contributions to pension plans	3,590	5,352
	226,247	338,534

The average head count of employees during the year was 11 (2023: 9). The average number of full-time equivalent employees during the year is analysed as follows:

	2024	2023
	No.	No.
Administration Staff	2	2
Other Staff	5	7
	7	9

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

13. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2024

14. Tangible fixed assets

	Equipment £
Cost	
At 1 April 2023 and 31 March 2024	21,825
Depreciation	
At 1 April 2023	20,225
Charge for the year	400
At 31 March 2024	20,625
Carrying amount	
At 31 March 2024	1,200
At 31 March 2023	1,600

15. Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	1,371	10,180
Accruals and deferred income	38,370	2,400
Social security and other taxes	5,453	5,480
Other creditors	(147)	–
	45,047	18,060

16. Deferred income

	2024 £	2023 £
At 1 April 2023	–	238,593
Amount released to income	–	(238,593)
Amount deferred in year	35,970	–
At 31 March 2024	35,970	–

17. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £3,590 (2023: £5,352).

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

18. Analysis of charitable funds

Unrestricted funds

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
Wanless	34,331	1	–	–	34,332
General Funds	62,616	105,703	(125,626)	–	42,693
Designated Fund - Future Projects	48,120	–	–	–	48,120
Supporting People	125,961	140,290	(116,836)	–	149,415
Ad Hoc Funding	56,237	4,882	(13,560)	–	47,559
Active Monitoring	793	47,158	(38,039)	–	9,912
	328,058	298,034	(294,061)	–	332,031

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
Wanless	34,331	–	–	–	34,331
General Funds	40,830	125,998	(108,683)	4,141	62,286
Designated Fund - Future Projects	48,120	–	–	–	48,120
Supporting People	67,826	133,582	(75,117)	–	126,291
Ad Hoc Funding	46,560	45,399	(35,722)	–	56,237
Active Monitoring	–	32,338	(31,545)	–	793
	237,667	337,317	(251,067)	4,141	328,058

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

18. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
Side by Side Cymru	1,149	—	(1,149)	—	—
EIP Project	—	—	—	—	—
Shared Learning	—	—	—	—	—
LEIPSLs	—	—	—	—	—
Active Monitoring	—	—	—	—	—
Ad Hoc Funding	900	350	(1,250)	—	—
AMCYP	—	—	—	—	—
Resilience Hub	8,978	500	(9,478)	—	—
Mums Matter	—	4,512	(2,985)	—	1,527
	11,027	5,362	(14,862)	—	1,527

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
Side by Side Cymru	—	3,562	(2,412)	—	1,150
EIP Project	473	—	—	(473)	—
Shared Learning	—	—	—	—	—
LEIPSLs	33	2,000	(2,000)	(33)	—
Active Monitoring	107	—	—	(107)	—
Ad Hoc Funding	3,478	51,385	(50,485)	(3,478)	900
AMCYP	50	5,000	(5,000)	(50)	—
Resilience Hub	—	182,105	(173,127)	—	8,978
Mums Matter	—	—	—	—	—
	4,141	244,052	(233,024)	(4,141)	11,028

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2024

18. Analysis of charitable funds *(continued)*

Side By Side Cymru - to fund development of peer support in community groups

EIP Project - Early Intervention in Psychosis.

Shared Learning LEIPSLS - to promote learning, engagement, influence and participation

Active Monitoring - guided self-help course to help with anxiety, depression, self-esteem stress, feeling alone, managing anger and grief and loss

AMCYP - Active Monitoring for Young People is a pilot project.

Ad Hoc Funding - smaller grants received

Resilience Hub - Funding overheads and new administration roles such as CEO.

Mums Matter - Mums Matter is a perinatal mental health service designed and developed by mums for mums. The service aims to improve the mental health and wellbeing of new mums by empowering them with knowledge and understanding of perinatal mental health and expanding social networks.

19. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Tangible fixed assets	1,200	–	1,200
Current assets	371,366	6,039	377,405
Creditors less than 1 year	(40,535)	(4,512)	(45,047)
Net assets	332,031	1,527	333,558

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Tangible fixed assets	1,600	–	1,600
Current assets	344,518	11,028	355,546
Creditors less than 1 year	(18,060)	–	(18,060)
Net assets	328,058	11,028	339,086

20. Analysis of changes in net debt

	At 1 Apr 2023	Cash flows	At 31 Mar 2024
	£	£	£
Cash at bank and in hand	355,546	21,859	377,405

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

Accounts

COMPANY REGISTRATION NUMBER: 05238037

CHARITY REGISTRATION NUMBER: 1107182

Mind Aberystwyth
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2023

PJE ACCOUNTANTS & ADVISORS

23 College Street
Lampeter
SA48 7DY

Mind Aberystwyth
Company Limited by Guarantee
Financial Statements
Year ended 31 March 2023

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Mind Aberystwyth
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report)
Year ended 31 March 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Reference and administrative details

Registered charity name	Mind Aberystwyth
Charity registration number	1107182
Company registration number	05238037
Principal office and registered office	C/O The Old Convent PJE Accountants And Advisors Llanbadarn Road Aberystwyth Ceredigion SY23 1EY

The trustees

D Wilson-Lewis	
N Kaderbhai	(Resigned 31 March 2023)
J Williams	
M Pugh-Jones	(Resigned 28 February 2023)
S Bathurst	
I Dulkova	(Resigned 21 April 2022)
M Pascoe	
M Dodd	
N Pidcock	
K Sinnett-Jones	

Independent examiner	Robert Gray FCA 23 College Street Lampeter SA48 7DY
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Mind Aberystwyth
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report) *(continued)*
Year ended 31 March 2023

Structure, governance and management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 22 September 2004 and registered as a charity on 9 December 2004. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Membership, Recruitment and Appointment of Board

The Trustees have established a single class of membership, for individuals suffering from mental distress and their carers, family, friends and supporters. Members of the company guarantee to contribute an amount not exceeding £10 to the assets of the company in the event of winding up.

The Trustees, who are also the directors and officers of the company, constitute its Board. The Board meets quarterly and officers are available for consultation by staff, individually and collectively, in the interim between meetings.

At each annual general meeting (AGM), one third of the Trustees retire by rotation but can stand for re-election.

Trustees are appointed by election at each AGM, being proposed by Trustees or members. During the year Trustee vacancies may be filled and additional appointments may be made by the Trustees, with such Trustees holding office until the following AGM.

Trustee Recruitment, Induction and Training

As an organisation we work proactively to seek out new Trustees with the skills, experience and diversity to reflect the communities in which we work. All prospective trustees are asked to complete a skills audit to allow us to assess the contributions they may be able to make to the existing Trustee Board.

We provide prospective Trustees with comprehensive information to help them understand the charity and responsibilities of becoming a Trustee. Prospective candidates will be interviewed by the chair and Chief Executive and may then be invited to attend a board meeting as an observer. Appointments will be subject to the vote in a Board meeting.

Prior to appointment we ask that prospective Trustees make clear that they:

- understand and accept the role and legal responsibilities of being a Trustee where those actions will be governed by charity and company law;
- are able to commit sufficient time to being a Trustee;
- are willing to become a member of Mind Aberystwyth;
- accept the Mission, Aims and Objectives of Mind Aberystwyth.

We follow this up with an induction process to ensure that new Trustees have the opportunity to familiarise themselves with the organisation and the context within which it works. The induction process is managed by the Chair of the Board of Directors.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Organisational Structure

The Board delegates day-to-day management of the charity to a Chief Executive, who allocates within the Management Team key responsibilities for core service delivery, service development, oversight of HR processes and procedures, Health and Safety, training and staff development/ supervision/ appraisal, financial planning and administration, volunteer development and estates management.

Risk Management

The Board regularly monitors significant risks to which the organisation is exposed and conducts an annual review. Where appropriate, systems or procedures are in place to mitigate the risks the organisation faces. External risks to funding are managed through close budget scrutiny and planning and the development of a strategic plan, which will examine financial sustainability. Internal financial risks are minimised by the implementation of policy and procedures for authorisation of all transactions and budget spends.

Procedures are in place to assure the health and safety of staff, volunteers, members and visitors to Mind Aberystwyth.

The organisation participates in the Mind Quality Review (MQM) process, to provide assurances in relation to consistent levels of quality across all areas of the organisation's activities. The next MQM is due in September 2023 and will produce a report alongside any actions that are required to ensure consistent quality of service delivery across Health and Safety, Finances, Governing Documents and Contractual Compliance.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Objectives and activities

Mind Aberystwyth is one of a network of local Minds in Wales, working to improve the life of people affected by mental distress. We are an independent charity in our own right and we welcome the involvement of people who themselves experience mental health problems participating as Trustees, staff, volunteers or fund-raisers.

Vision:

We will not give up until everyone experiencing a mental health problem gets both support and respect.

Our Mission:

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We work to create a better life for everyone with experience of mental distress including carers, family, friends and supporters.

Goals:

Staying well: supporting people likely to develop mental health problems to stay well.

Empowering Choice: for people who experience a mental health problem, to make informed choices about how they live and recover.

Improving services and support: ensuring that people receive the appropriate services and support at the right time to help their recovery and to enable them to live with their mental health problem.

Enabling social participation: opening the doors to people with experience of mental health problems to enable them to participate fully in society.

Removing inequality of opportunity: striving for equality of treatment for people who experience both mental health problems and other forms of discrimination.

Organisational excellence: making the most of our assets by building a culture of excellence.

Public Benefit and Aims:

The Trustees consider how planned activities will contribute to the aims and objectives of working to create a better life for everyone with experience of mental distress by:

- advancing the views, needs and ambitions of people affected by mental distress (including carers, family, friends and supporters;
- influencing policy through involvement in the planning, development and review of local mental health services;
- challenging discrimination and promoting inclusion;
- developing quality services which reflect expressed need and diversity;
- striving to create equal rights through the creation of opportunity.

Objectives for 2023-24:

To continue our collaborative work with local Mind organisations across West Wales and with Mind and Mind Cymru;

To continue to work collaboratively with our partners and stakeholders across the county of Ceredigion;

To develop and grow the range and spread of the services that we offer to our members and to the wider community;

Mind Aberystwyth
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report) *(continued)*
Year ended 31 March 2023

To ensure our business development focus increases our reach to all those who experience mental distress;

To develop our sustainability and remove reliance upon funding contracts from local government and health board.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Achievements and performance

Core Service

We have continued to develop and grow our profile as an organisation as a key part of the community in Aberystwyth, in the county of Ceredigion and more widely across West Wales.

Over the past year we have:

- continued to work flexibly to ensure that the people of Ceredigion receive comprehensive and quality services through several platforms including face to face, telephone, post and virtual platforms. We continue to publish our newsletter via our mailing list and via post for those who have no access to digital copies.
- enhanced the quality of our operational performance, financial management and governance;
- we are utilising our robust outcome measures across all areas of service delivery that demonstrate the lasting, positive impact of our work;
- we have returned to being able to offer face to face sessions for our service users which has had a positive impact on those who prefer to meet in person rather than online.
- we are now established in the centre of town and finding it beneficial to staff and service users alike. We have continue to run our activities and some support sessions in local buildings (Arad Goch and St Paul's; as well as more non-traditional venues such as public houses or coffee shops. This has enabled us to build partnerships with other local organisations and community stakeholders. We have tried to make this transition as smooth as possible for the individual who use our services and we are ensuring that we are listening to their views about these changes.
- we created a new comment and complaints booklet to make it as easy as possible for individuals to provide us with feedback and this seems to be working well.
- continued to deliver innovative services such as Active Monitoring for adults, this was rebranded after user feedback and now is provided under the title of Supported Self Help.
- we have established a networks with the University and attended/supported some of their events - Wellbeing promotion, as well as Volunteer Fair.
- we have strong strategic relationships with local service commissioners and stakeholders and across the Mind network in Wales, including engagement with One Mind in Wales.
- we have received funding to extend our peer support work with local third sector organisations beyond the March deadline.
- the Come Together Ceredigion / Dewch Ynghyd Ceredigion project, which helped to build up resilience within local communities ends at the end of March 2023.
- continued to develop closer working links with the local Mind groups within the Hywel Dda Health Board area (Mind Pembrokeshire, Mind Carmarthen and Llanelli Mind).
- we are continuing plans to rebrand as Mind Ceredigion and have been working on developing our network across Ceredigion so that we can provide services across the county.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Throughout the year we have been fortunate to continue to receive donations from a wide range of local community-based organisations as well from individuals, in memory of much missed loved ones. We remain appreciative of all the support that we are given.

We have continued to work closely with and enjoy the support of Pobl/Gwalia Care and Support, the Welsh Government, Ceredigion County Council Supporting People and Social Services Teams, Hywel Dda University Health Board, Ceredigion Association of Voluntary Organisations, WWAMH, Ceredigion Care Society, Aberystwyth Citizens Advice, Barod, the local Community Mental Health Team, the local Crisis Resolution Team, the local Primary Care Medical Health Team, Jobcentre Plus, Hafal, Citizens Advice, STEPS Training, The Ty Glyn Davies Trust, Coed Lleol, The Hafod Trust, Aberystwyth University, Aber Food Surplus and The Wallich.

We have had some significant staff changes but are getting to a point where the organisation is resilient. A new Chief Executive is in place and is establishing robust and resilient ways of working alongside the staffing Team. We continue to look to the future and take the next step in our continued development and growth, following an extended period of stabilising and strengthening the organisation.

Financial review

Results

The results of the charity are shown in the Statement of Financial Activities on page 11. The net resources of unrestricted funds amounted to a net movement of £90,391 (2020/21 net movement of £51,183). The reserves of the charity at the year-end amounted to £328,058 in unrestricted funds.

Principal Funding Sources

Our principal funding sources remained the Welsh Government, through funding directed to us via Hywel Dda University Health Board, Ceredigion County Council through the Housing Support Grant Programme (formerly the Supporting People Programme), directed to us via our sub-contracting arrangement for delivery with Pobl/Gwalia Care and Support.

Investment Policy

Most of the charity's funds are to be spent in the short term, and the Board takes the view that those not required to be spent should be held as reserve placed in a readily accessible, interest-bearing bank or building society deposit account.

Reserves Policy and Going Concern

The Board has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be between three and six months core expenditure.

The Board has also considered how, in the event of any funding shortfall, existing activities and expenditure could be curtailed without prejudicing the charity's core service. During 2023/24 the charity operations continue to be restructured in light of these considerations. On the basis of this, the assessment by the Trustees is that the charity is a going concern.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 30 January 2024 and signed on behalf of the board of trustees by:



[Dylan Wilson-Lewis \(Jan 30, 2024 15:44 GMT\)](#)

D Wilson-Lewis
Trustee

Mind Aberystwyth

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Mind Aberystwyth

Year ended 31 March 2023

I report to the trustees on my examination of the financial statements of Mind Aberystwyth ('the charity') for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements 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 the 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

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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 charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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).

Mind Aberystwyth

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Mind Aberystwyth *(continued)*

Year ended 31 March 2023

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.

R J Gray
R J Gray (Jan 30, 2024 15:36 GMT)

Robert Gray FCA
Independent Examiner

23 College Street
Lampeter
SA48 7DY

Mind Aberystwyth
Company Limited by Guarantee
Statement of Financial Activities
(including income and expenditure account)
Year ended 31 March 2023

			2023		2022
		Unrestricted	Restricted	Total funds	Total funds
	Note	funds	funds		
		£	£	£	£
Income and endowments					
Donations and legacies	5	52,831	182,105	234,936	46,811
Charitable activities	6	281,428	61,947	343,375	320,014
Investment income	7	3,058	–	3,058	177
Other income	8	–	–	–	125,360
Total income		<u>337,317</u>	<u>244,052</u>	<u>581,369</u>	<u>392,954</u>
Expenditure					
Expenditure on charitable activities	9	251,067	233,024	484,091	341,771
Total expenditure		<u>251,067</u>	<u>233,024</u>	<u>484,091</u>	<u>341,771</u>
Net income		<u>86,250</u>	<u>11,028</u>	<u>97,278</u>	<u>51,183</u>
Transfers between funds		4,141	(4,141)	–	–
Net movement in funds		<u>90,391</u>	<u>6,887</u>	<u>97,278</u>	<u>51,183</u>
Reconciliation of funds					
Total funds brought forward		237,667	4,141	241,808	190,625
Total funds carried forward		<u>328,058</u>	<u>11,028</u>	<u>339,086</u>	<u>241,808</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 14 to 24 form part of these financial statements.

Mind Aberystwyth
Company Limited by Guarantee
Statement of Financial Position
31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible fixed assets	15	1,600	2,133
Current assets			
Debtors	16	–	56,160
Cash at bank and in hand		355,546	434,147
		355,546	490,307
Creditors: amounts falling due within one year	17	18,060	250,632
Net current assets		337,486	239,675
Total assets less current liabilities		339,086	241,808
Net assets		339,086	241,808
Funds of the charity			
Restricted funds		11,028	4,141
Unrestricted funds		328,058	237,667
Total charity funds	20	339,086	241,808

For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 30 January 2024, and are signed on behalf of the board by:


Dylan Wilson-Lewis (Jan 30, 2024 15:44 GMT)

D Wilson-Lewis
Trustee

The notes on pages 14 to 24 form part of these financial statements.

Mind Aberystwyth
Company Limited by Guarantee
Statement of Cash Flows
Year ended 31 March 2023

	2023	2022
	£	£
Cash flows from operating activities		
Net income	97,278	51,183
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	533	710
Other interest receivable and similar income	(3,058)	(177)
Interest payable and similar charges	260	211
Accrued income	(5,276)	–
<i>Changes in:</i>		
Trade and other debtors	56,160	(55,160)
Trade and other creditors	(227,296)	147,101
Cash generated from operations	(81,399)	143,868
Interest paid	(260)	(211)
Interest received	3,058	177
Net cash (used in)/from operating activities	<u>(78,601)</u>	<u>143,834</u>
Cash flows from investing activities		
Purchase of tangible assets	–	(1,544)
Net cash used in investing activities	<u>–</u>	<u>(1,544)</u>
Net (decrease)/increase in cash and cash equivalents	(78,601)	142,290
Cash and cash equivalents at beginning of year	434,147	291,857
Cash and cash equivalents at end of year	<u>355,546</u>	<u>434,147</u>

The notes on pages 14 to 24 form part of these financial statements.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements
Year ended 31 March 2023

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in and a registered charity in England and Wales. The address of the registered office is C/O The Old Convent, PJE Accountants And Advisors, Llanbadarn Road, Aberystwyth, Ceredigion, SY23 1EY.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2023

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2023

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% reducing balance

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2023

3. Accounting policies *(continued)*

Financial instruments *(continued)*

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

Members of the company guarantee to contribute an amount not exceeding £10 to the assets of the company in the event of winding up.

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	9,418	—	9,418
Grants			
Grants - EIP Project	—	—	—
Ad Hoc Grants	43,413	—	43,413
Grant - Resilience Hub	—	182,105	182,105
	<u>52,831</u>	<u>182,105</u>	<u>234,936</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations	17,063	—	17,063
Grants			
Grants - EIP Project	—	3,549	3,549
Ad Hoc Grants	—	23,700	23,700
Grant - Resilience Hub	—	2,499	2,499
	<u>17,063</u>	<u>29,748</u>	<u>46,811</u>

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Hywel Dda Wanless Core Grant	113,522	—	113,522
AMCYP	—	5,000	5,000
Shared Learning LEIPSLS	—	2,000	2,000
Active Monitoring	32,338	—	32,338
Side By Side Cymru	—	3,562	3,562
Gwalia Care & Support Supporting People	133,582	—	133,582
Ad Hoc Funding	1,986	51,385	53,371
	<u>281,428</u>	<u>61,947</u>	<u>343,375</u>

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

6. Charitable activities *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Hywel Dda Wanless Core Grant	117,101	–	117,101
AMCYP	–	3,878	3,878
Shared Learning LEIPSLS	–	–	–
Active Monitoring	–	38,098	38,098
Side By Side Cymru	–	27,822	27,822
Gwalia Care & Support Supporting People	125,550	–	125,550
Ad Hoc Funding	–	7,565	7,565
	<u>242,651</u>	<u>77,363</u>	<u>320,014</u>

7. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Bank interest receivable	<u>3,058</u>	<u>3,058</u>	<u>177</u>	<u>177</u>

8. Other income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
In House Sessions	–	–	261	261
General income Other	–	–	675	675
Other	–	–	2,029	2,029
Covid Related Income	–	–	122,395	122,395
	<u>–</u>	<u>–</u>	<u>125,360</u>	<u>125,360</u>

9. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2023 £	Total fund 2022 £
Charitable Activity	362,392	110,864	473,256	338,413
Governance costs	–	10,835	10,835	3,358
	<u>362,392</u>	<u>121,699</u>	<u>484,091</u>	<u>341,771</u>

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2023

10. Analysis of support costs

	Analysis of support costs £	Total 2023 £	Total 2022 £
Premises	40,487	40,487	32,450
Communications and IT	15,181	15,181	9,005
General office	13,541	13,541	10,246
Human resources	41,395	41,395	7,356
Finance costs	260	260	206
Governance costs	10,835	10,835	3,358
	<u>121,699</u>	<u>121,699</u>	<u>62,621</u>

11. Net income

Net income is stated after charging/(crediting):

	2023 £	2022 £
Depreciation of tangible fixed assets	<u>533</u>	<u>710</u>

12. Independent examination fees

	2023 £	2022 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>2,400</u>	<u>2,400</u>

13. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023 £	2022 £
Wages and salaries	332,032	243,468
Social security costs	1,150	12,111
Employer contributions to pension plans	<u>5,352</u>	<u>4,657</u>
	<u>338,534</u>	<u>260,236</u>

The average head count of employees during the year was 9 (2022: 15). The average number of full-time equivalent employees during the year is analysed as follows:

	2023 No.	2022 No.
Administration Staff	2	5
Other Staff	<u>7</u>	<u>6</u>
	<u>9</u>	<u>11</u>

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2023

14. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees

15. Tangible fixed assets

	Equipment £
Cost	
At 1 April 2022 and 31 March 2023	21,825
Depreciation	
At 1 April 2022	19,692
Charge for the year	533
At 31 March 2023	20,225
Carrying amount	
At 31 March 2023	1,600
At 31 March 2022	2,133

16. Debtors

	2023 £	2022 £
Prepayments and accrued income	—	1,000
Other debtors	—	55,160
	<u>—</u>	<u>56,160</u>

17. Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	10,180	1,302
Accruals and deferred income	2,400	246,269
Social security and other taxes	5,480	3,061
	<u>18,060</u>	<u>250,632</u>

18. Deferred income

	2023 £	2022 £
At 1 April 2022	238,593	92,389
Amount released to income	(238,593)	—
Amount deferred in year	—	146,204
At 31 March 2023	<u>—</u>	<u>238,593</u>

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

19. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £5,352 (2022: £4,657).

20. Analysis of charitable funds

Unrestricted funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
Wanless	34,331	—	—	—	34,331
General Funds	40,830	125,998	(108,683)	4,141	62,286
Designated Fund - Future Projects	48,120	—	—	—	48,120
CCC - Floating Support Spot Contract	—	—	—	—	—
Supporting People	67,826	133,582	(75,117)	—	126,291
Ad Hoc Funding	46,560	45,399	(35,722)	—	56,237
Active Monitoring	—	32,338	(31,545)	—	793
	<u>237,667</u>	<u>337,317</u>	<u>(251,067)</u>	<u>4,141</u>	<u>328,058</u>

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Wanless	1,098	116,840	(83,607)	—	34,331
General Funds	100,885	538	(43,539)	(17,054)	40,830
Designated Fund - Future Projects	26,480	—	—	21,640	48,120
CCC - Floating Support Spot Contract	33	—	—	(33)	—
Supporting People	34,844	125,550	(92,568)	—	67,826
Ad Hoc Funding	27,007	42,915	(23,362)	—	46,560
Active Monitoring	—	—	—	—	—
	<u>190,347</u>	<u>285,843</u>	<u>(243,076)</u>	<u>4,553</u>	<u>237,667</u>

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

20. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
Side by Side Cymru	–	3,562	(2,412)	–	1,150
EIP Project	473	–	–	(473)	–
Shared Learning LEIPSLS	33	2,000	(2,000)	(33)	–
Active Monitoring	107	–	–	(107)	–
Ad Hoc Funding	3,478	51,385	(50,485)	(3,478)	900
AMCYP	50	5,000	(5,000)	(50)	–
Resilience Hub	–	182,105	(173,127)	–	8,978
	<u>4,141</u>	<u>244,052</u>	<u>(233,024)</u>	<u>(4,141)</u>	<u>11,028</u>

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Side by Side Cymru	115	27,822	(20,860)	(7,077)	–
EIP Project	82	3,549	(3,158)	–	473
Shared Learning LEIPSLS	33	–	–	–	33
Active Monitoring	48	38,098	(38,039)	–	107
Ad Hoc Funding	–	31,265	(30,287)	2,500	3,478
AMCYP	–	3,878	(3,828)	–	50
Resilience Hub	–	2,499	(2,523)	24	–
	<u>278</u>	<u>107,111</u>	<u>(98,695)</u>	<u>(4,553)</u>	<u>4,141</u>

Side By Side Cymru - to fund development of peer support in community groups

EIP Project - Early Intervention in Psychosis.

Shared Learning LEIPSLS - to promote learning, engagement, influence and participation

Active Monitoring - guided self-help course to help with anxiety, depression, self-esteem stress, feeling alone, managing anger and grief and loss

AMCYP - Active Monitoring for Young People is a pilot project.

Ad Hoc Funding - smaller grants received

Resilience Hub - Funding overheads and new administration roles such as CEO.

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

21. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	1,600	—	1,600
Current assets	344,518	11,028	355,546
Creditors less than 1 year	(18,060)	—	(18,060)
Net assets	<u>328,058</u>	<u>11,028</u>	<u>339,086</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	2,133	—	2,133
Current assets	247,573	242,734	490,307
Creditors less than 1 year	(12,039)	(238,593)	(250,632)
Net assets	<u>237,667</u>	<u>4,141</u>	<u>241,808</u>

22. Analysis of changes in net debt

	At 1 Apr 2022 £	Cash flows £	At 31 Mar 2023 £
Cash at bank and in hand	<u>434,147</u>	<u>(78,601)</u>	<u>355,546</u>

Accounts

COMPANY REGISTRATION NUMBER: 05238037

CHARITY REGISTRATION NUMBER: 1107182

Mind Aberystwyth
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2022

FRANCIS GRAY CHARTERED ACCOUNTANTS

Chartered accountants

Ty Madog
32 Queens Road
Aberystwyth
Ceredigion
SY23 2HN

Mind Aberystwyth
Company Limited by Guarantee
Financial Statements
Year ended 31 March 2022

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Mind Aberystwyth
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report)
Year ended 31 March 2022

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

Reference and administrative details

Registered charity name	Mind Aberystwyth
Charity registration number	1107182
Company registration number	05238037
Principal office and registered office	The Cambria Marine Terrace Aberystwyth Ceredigion SY23 2AZ

The trustees

D Wilson-Lewis	
C Owen	(Resigned 21 April 2021)
N Kaderbhai	
J Williams	
M Pugh-Jones	
S Bathurst	
I Dulkova	(Appointed 27 April 2021)
M Pascoe	(Appointed 27 April 2021)
M Dodd	(Appointed 27 April 2021)
N Pidcock	(Appointed 27 April 2021)
K Sinnett-Jones	(Appointed 27 April 2021)
	(Served from 27 April 2021 to 10 May 2021)
H Akther	

Independent examiner	Robert Gray Ty Madog 32 Queens Road Aberystwyth Ceredigion SY23 2HN
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Mind Aberystwyth
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report) *(continued)*
Year ended 31 March 2022

Structure, governance and management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 22 September 2004 and registered as a charity on 9 December 2004. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Membership, Recruitment and Appointment of Board

The Trustees have established a single class of membership, for individuals suffering from mental distress and their carers, family, friends and supporters. Members of the company guarantee to contribute an amount not exceeding £10 to the assets of the company in the event of winding up.

The Trustees, who are also the directors and officers of the company, constitute its Board. The Board meets quarterly and officers are available for consultation by staff, individually and collectively, in the interim between meetings.

At each annual general meeting (AGM), one third of the Trustees retire by rotation but can stand for re-election.

Trustees are appointed by election at each AGM, being proposed by Trustees or members. During the year Trustee vacancies may be filled and additional appointments may be made by the Trustees, with such Trustees holding office until the following AGM.

Trustee Recruitment, Induction and Training

As an organisation we work proactively to seek out new Trustees with the skills, experience and diversity to reflect the communities in which we work. All prospective trustees are asked to complete a skills audit to allow us to assess the contributions they may be able to make to the existing Trustee Board.

We provide prospective Trustees with comprehensive information to help them understand the charity and responsibilities of becoming a Trustee. Prospective candidates will be interviewed by the chair and Chief Executive and may then be invited to attend a board meeting as an observer. Appointments will be subject to the vote in a Board meeting.

Prior to appointment we ask that prospective Trustees make clear that they:

- understand and accept the role and legal responsibilities of being a Trustee where those actions will be governed by charity and company law;
- are able to commit sufficient time to being a Trustee;
- are willing to become a member of Mind Aberystwyth;
- accept the Mission, Aims and Objectives of Mind Aberystwyth.

We follow this up with an induction process to ensure that new Trustees have the opportunity to familiarise themselves with the organisation and the context within which it works. The induction process is managed by the Chair of the Board of Directors.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Organisational Structure

The Board delegates day-to-day management of the charity to a Chief Executive, who allocates within the Management Team key responsibilities for core service delivery, service development, oversight of HR processes and procedures, Health and Safety, training and staff development/ supervision/ appraisal, financial planning and administration, volunteer development and estates management.

Risk Management

The Board regularly monitors significant risks to which the organisation is exposed and conducts an annual review. Where appropriate, systems or procedures are in place to mitigate the risks the organisation faces. External risks to funding are managed through close budget scrutiny and planning and the development of a strategic plan, which will examine financial sustainability. Internal financial risks are minimised by the implementation of policy and procedures for authorisation of all transactions and budget spends.

Procedures are in place to assure the health and safety of staff, volunteers, members and visitors to Mind Aberystwyth.

The organisation participates in the Mind Quality Review (MQM) process, to provide assurances in relation to consistent levels of quality across all areas of the organisation's activities.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Objectives and activities

Mind Aberystwyth is one of a network of local Minds in Wales, working to improve the life of people affected by mental distress. We are an independent charity in our own right and we welcome the involvement of people who themselves experience mental health problems participating as Trustees, staff, volunteers or fund-raisers.

Vision:

We will not give up until everyone experiencing a mental health problem gets both support and respect.

Our Mission:

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We work to create a better life for everyone with experience of mental distress including carers, family, friends and supporters.

Goals:

Staying well: supporting people likely to develop mental health problems to stay well.

Empowering Choice: for people who experience a mental health problem, to make informed choices about how they live and recover.

Improving services and support: ensuring that people receive the appropriate services and support at the right time to help their recovery and to enable them to live with their mental health problem.

Enabling social participation: opening the doors to people with experience of mental health problems to enable them to participate fully in society.

Removing inequality of opportunity: striving for equality of treatment for people who experience both mental health problems and other forms of discrimination.

Organisational excellence: making the most of our assets by building a culture of excellence.

Public Benefit and Aims:

The Trustees consider how planned activities will contribute to the aims and objectives of working to create a better life for everyone with experience of mental distress by:

- advancing the views, needs and ambitions of people affected by mental distress (including carers, family, friends and supporters;
- influencing policy through involvement in the planning, development and review of local mental health services;
- challenging discrimination and promoting inclusion;
- developing quality services which reflect expressed need and diversity;
- striving to create equal rights through the creation of opportunity.

Objectives for 2022-23:

To continue our collaborative work with local Mind organisations across West Wales and with Mind and Mind Cymru;

To continue to work collaboratively with our partners and stakeholders across the county of Ceredigion;

To develop and grow the range and spread of the services that we offer to our members and to the wider community;

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

To ensure our business development focus increases our reach to all those who experience mental distress.

Achievements and performance

Core Service

We have continued to develop and grow our profile as an organisation as a key part of the community in Aberystwyth, in the county of Ceredigion and more widely across West Wales.

Over the past year we have:

- continued to work flexibly to ensure that the people of Ceredigion receive comprehensive and quality services through several platforms including face to face, telephone, post and virtual platforms. We continue to publish our newsletter via our mailing list and via post for those who have no access to digital copies.
- enhanced the quality of our operational performance, financial management and governance;
- we are utilising our robust outcome measures across all areas of service delivery that demonstrate the lasting, positive impact of our work;
- we have returned to being able to offer face to face sessions for our service users which has had a positive impact on those who prefer to meet in person rather than online.
- we were unfortunately required to leave our offices in the Cambria but we have secured a new office which is in the centre of town and will be more accessible to service users. We have also started to run our activities and some support sessions in other local buildings (Arad Goch and St Paul's) which has enabled us to build partnerships with other local organisations. We have tried to make this transition as smooth as possible for the individual who use our services and we are ensuring that we are listening to their views about these changes.
- we created a new comment and complaints booklet to make it as easy as possible for individuals to provide us with feedback and this seems to be working well.
- continued to deliver innovative services such as Active Monitoring for adults, we also ran some sessions for young people, but these have now come to an end.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

- we are looking to build networks with the University in the coming year.
- strengthened our strategic relationships with local service commissioners and stakeholders and across the Mind network in Wales, including engagement with One Mind in Wales.
- we have received funding to continue our peer support work with local third sector organisations.
- we have started a new project called Come Together Ceredigion / Dewch Ynghyd Ceredigion which aims to build up resilience within local communities and is funded by Mind's Community Resilience Hub project.
- continued to develop closer working links with the local Mind groups within the Hywel Dda Health Board area (Mind Pembrokeshire, Mind Carmarthen and Llanelli Mind).
- we have made plans to rebrand as Mind Ceredigion and have been working on developing our network across Ceredigion so that we can provide services across the county.

Throughout the year we have been fortunate to continue to receive donations from a wide range of local community-based organisations as well from individuals, in memory of much missed loved ones. We remain appreciative of all the support that we are given.

We have continued to work closely with and enjoy the support of Pobl/Gwalia Care and Support, the Welsh Government, Ceredigion County Council Supporting People and Social Services Teams, Hywel Dda University Health Board, Ceredigion Association of Voluntary Organisations, WWAMH, Ceredigion Care Society, Aberystwyth Citizens Advice, Barod, the local Community Mental Health Team, the local Crisis Resolution Team, the local Primary Care Medical Health Team, Jobcentre Plus, Hafal, Citizens Advice, STEPS Training, The Ty Glyn Davies Trust, Coed Lleol, The Hafod Trust, Aberystwyth University, Aber Food Surplus and The Wallich.

We have had some significant staff changes but are getting to a point where the organisation is resilient. We sadly lost our Chief Executive and had an interim step in to replace him. We continue to look to the future and take the next step in our continued development and growth, following an extended period of stabilising and strengthening the organisation.

Mind Aberystwyth
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report) *(continued)*
Year ended 31 March 2022

Financial review

Results

The results of the charity are shown in the Statement of Financial Activities on page 9. The net resources of unrestricted funds amounted to a net movement of £51,183 (2020/21 net movement of £45,103). The reserves of the charity at the year-end amounted to £237,667 in unrestricted funds.

Principal Funding Sources

Our principal funding sources remained the Welsh Government, through funding directed to us via Hywel Dda University Health Board, Ceredigion County Council through the Housing Support Grant Programme (formerly the Supporting People Programme), directed to us via our sub-contracting arrangement for delivery with Pobl/Gwalia Care and Support.

Investment Policy

Most of the charity's funds are to be spent in the short term, and the Board takes the view that those not required to be spent should be held as reserve placed in a readily accessible, interest-bearing bank or building society deposit account.

Reserves Policy and Going Concern

The Board has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be between three and six months core expenditure.

Budgeted core expenditure for 2022/23 is expected to remain in the order of £145,000 and therefore the target is between £36,500 and £72,500 in general funds.

At present £213,846 is available to the charity as free reserves. The coming year will remain challenging, given the impact of Covid-19 on the need for our services and potential interruption to delivery along with an office relocation. There remains an uncertain landscape from the likely effects of that, together with the likely retendering of Housing Support Grant Services (formerly Supporting People) by Ceredigion County Council, but also new opportunities emerging to broaden our service offer. The Board notes the impact that this may have on the reserves position.

The Board has also considered how, in the event of any funding shortfall, existing activities and expenditure could be curtailed without prejudicing the charity's core service. During 2022/23 the charity operations continue to be restructured in light of these considerations. On the basis of this, the assessment by the Trustees is that the charity is a going concern.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

The trustees' annual report was approved on 28 November 2022 and signed on behalf of the board of trustees by:



D Wilson-Lewis
Trustee

Mind Aberystwyth

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Mind Aberystwyth

Year ended 31 March 2022

I report to the trustees on my examination of the financial statements of Mind Aberystwyth ('the charity') for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements 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 the 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

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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 charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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).

Mind Aberystwyth

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Mind Aberystwyth *(continued)*

Year ended 31 March 2022

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.

Robert Gray
Independent Examiner

Ty Madog
32 Queens Road
Aberystwyth
Ceredigion
SY23 2HN

28 November 2022

Mind Aberystwyth
Company Limited by Guarantee
Statement of Financial Activities
(including income and expenditure account)
Year ended 31 March 2022

			2022		2021
		Unrestricted	Restricted	Total funds	Total funds
	Note	funds	funds		
		£	£	£	£
Income and endowments					
Donations and legacies	5	17,063	29,748	46,811	29,270
Charitable activities	6	242,651	77,363	320,014	296,177
Investment income	7	177	–	177	118
Other income	8	125,360	–	125,360	32,559
Total income		<u>285,843</u>	<u>107,111</u>	<u>392,954</u>	<u>358,124</u>
Expenditure					
Expenditure on charitable activities	9	243,076	98,695	341,771	313,021
Total expenditure		<u>243,076</u>	<u>98,695</u>	<u>341,771</u>	<u>313,021</u>
Net income		<u>42,767</u>	<u>8,416</u>	<u>51,183</u>	<u>45,103</u>
Transfers between funds		4,553	(4,553)	–	–
Net movement in funds		<u>47,320</u>	<u>3,863</u>	<u>51,183</u>	<u>45,103</u>
Reconciliation of funds					
Total funds brought forward		<u>190,347</u>	<u>278</u>	<u>190,625</u>	<u>145,522</u>
Total funds carried forward		<u>237,667</u>	<u>4,141</u>	<u>241,808</u>	<u>190,625</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 14 to 24 form part of these financial statements.

Mind Aberystwyth
Company Limited by Guarantee
Statement of Financial Position
31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible fixed assets	15	2,133	1,299
Current assets			
Debtors	16	56,160	1,000
Cash at bank and in hand		434,147	291,857
		<u>490,307</u>	<u>292,857</u>
Creditors: amounts falling due within one year	17	250,632	103,531
Net current assets		239,675	189,326
Total assets less current liabilities		241,808	190,625
Net assets		<u>241,808</u>	<u>190,625</u>
Funds of the charity			
Restricted funds		4,141	278
Unrestricted funds		237,667	190,347
Total charity funds	20	<u>241,808</u>	<u>190,625</u>

For the year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 28 November 2022, and are signed on behalf of the board by:



D Wilson-Lewis
Trustee

The notes on pages 14 to 24 form part of these financial statements.

Mind Aberystwyth
Company Limited by Guarantee
Statement of Cash Flows
Year ended 31 March 2022

	2022	2021
	£	£
Cash flows from operating activities		
Net income	51,183	45,103
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	710	433
Other interest receivable and similar income	(177)	(118)
Interest payable and similar charges	211	154
Accrued expenses	–	5,276
<i>Changes in:</i>		
Trade and other debtors	(55,160)	4,737
Trade and other creditors	147,101	46,453
Cash generated from operations	143,868	102,038
Interest paid	(211)	(154)
Interest received	177	118
Net cash from operating activities	<u>143,834</u>	<u>102,002</u>
Cash flows from investing activities		
Purchase of tangible assets	(1,544)	(550)
Net cash used in investing activities	<u>(1,544)</u>	<u>(550)</u>
Net increase in cash and cash equivalents	142,290	101,452
Cash and cash equivalents at beginning of year	291,857	190,405
Cash and cash equivalents at end of year	<u>434,147</u>	<u>291,857</u>

The notes on pages 14 to 24 form part of these financial statements.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements
Year ended 31 March 2022

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in and a registered charity in England and Wales. The address of the registered office is The Cambria, Marine Terrace, Aberystwyth, Ceredigion, SY23 2AZ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2022

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2022

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% reducing balance

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2022

3. Accounting policies *(continued)*

Financial instruments *(continued)*

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

Members of the company guarantee to contribute an amount not exceeding £10 to the assets of the company in the event of winding up.

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations	17,063	–	17,063
Grants			
Grants - EIP Project	–	3,549	3,549
Ad Hoc Grants	–	23,700	23,700
Grant - Resilience Hub	–	2,499	2,499
	<u>17,063</u>	<u>29,748</u>	<u>46,811</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations			
Donations	17,499	–	17,499
Grants			
Grants - EIP Project	–	7,094	7,094
Ad Hoc Grants	500	4,177	4,677
Grant - Resilience Hub	–	–	–
	<u>17,999</u>	<u>11,271</u>	<u>29,270</u>

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Hywel Dda Wanless Core Grant	117,101	–	117,101
Postcode Lottery	–	–	–
AMCYP	–	3,878	3,878
Shared Learning LEIPSLS	–	–	–
Active Monitoring	–	38,098	38,098
Side By Side Cymru	–	27,822	27,822
CCC Floating Support Spot Contracts	–	–	–
Gwalia Care & Support Supporting People	125,550	–	125,550
Blue Light	–	–	–
Ad Hoc Funding	–	7,565	7,565
	<u>242,651</u>	<u>77,363</u>	<u>320,014</u>

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

6. Charitable activities *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Hywel Dda Wanless Core Grant	113,522	—	113,522
Postcode Lottery	—	3,091	3,091
AMCYP	—	—	—
Shared Learning LEIPSLS	—	52	52
Active Monitoring	—	29,548	29,548
Side By Side Cymru	—	16,131	16,131
CCC Floating Support Spot Contracts	4,123	—	4,123
Gwalia Care & Support Supporting People	125,550	—	125,550
Blue Light	—	4,160	4,160
Ad Hoc Funding	—	—	—
	<u>243,195</u>	<u>52,982</u>	<u>296,177</u>

7. Investment income

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Bank interest receivable	<u>177</u>	<u>177</u>	<u>118</u>	<u>118</u>

8. Other income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
In House Sessions	261	—	261
General income Other	675	—	675
Other	2,029	—	2,029
Covid Related Income	<u>122,395</u>	<u>—</u>	<u>122,395</u>
	<u>125,360</u>	<u>—</u>	<u>125,360</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
In House Sessions	200	—	200
General income Other	383	—	383
Other	250	—	250
Covid Related Income	<u>16,726</u>	<u>15,000</u>	<u>31,726</u>
	<u>17,559</u>	<u>15,000</u>	<u>32,559</u>

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

9. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2022	Total fund 2021
	£	£	£	£
Charitable Activity	279,150	59,263	338,413	309,148
Governance costs	—	3,358	3,358	3,873
	<u>279,150</u>	<u>62,621</u>	<u>341,771</u>	<u>313,021</u>

10. Analysis of support costs

	Analysis of support costs	Total 2022	Total 2021
	£	£	£
Premises	32,450	32,450	32,200
Communications and IT	9,005	9,005	9,924
General office	10,246	10,246	7,702
Human resources	7,356	7,356	4,672
Finance costs	206	206	154
Governance costs	3,358	3,358	3,873
	<u>62,621</u>	<u>62,621</u>	<u>58,525</u>

11. Net income

Net income is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation of tangible fixed assets	<u>710</u>	<u>433</u>

12. Independent examination fees

	2022	2021
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>2,400</u>	<u>2,400</u>

13. Staff costs

The average head count of employees during the year was 15 (2021: 14). The average number of full-time equivalent employees during the year is analysed as follows:

	2022 No.	2021 No.
Administration Staff	5	4
Other Staff	<u>6</u>	<u>6</u>
	<u>11</u>	<u>10</u>

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2022

13. Staff costs *(continued)*

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

14. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees

15. Tangible fixed assets

	Equipment £
Cost	
At 1 April 2021	20,281
Additions	1,544
At 31 March 2022	<u>21,825</u>
Depreciation	
At 1 April 2021	18,982
Charge for the year	710
At 31 March 2022	<u>19,692</u>
Carrying amount	
At 31 March 2022	<u>2,133</u>
At 31 March 2021	<u>1,299</u>

16. Debtors

	2022 £	2021 £
Prepayments and accrued income	1,000	1,000
Other debtors	55,160	—
	<u>56,160</u>	<u>1,000</u>

17. Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	1,302	850
Accruals and deferred income	246,269	100,065
Social security and other taxes	3,061	2,616
	<u>250,632</u>	<u>103,531</u>

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

18. Deferred income

	2022 £	2021 £
At 1 April 2021	92,389	44,134
Amount deferred in year	146,204	48,255
At 31 March 2022	238,593	92,389

19. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £4,657 (2021: £3,873).

20. Analysis of charitable funds

Unrestricted funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Wanless	1,098	116,840	(83,607)	—	34,331
General Funds	100,885	538	(43,539)	(17,054)	40,830
Designated Fund - Future Projects	26,480	—	—	21,640	48,120
CCC - Floating Support Spot Contract	33	—	—	(33)	—
Supporting People	34,844	125,550	(92,568)	—	67,826
Ad Hoc Funding	27,007	42,915	(23,362)	—	46,560
	<u>190,347</u>	<u>285,843</u>	<u>(243,076)</u>	<u>4,553</u>	<u>237,667</u>

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
Wanless	1,090	113,722	(98,814)	(14,900)	1,098
General Funds	100,850	500	(465)	—	100,885
Designated Fund - Future Projects	11,580	—	—	14,900	26,480
CCC - Floating Support Spot Contract	—	4,123	(4,090)	—	33
Supporting People	31,324	125,550	(122,030)	—	34,844
Ad Hoc Funding	—	34,976	(7,871)	(98)	27,007
	<u>144,844</u>	<u>278,871</u>	<u>(233,270)</u>	<u>(98)</u>	<u>190,347</u>

Mind Aberystwyth

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

20. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Reboot UK	—	—	—	—	—
Side by Side Cymru	115	27,822	(20,860)	(7,077)	—
EIP Project	82	3,549	(3,158)	—	473
Blue Light	—	—	—	—	—
Postcode Lottery	—	—	—	—	—
Shared Learning					
LEIPSLs	33	—	—	—	33
Active Monitoring	48	38,098	(38,039)	—	107
Ad Hoc Funding	—	31,265	(30,287)	2,500	3,478
AMCYP	—	3,878	(3,828)	—	50
Resilience Hub	—	2,499	(2,523)	24	—
	<u>278</u>	<u>107,111</u>	<u>(98,695)</u>	<u>(4,553)</u>	<u>4,141</u>

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
Reboot UK	520	—	—	(520)	—
Side by Side Cymru	72	16,131	(16,088)	—	115
EIP Project	85	7,094	(7,097)	—	82
Blue Light	1	4,160	(4,159)	(2)	—
Postcode Lottery	—	3,091	(3,076)	(15)	—
Shared Learning					
LEIPSLs	—	52	(19)	—	33
Active Monitoring	—	29,548	(29,500)	—	48
Ad Hoc Funding	—	19,177	(19,812)	635	—
AMCYP	—	—	—	—	—
Resilience Hub	—	—	—	—	—
	<u>678</u>	<u>79,253</u>	<u>(79,751)</u>	<u>98</u>	<u>278</u>

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2022

20. Analysis of charitable funds *(continued)*

Blue Light - to fund the delivery of training and support services to 'Blue Light' organisations

Side By Side Cymru - to fund development of peer support in community groups

Reboot UK - to fund support for digital inclusion.

EIP Project - Early Intervention in Psychosis.

Postcode Lottery - to fund development of activities.

Shared Learning LEIPSLS - to promote learning, engagement, influence and participation

Active Monitoring - guided self-help course to help with anxiety, depression, self-esteem stress, feeling alone, managing anger and grief and loss

21. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	2,133	—	2,133
Current assets	247,573	242,734	490,307
Creditors less than 1 year	(12,039)	(238,593)	(250,632)
Net assets	<u>237,667</u>	<u>4,141</u>	<u>241,808</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	1,299	—	1,299
Current assets	246,359	46,498	292,857
Creditors less than 1 year	(57,311)	(46,220)	(103,531)
Net assets	<u>190,347</u>	<u>278</u>	<u>190,625</u>

22. Analysis of changes in net debt

	At 1 Apr 2021 £	Cash flows £	At 31 Mar 2022 £
Cash at bank and in hand	<u>291,857</u>	<u>142,290</u>	<u>434,147</u>

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Final Audit Report

2022-12-21

Created:	2022-12-20
By:	catrin skelton (catrin@francisgray.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAADTBltMSrDvPsY7Oy5so3wFTstATDQZ3B

"frs102Charity_accounts.p" History



Document created by catrin skelton (catrin@francisgray.co.uk)

2022-12-20 - 2:53:42 PM GMT- IP address: 81.5.129.40



Document emailed to dylan@mindaberystwyth.org for signature

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Email viewed by dylan@mindaberystwyth.org

2022-12-21 - 9:35:39 AM GMT- IP address: 86.170.228.17



Signer dylan@mindaberystwyth.org entered name at signing as Dylan Wilson-Lewis

2022-12-21 - 9:37:08 AM GMT- IP address: 86.170.228.17



Document e-signed by Dylan Wilson-Lewis (dylan@mindaberystwyth.org)

Signature Date: 2022-12-21 - 9:37:10 AM GMT - Time Source: server- IP address: 86.170.228.17



Agreement completed.

2022-12-21 - 9:37:10 AM GMT



Adobe Acrobat Sign

Accounts

COMPANY REGISTRATION NUMBER: 05238037
CHARITY REGISTRATION NUMBER: 1107182

Mind Aberystwyth
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2021

FRANCIS GRAY CHARTERED ACCOUNTANTS

Chartered accountants
Ty Madog
32 Queens Road
Aberystwyth
Ceredigion
SY23 2HN

Mind Aberystwyth
Company Limited by Guarantee
Financial Statements
Year ended 31 March 2021

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Mind Aberystwyth
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report)
Year ended 31 March 2021

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2021.

Reference and administrative details

Registered charity name	Mind Aberystwyth
Charity registration number	1107182
Company registration number	05238037
Principal office and registered office	The Cambria Marine Terrace Aberystwyth Ceredigion SY23 2AZ

The trustees

D Wilson-Lewis	
E Booth	(Resigned 15 January 2021)
C Owen	(Resigned 21 April 2021)
N Kaderbhai	
J Williams	
M Pugh-Jones	
I Dulkova	(Appointed 27 April 2021)
M Pascoe	(Appointed 27 April 2021)
M Dodd	(Appointed 27 April 2021)
N Pidcock	(Appointed 27 April 2021)
K Sinnett-Jones	(Appointed 27 April 2021)
	(Served from 27 April 2021 to 10 May 2021)
H Akther	

Independent examiner	Robert Gray Ty Madog 32 Queens Road Aberystwyth Ceredigion SY23 2HN
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Mind Aberystwyth
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report) *(continued)*
Year ended 31 March 2021

Structure, governance and management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 22 September 2004 and registered as a charity on 9 December 2004. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Membership, Recruitment and Appointment of Board

The Trustees have established a single class of membership, for individuals suffering from mental distress and their carers, family, friends and supporters. Members of the company guarantee to contribute an amount not exceeding £10 to the assets of the company in the event of winding up.

The Trustees, who are also the directors and officers of the company, constitute its Board. The Board meets quarterly and officers are available for consultation by staff, individually and collectively, in the interim between meetings.

At each annual general meeting (AGM), one third of the Trustees retire by rotation but can stand for re-election.

Trustees are appointed by election at each AGM, being proposed by Trustees or members. During the year Trustee vacancies may be filled and additional appointments may be made by the Trustees, with such Trustees holding office until the following AGM.

Trustee Recruitment, Induction and Training

As an organisation we work proactively to seek out new Trustees with the skills, experience and diversity to reflect the communities in which we work. All prospective trustees are asked to complete a skills audit to allow us to assess the contributions they may be able to make to the existing Trustee Board.

We provide prospective Trustees with comprehensive information to help them understand the charity and responsibilities of becoming a Trustee. Prospective candidates will be interviewed by the chair and Chief Executive and may then be invited to attend a board meeting as an observer. Appointments will be subject to the vote in a Board meeting.

Prior to appointment we ask that prospective Trustees make clear that they:

- understand and accept the role and legal responsibilities of being a Trustee where those actions will be governed by charity and company law;
- are able to commit sufficient time to being a Trustee;
- are willing to become a member of Mind Aberystwyth;
- accept the Mission, Aims and Objectives of Mind Aberystwyth.

We follow this up with an induction process to ensure that new Trustees have the opportunity to familiarise themselves with the organisation and the context within which it works. The induction process is managed by the Chair of the Board of Directors.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Organisational Structure

The Board delegates day-to-day management of the charity to a Chief Executive, who allocates within the Management Team key responsibilities for core service delivery, service development, oversight of HR processes and procedures, Health and Safety, training and staff development/ supervision/ appraisal, financial planning and administration, volunteer development and estates management.

Risk Management

The Board regularly monitors significant risks to which the organisation is exposed and conducts an annual review. Where appropriate, systems or procedures are in place to mitigate the risks the organisation faces. External risks to funding are managed through close budget scrutiny and planning and the development of a strategic plan, which will examine financial sustainability. Internal financial risks are minimised by the implementation of policy and procedures for authorisation of all transactions and budget spends.

Procedures are in place to assure the health and safety of staff, volunteers, members and visitors to Mind Aberystwyth.

The organisation participates in the Mind Quality Review (MQM) process, to provide assurances in relation to consistent levels of quality across all areas of the organisation's activities.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Objectives and activities

Mind Aberystwyth is one of a network of local Minds in Wales, working to improve the life of people affected by mental distress. We are an independent charity in our own right and we welcome the involvement of people who themselves experience mental health problems participating as Trustees, staff, volunteers or fund-raisers.

Vision:

We will not give up until everyone experiencing a mental health problem gets both support and respect.

Our Mission:

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We work to create a better life for everyone with experience of mental distress including carers, family, friends and supporters.

Goals:

Staying well: supporting people likely to develop mental health problems to stay well.

Empowering Choice: for people who experience a mental health problem, to make informed choices about how they live and recover.

Improving services and support: ensuring that people receive the appropriate services and support at the right time to help their recovery and to enable them to live with their mental health problem.

Enabling social participation: opening the doors to people with experience of mental health problems to enable them to participate fully in society.

Removing inequality of opportunity: striving for equality of treatment for people who experience both mental health problems and other forms of discrimination.

Organisational excellence: making the most of our assets by building a culture of excellence.

Public Benefit and Aims:

The Trustees consider how planned activities will contribute to the aims and objectives of working to create a better life for everyone with experience of mental distress by:

- advancing the views, needs and ambitions of people affected by mental distress (including carers, family, friends and supporters);
- influencing policy through involvement in the planning, development and review of local mental health services;
- challenging discrimination and promoting inclusion;
- developing quality services which reflect expressed need and diversity;
- striving to create equal rights through the creation of opportunity.

Objectives for 2020-21:

To continue our collaborative work with local Mind organisations across West Wales and with Mind and Mind Cymru;

To continue to work collaboratively with our partners and stakeholders across the county of Ceredigion;

To develop and grow the range and spread of the services that we offer to our members and to the wider community;

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

To ensure our business development focus increases our reach to all those who experience mental distress.

Achievements and performance

Core Service

We have continued to develop and grow our profile as an organisation as a key part of the community in Aberystwyth, in the county of Ceredigion and more widely across West Wales. Over the past year we have:

- responded to the Covid 19 pandemic by becoming proficient at working through virtual platforms, and more traditional media including telephones and even the post; with regular mailings of a paper-based newsletter for those who otherwise would have had no contact;
- enhanced the quality of our operational performance, financial management and governance;
- developed robust outcome measures across all areas of service delivery that demonstrate the lasting, positive impact of our work;
- in March 2020 along with most support services, the Activity & Wellbeing Service moved to online and remote support. As face-to-face contact ceased, Mind Aberystwyth had to move to a new way of working and the charity moved quickly to offer weekly check-ins with service users;
- continued to deliver innovative services such as our peer support work through the Side by Side Cymru project, our award winning Early Intervention in Psychosis project (funded by Hywel Dda Health Board and delivered in partnership with Mind Pembrokeshire and Mind Carmarthen);
- further development of our woodland, eco-therapy and horticulture groups and had to be delayed substantially due to Covid restrictions;
- our work with the wider student community in Aberystwyth continued with a scoping project, in partnership with Aberystwyth University to establish what unmet needs the student population have around mental health;
- strengthened our strategic relationships with local service commissioners and stakeholders and across the Mind network in Wales, including engagement with One Mind in Wales;
- developed closer working links with the local Mind groups within the Hywel Dda Health Board area (Mind Pembrokeshire, Mind Carmarthen and Llanelli Mind);

Throughout the year we have been fortunate to continue to receive donations from a wide range of local community based organisations as well from individuals, in memory of much missed loved ones. We remain appreciative of all the support that we are given.

We have continued to work closely with and enjoy the support of Pobl/Gwalia Care and Support, the Welsh Government, Ceredigion County Council Supporting People and Social Services Teams, Hywel Dda University Health Board, Ceredigion Association of Voluntary Organisations, WWAMH, Ceredigion Care Society, Aberystwyth Citizens Advice, Barod, the local Community Mental Health Team, the local Crisis Resolution Team, the local Primary Care Medical Health Team, Jobcentre Plus, Hafal, Citizens Advice, STEPS Training, The Ty Glyn Davies Trust, Coed Lleol, The Hafod Trust, Aberystwyth University, Aber Food Surplus and The Wallich.

The year concluded with the appointment of a permanent Chief Executive as we look to take the next step in our continued development and growth, following an extended period of stabilising and strengthening the organisation working with our Interim Chief Executives.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Financial review

Results

The results of the charity are shown in the Statement of Financial Activities on page 10. The net resources of unrestricted funds amounted to a net movement of £45,601 (2019/20 net movement of £69,285). The reserves of the charity at the year-end amounted to £190,347 in unrestricted funds.

Principal Funding Sources

Our principal funding sources remained the Welsh Government, through funding directed to us via Hywel Dda University Health Board, Ceredigion County Council through the Housing Support Grant Programme (formerly the Supporting People Programme), directed to us via our sub-contracting arrangement for delivery with Pobl/Gwalia Care and Support.

Investment Policy

Most of the charity's funds are to be spent in the short term, and the Board takes the view that those not required to be spent should be held as reserve placed in a readily accessible, interest-bearing bank or building society deposit account.

Reserves Policy and Going Concern

The Board has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be between three and six months core expenditure.

Budgeted core expenditure for 2021/22 is expected to remain in the order of £130,000 and therefore the target is between £32,500 and £65,000 in general funds.

At present £162,568 is available to the charity as free reserves. The coming year will remain challenging, given the impact of Covid-19 on the need for our services and potential interruption to delivery. There remains an uncertain landscape from the likely effects of that, together with the likely retendering of Housing Support Grant Services (formerly Supporting People) by Ceredigion County Council, but also new opportunities emerging to broaden our service offer. The Board notes the impact that this may have on the reserves position.

The Board has also considered how, in the event of any funding shortfall, existing activities and expenditure could be curtailed without prejudicing the charity's core service. During 2020/21 the charity operations continue to be restructured in light of these considerations. On the basis of this, the assessment by the Trustees is that the charity is a going concern.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

Mind Aberystwyth

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

The trustees' annual report was approved on Sep 23, 2021 and signed on behalf of the board of trustees by:


Dylan Wilson-Lewis (Sep 23, 2021 10:44 GMT+1)

D Wilson-Lewis
Trustee

Mind Aberystwyth
Company Limited by Guarantee
Independent Examiner's Report to the Trustees of Mind Aberystwyth
Year ended 31 March 2021

I report to the trustees on my examination of the financial statements of Mind Aberystwyth ('the charity') for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements 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 the 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

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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 charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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).

Mind Aberystwyth

Company Limited by Guarantee

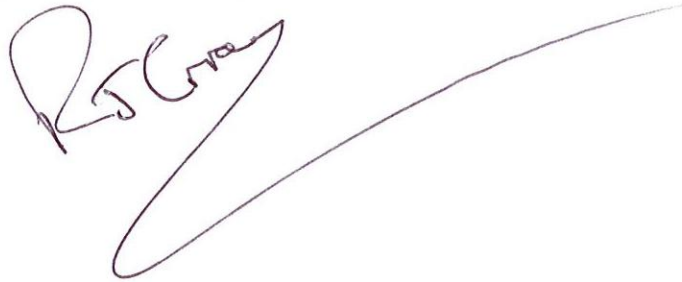
Independent Examiner's Report to the Trustees of Mind Aberystwyth *(continued)*

Year ended 31 March 2021

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.

Robert Gray
Independent Examiner

Ty Madog
32 Queens Road
Aberystwyth
Ceredigion
SY23 2HN

A handwritten signature in dark ink, appearing to read 'R Gray', with a long, sweeping horizontal stroke extending to the right.

Mind Aberystwyth
Company Limited by Guarantee
Statement of Financial Activities
(including income and expenditure account)
Year ended 31 March 2021

		Unrestricted funds £	2021 Restricted funds £	Total funds £	2020 Total funds £
	Note				
Income and endowments					
Donations and legacies	5	17,999	11,271	29,270	55,568
Charitable activities	6	243,195	52,982	296,177	336,761
Investment income	7	118	–	118	523
Other income	8	17,559	15,000	32,559	4,930
Total income		<u>278,871</u>	<u>79,253</u>	<u>358,124</u>	<u>397,782</u>
Expenditure					
Expenditure on charitable activities	9	233,270	79,751	313,021	321,785
Total expenditure		<u>233,270</u>	<u>79,751</u>	<u>313,021</u>	<u>321,785</u>
Net income		<u>45,601</u>	<u>(498)</u>	<u>45,103</u>	<u>75,997</u>
Transfers between funds		(98)	98	–	–
Net movement in funds		<u>45,503</u>	<u>(400)</u>	<u>45,103</u>	<u>75,997</u>
Reconciliation of funds					
Total funds brought forward		144,844	678	145,522	69,525
Total funds carried forward		<u>190,347</u>	<u>278</u>	<u>190,625</u>	<u>145,522</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 13 to 24 form part of these financial statements.

Mind Aberystwyth
Company Limited by Guarantee
Statement of Financial Position
31 March 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible fixed assets	15	1,299	1,182
Current assets			
Debtors	16	1,000	5,737
Cash at bank and in hand		291,857	190,405
		<u>292,857</u>	<u>196,142</u>
Creditors: amounts falling due within one year	17	103,531	51,802
Net current assets		<u>189,326</u>	<u>144,340</u>
Total assets less current liabilities		<u>190,625</u>	<u>145,522</u>
Net assets		<u>190,625</u>	<u>145,522</u>
Funds of the charity			
Restricted funds		278	678
Unrestricted funds		<u>190,347</u>	<u>144,844</u>
Total charity funds	20	<u>190,625</u>	<u>145,522</u>

For the year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on Sep 23, 2021, and are signed on behalf of the board by:


Dylan Wilson-Lewis (Sep 23, 2021 10:44 GMT+1)

D Wilson-Lewis
Trustee

The notes on pages 13 to 24 form part of these financial statements.

Mind Aberystwyth
Company Limited by Guarantee
Statement of Cash Flows
Year ended 31 March 2021

	2021 £	2020 £
Cash flows from operating activities		
Net income	45,103	75,997
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	433	394
Other interest receivable and similar income	(118)	(523)
Interest payable and similar charges	154	216
Accrued expenses/(income)	5,276	(31,154)
<i>Changes in:</i>		
Trade and other debtors	4,737	18,404
Trade and other creditors	46,453	11,405
Cash generated from operations	102,038	74,739
Interest paid	(154)	(216)
Interest received	118	523
Net cash from operating activities	<u>102,002</u>	<u>75,046</u>
Cash flows from investing activities		
Purchase of tangible assets	(550)	(447)
Net cash used in investing activities	<u>(550)</u>	<u>(447)</u>
Net increase in cash and cash equivalents	101,452	74,599
Cash and cash equivalents at beginning of year	190,405	115,806
Cash and cash equivalents at end of year	<u>291,857</u>	<u>190,405</u>

The notes on pages 13 to 24 form part of these financial statements.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements
Year ended 31 March 2021

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in and a registered charity in England and Wales. The address of the registered office is The Cambria, Marine Terrace, Aberystwyth, Ceredigion, SY23 2AZ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2021

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2021

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% reducing balance

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that are largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2021

3. Accounting policies *(continued)*

Financial instruments *(continued)*

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

Members of the company guarantee to contribute an amount not exceeding £10 to the assets of the company in the event of winding up.

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2021

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations			
Donations	17,499	–	17,499
Grants			
Grants - Lloyds Foundation	–	–	–
Grants - EIP Project	–	7,094	7,094
Other Grants	500	4,177	4,677
	<u>17,999</u>	<u>11,271</u>	<u>29,270</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Donations			
Donations	21,854	–	21,854
Grants			
Grants - Lloyds Foundation	–	23,800	23,800
Grants - EIP Project	–	9,914	9,914
Other Grants	–	–	–
	<u>21,854</u>	<u>33,714</u>	<u>55,568</u>

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Hywel Dda Wanless Core Grant	113,522	–	113,522
Postcode Lottery	–	3,091	3,091
Awards for All	–	–	–
Shared Learning LEIPSLS	–	52	52
Active Monitoring	–	29,548	29,548
Side By Side Cymru	–	16,131	16,131
CCC Floating Support Spot Contracts	4,123	–	4,123
Gwalia Care & Support Supporting People	125,550	–	125,550
Reboot	–	–	–
Blue Light	–	4,160	4,160
My Generation	–	–	–
	<u>243,195</u>	<u>52,982</u>	<u>296,177</u>

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements (continued)
Year ended 31 March 2021

6. Charitable activities (continued)

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Hywel Dda Wanless Core Grant	113,522	–	113,522
Postcode Lottery	–	62	62
Awards for All	–	4,400	4,400
Shared Learning LEIPSLS	–	198	198
Active Monitoring	–	–	–
Side By Side Cymru	–	40,026	40,026
CCC Floating Support Spot Contracts	25,515	–	25,515
Gwalia Care & Support Supporting People	129,630	–	129,630
Reboot	–	13,943	13,943
Blue Light	–	2,330	2,330
My Generation	–	7,135	7,135
	<u>268,667</u>	<u>68,094</u>	<u>336,761</u>

7. Investment income

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Bank interest receivable	<u>118</u>	<u>118</u>	<u>523</u>	<u>523</u>

8. Other income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
In House Sessions	200	–	200
General income Other	383	–	383
Other	250	–	250
Covid Related Income	16,726	15,000	31,726
	<u>17,559</u>	<u>15,000</u>	<u>32,559</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
In House Sessions	1,529	–	1,529
General income Other	3,385	–	3,385
Other	16	–	16
Covid Related Income	–	–	–
	<u>4,930</u>	<u>–</u>	<u>4,930</u>

Mind Aberystwyth
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Notes to the Financial Statements (continued)
Year ended 31 March 2021

9. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2021 £	Total fund 2020 £
Charitable Activity	254,496	54,652	309,148	317,478
Governance costs	—	3,873	3,873	4,307
	<u>254,496</u>	<u>58,525</u>	<u>313,021</u>	<u>321,785</u>

10. Analysis of support costs

	Analysis of support costs £	Total 2021 £	Total 2020 £
Premises	32,200	32,200	32,241
Communications and IT	9,924	9,924	9,765
General office	7,702	7,702	8,820
Human resources	4,672	4,672	4,433
Finance costs	154	154	216
Governance costs	3,873	3,873	4,307
	<u>58,525</u>	<u>58,525</u>	<u>59,782</u>

11. Net income

Net income is stated after charging/(crediting):

	2021 £	2020 £
Depreciation of tangible fixed assets	<u>433</u>	<u>394</u>

12. Independent examination fees

	2021 £	2020 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>2,400</u>	<u>2,400</u>

13. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021 £	2020 £
Wages and salaries	224,844	216,326
Social security costs	9,320	7,880
Employer contributions to pension plans	3,873	3,270
	<u>238,037</u>	<u>227,476</u>

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2021

13. Staff costs *(continued)*

The average head count of employees during the year was 14 (2020: 15). The average number of full-time equivalent employees during the year is analysed as follows:

	2021	2020
	No.	No.
Administration Staff	4	4
Other Staff	6	6
	<u>10</u>	<u>10</u>

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

14. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees

15. Tangible fixed assets

	Equipment
	£
Cost	
At 1 April 2020	19,731
Additions	550
At 31 March 2021	<u>20,281</u>
Depreciation	
At 1 April 2020	18,549
Charge for the year	433
At 31 March 2021	<u>18,982</u>
Carrying amount	
At 31 March 2021	<u>1,299</u>
At 31 March 2020	<u>1,182</u>

16. Debtors

	2021	2020
	£	£
Trade debtors	–	4,737
Prepayments and accrued income	1,000	1,000
	<u>1,000</u>	<u>5,737</u>

Mind Aberystwyth
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Notes to the Financial Statements *(continued)*
Year ended 31 March 2021

17. Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	850	2,999
Accruals and deferred income	100,065	46,534
Social security and other taxes	2,616	2,269
	<u>103,531</u>	<u>51,802</u>

18. Deferred income

	2021	2020
	£	£
At 1 April 2020	44,134	33,300
Amount deferred in year	48,255	10,834
At 31 March 2021	<u>92,389</u>	<u>44,134</u>

19. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £3,873 (2020: £3,270).

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2021

20. Analysis of charitable funds

Unrestricted funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 20 21 £
Wanless	1,090	113,722	(98,814)	(14,900)	1,098
General Funds	100,850	500	(465)	–	100,885
Designated Fund - Future Projects	11,580	–	–	14,900	26,480
CCC - Floating Support	–	4,123	(4,090)	–	33
Spot Contract	31,324	125,550	(122,030)	–	34,844
Supporting People	–	34,976	(7,871)	(98)	27,007
Ad Hoc Funding	–	–	–	–	–
	<u>144,844</u>	<u>278,871</u>	<u>(233,270)</u>	<u>(98)</u>	<u>190,347</u>

	At 1 April 2019 £	Income £	Expenditure £	Transfers £	At 31 March 20 20 £
Wanless	–	113,523	(106,956)	(5,477)	1,090
General Funds	69,208	27,306	–	4,336	100,850
Designated Fund - Future Projects	–	–	–	11,580	11,580
CCC - Floating Support	–	25,515	(25,750)	235	–
Spot Contract	–	129,630	(93,991)	(4,315)	31,324
Supporting People	–	–	–	–	–
Ad Hoc Funding	–	–	–	–	–
	<u>69,208</u>	<u>295,974</u>	<u>(226,697)</u>	<u>6,359</u>	<u>144,844</u>

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2021

20. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
Lloyds Foundation	—	—	—	—	—
My Generation	—	—	—	—	—
Reboot UK	520	—	—	(520)	—
Awards for All	—	—	—	—	—
Side by Side Cymru	72	16,131	(16,088)	—	115
EIP Project	85	7,094	(7,097)	—	82
Blue Light	1	4,160	(4,159)	(2)	—
Postcode Lottery	—	3,091	(3,076)	(15)	—
Shared Learning	—	—	—	—	—
LEIPSLS	—	52	(19)	—	33
Active Monitoring	—	29,548	(29,500)	—	48
Ad Hoc Funding	—	19,177	(19,812)	635	—
	<u>678</u>	<u>79,253</u>	<u>(79,751)</u>	<u>98</u>	<u>278</u>

	At 1 April 2019	Income	Expenditure	Transfers	At 31 March 2020
	£	£	£	£	£
Lloyds Foundation	—	23,800	(23,800)	—	—
My Generation	55	7,135	(1,717)	(5,473)	—
Reboot UK	72	13,943	(13,495)	—	520
Awards for All	29	4,400	(3,543)	(886)	—
Side by Side Cymru	72	40,026	(40,026)	—	72
EIP Project	89	9,914	(9,918)	—	85
Blue Light	—	2,330	(2,329)	—	1
Postcode Lottery	—	62	(62)	—	—
Shared Learning	—	—	—	—	—
LEIPSLS	—	198	(198)	—	—
Active Monitoring	—	—	—	—	—
Ad Hoc Funding	—	—	—	—	—
	<u>317</u>	<u>101,808</u>	<u>(95,088)</u>	<u>(6,359)</u>	<u>678</u>

Mind Aberystwyth
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2021

20. Analysis of charitable funds *(continued)*

Blue Light - to fund the delivery of training and support services to 'Blue Light' organisations

Side By Side Cymru - to fund development of peer support in community groups

Reboot UK - to fund support for digital inclusion.

EIP Project - Early Intervention in Psychosis.

Postcode Lottery - to fund development of activities.

Shared Learning LEIPSLS - to promote learning, engagement, influence and participation

Active Monitoring - guided self-help course to help with anxiety, depression, self-esteem stress, feeling alone, managing anger and grief and loss

21. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	1,299	—	1,299
Current assets	246,359	46,498	292,857
Creditors less than 1 year	(57,311)	(46,220)	(103,531)
Net assets	<u>190,347</u>	<u>278</u>	<u>190,625</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Tangible fixed assets	1,182	—	1,182
Current assets	195,464	678	196,142
Creditors less than 1 year	(51,802)	—	(51,802)
Net assets	<u>144,844</u>	<u>678</u>	<u>145,522</u>

22. Analysis of changes in net debt

	At 1 Apr 2020 £	Cash flows £	At 31 Mar 2021 £
Cash at bank and in hand	<u>190,405</u>	<u>101,452</u>	<u>291,857</u>