

NORTH EAST WALES MIND

England & Wales · Charity number 1126091

Details

Other names	FLINTSHIRE MIND
Status	Registered
Legal form	Charitable company
Company number	06504104
Registered	2008-09-29
Register	View on the Charity Commission register

Contact

Address	The Wellbeing Centre 23b Chester Street Mold Flintshire CH7 1EG
Phone	01352974430
Email	enquiries@newmind.org.uk
Website	www.newmind.org.uk

Activities

Objects: TO PROMOTE THE PRESERVATION AND THE SAFEGUARDING OF THE MENTAL HEALTH AND THE RELIEF OF PERSONS SUFFERING FROM MENTAL DISORDER IN ASSOCIATION WITH MIND (NATIONAL ASSOCIATION FOR MENTAL HEALTH), IN ACCORDANCE WITH THE AIMS AND OBJECTIVE OF MIND.

Activities: North East Wales Mind exists to promote and protect good mental health. We provide high quality services to support people in Flintshire and Wrexham experiencing mental health problems. They include information and advice, social groups, peer support, counselling, training, holistic therapies and activities such as creative arts and walking.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE LOCAL
- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£502,813	£439,139	£177,414	14
2024-03-31	£521,517	£568,282	£113,740	17
2023-03-31	£520,299	£582,268	£160,505	17
2022-03-31	£509,447	£498,201	£222,474	19
2021-03-31	£567,054	£413,674	£211,228	15

Trustees

Name	Role	Appointed
Caradoc Fitzgerald Lowe	Chair	2026-02-27
Martin James Birch		2024-08-20
Martin Parry		2026-02-27
Stephanie Pooley		2025-11-27

Accounts

REGISTERED COMPANY NUMBER: 06504104 (England and Wales)
REGISTERED CHARITY NUMBER: 1126091

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025
FOR
NORTH EAST WALES MIND LIMITED**

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

NORTH EAST WALES MIND LIMITED

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

	Page
Report of the Trustees	1 to 8
Independent Examiner's Report	9
Statement of Financial Activities	10
Balance Sheet	11 to 12
Notes to the Financial Statements	13 to 18
Detailed Statement of Financial Activities	19 to 20

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2026. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Chair's Trustee Report

As Chair of North East Wales Mind, I am pleased to present this report reflecting on our continued progress and strategic focus over the past year. Our mission to support individuals experiencing mental health challenges remains at the heart of everything we do, and I am proud of the dedication shown by our board, staff, and volunteers.

Strengthening Governance and Board Development

This year, we welcomed several new trustees to our board, bringing fresh perspectives, diverse experiences, and renewed energy to our governance. Embedding these new members has been a key priority. We have implemented a structured induction programme, pairing new trustees with experienced board members and offering tailored training to ensure they are well-equipped to contribute effectively.

Our board development efforts have focused on fostering a collaborative and inclusive culture, where trustees feel empowered to challenge constructively and support the organisation's strategic direction. I am confident that our strengthened board is well-positioned to provide robust oversight and guidance in the years ahead.

Strategic Collaboration with Leadership

Our partnership with the CEO and Senior Leadership Team continues to be a key driver of our success. Working to align operational delivery with our strategic objectives, ensuring that our services remain responsive, impactful, and sustainable.

Supporting Those Most in Need

At the core of our strategy is a commitment to reaching our community most in need, those who face the greatest barriers to mental health support.

We continue to listen to the voices of lived experience, ensuring that our services are shaped by those who use them. Our work in this area is ongoing, and we remain dedicated to evolving our approach to meet the complex and changing needs of our community.

Looking Ahead

As we move forward, our focus will remain on strengthening our governance, deepening our strategic partnerships, and enhancing our impact. I am grateful to all trustees, staff, volunteers, and partners for their unwavering commitment to our shared mission.

Together, we will continue to build a resilient, compassionate, and inclusive organisation that makes a real difference in the lives of those we serve.

Joanna Seymour Chair, North East Wales Mind

OBJECTIVES AND ACTIVITIES

AIMS & OBJECTIVE

North East Wales Mind was set up to promote and safeguard mental health for people in Flintshire and Wrexham and its aims are set out in the objects contained in the charity's Memorandum of Association. The organisation was established in 2008 to work in association with Mind (the National Association for Mental Health) and to follow the vision, mission, values and goals of Mind.

Our vision

Good mental health and wellbeing for everyone in North East Wales.

Our mission

We fight for mental health. For support. For respect. For everyone in North East Wales.

We empower people to live their life to the full and have hope for the future

We speak up for those of us with mental health problems

Our values :

We are

- * Open: we reach out to those who need us

- * Accepting and responsive: we listen and act to make things better

- * Kind: we meet people with compassion and respect

- * Hopeful: we believe a better future is possible

- * Experienced: we bring together knowledge, lived experience and expertise

OUR STRATEGIC PRIORITIES 2023-27

We will continue to work for people experiencing mental health problems by:

Developing support for children and young people aged 13+

- We'll start two new services for young people.

Embedding a Trauma Informed approach throughout our work

- We'll become a Trauma Enhanced organisation as described in the Trauma Informed Wales Framework

Developing services and support in Wrexham and its surrounding communities

- We'll triple the number of people we support in Wrexham - raising the number supported to at least 750 each year by 2027.

Fighting for the mental health of marginalised people and those in poverty

- We'll work with local people and organisations to set up a network of at least 10 peer support groups of people from marginalised groups

NE Wales Mind's vision is of a society that promotes and protects good mental health for all, we believe that everyone deserves support for their mental health, regardless of waiting lists or accessibility barriers. We are here to provide timely compassionate mental health service that makes a real difference in people's lives. During 2024 we continued to provide wellbeing activities and peer support groups across Flintshire and Wrexham. These included Live life to the full courses. We focused on community venues and held lived experience events to shape our program going forward. NE Wales Mind has successfully launched a second trauma informed peer group, ESG- emotional support group- in Wrexham.

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

Each year the Board of NE Wales Mind review what has been achieved over the past 12 months. The review looks at the success of each activity and the benefits it has brought to those groups of people the organisation is set up to help. The review also helps us ensure our aims, objectives and activities remain focused on our stated purposes (as above). The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the work of the organisation and the aims and objectives set.

SIGNIFICANT ACTIVITIES

In order to achieve its purpose and objectives the charity provided a range of services to people in NE Wales experiencing concern with their mental health and focussing on prevention through wellbeing activities. We continued to provide remotely delivered services by phone and/or online, but also regular face to face services. This change, which was accelerated by the pandemic, means that we are able to provide a blended service. The benefits of the information and guidance service for beneficiaries are that having up-to-date and reliable information allows people to take more control of their mental health, to start a process of recovery, or to maintain good mental health and well-being.

WHO WE BENEFIT

Figures from Public Health Wales show that in 2023 the adult population of Flintshire and Wrexham (16+) was estimated to be 299,200. In a normal year 1 in 4 people in the UK will experience a mental health problem each year, so we can estimate that around 70,000 people in NE Wales will experience a mental health problem each year. Over their lifetime 17 in every 100 people will experience suicidal thoughts and three in every hundred will self-harm.

All of these people, their friends and relatives, may sometimes have a need for the information and support which NE Wales Mind aims to provide. Whilst most speak Welsh or English, we have joined together with national Mind to have an array of supportive literature available in multiple languages from Arabic, Polish, Romanian and many more.

Most of the services provided by NE Wales Mind were free to the end user (except for workplace wellbeing and some counselling services). Because of the funding available, most of the services were available to all adults 16 + living in Flintshire and Wrexham. Most services were open or self-referral (ie they were open to everyone and no selection criteria applied). The exception to this were the Parabl and Rhyl City Strategy services as these require an individual assessment prior to onward referral to NE Wales Mind.

The Trustees take the issue of equal access to services very seriously and have an equal opportunities policy which sets out the organisation's commitment to equal opportunities for all to access NE Wales Mind's services. During the year staff received Equality, Equity and Diversity training.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

14 staff (10 full time equivalents) and 19 volunteers provided services to 1,273 individuals and responded to 598 enquiries for information and signposting through email and telephone.

The trustees are proud of what was achieved supporting people with mental health problems.

Key achievements were:

- Continuing to deliver blended services (both remote and face to face support).

The Wellbeing centre is open to 8 pm on a Tuesday and a Thursday, supporting Volunteers and wellbeing calls under the secured funding from Flintshire County Council Adult mental health and WCVA (Wales Council Voluntary Action)

- Providing supported self-help service (Active Monitoring) face -to-face, remotely over the phone and using interactive online resources. We supported 203 people during the year. Clients overwhelmingly improved after using this service and their outcomes were above the average for Wales.

- Delivering counselling to 253 people through private counselling, Parabl, RCS (Rhyl City Strategy) and the probation service.

- Wellbeing hubs in Flint Library and Caia Park Partnership in Wrexham. The hubs provided mindfulness as well as supported self-help and information and advice, including energy advice and scam awareness and money management. Under the funding secured by BCUHB - ICAN funding.

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

FINANCIAL REVIEW

Financial position

Financial overview

Finances were stable, even allowing for the additional costs of a restructuring, which resulted in an increased deficit for the year. The organisation continued to successfully deliver its contracts and manage its cashflow as it dealt with the impact of the effects of the pandemic and cost of living crisis.

The team's efforts were successful in managing through a year of transition, resulting in total year-end reserves of £177,414 to be carried forward as the base for future years.

The charity met the Trustees Reserves Policy of at least 3 months normal operating costs for most of the year, with this falling behind the target by the year end. The trustee's focus is to restore the reserves to at least 3 months operating costs, as soon as practical over the next couple of years,

Financial outlook

Although 2024/25 ended in a stable financial situation, the trustees are aware that the financial environment for charities is still challenging, especially given the ongoing effects of the cost-of-living crisis. This is impacting our partners and our service users which means funding does not keep pace with either demand or increasing costs.

The Trustees continue to take seriously their responsibility to plan a sustainable future for the organisation. by a combination of income diversification away from reliance on large tenders and cost mitigation.

Part of the reason for seeking alternative income sources is that contracts from the public sector remain short term and uncertain and pricing rarely keeps pace with inflation.

In order to mitigate the risk of losing public sector funding streams the trustees will seek to extend or will re-tender for existing contracts where that is possible and financially viable. For projects/contracts where funding is unlikely to be continued the organisation will look for new contracts/services to replace those lost, as well as continuing to expand fundraising, grant and paid for services. More resources will continue to be put into developing and selling paid-for training courses and talking therapies and seeking to work with Mind nationally to deliver Mind's branded products locally. We will continue to work with other local Minds in North Wales to identify cost-efficiencies as well as joint opportunities to tender for work across North Wales. Grants will be sought to help the organisation develop its core business functions so that it can continue to provide services as cost-effectively as possible.

Supporters and funders

It is with sincere gratitude that the Board wishes to acknowledge the financial support of the following for its continued work in supporting Flintshire and Wrexham people experiencing mental distress:

- * Betsi Cadwaladr University Health Board
- * Flintshire County Council
- * Caia Park Partnership
- * WCVA- Wales Council Volunteer Action
- * Flintshire Local Voluntary Council
- * Individual donors and fundraisers
- * Mind and Mind Cymru
- * Actif Grant through Aura
- * Wales and West Utilities
- * Mind our future/ The venture
- * Toyota Grant

We would also like to acknowledge the enormous practical support received from

- * Adferiad and partners in the Parabl project
- * Aura Libraries and Leisure
- * Caia Park Partnership
- * Flintshire County Council's Mental Health Support Services
- * Mind (National Association for Mental Health)
- * The Good Things Foundation- data bank
- * Barclays bank
- * Samaritans
- * Wise group.
- * NE Wales Mind volunteers, who give freely of their time and expertise
- * Bethel Chapel
- * Tyddyn Street Church
- * Foodbanks across Flintshire and Wrexham
- * Buckley Village Hall

OUR STRATEGY AND FUTURE PLANS

We continue to recruit additional trustees with skills which are identified as missing from the board, using a skills review. Our thanks go to both new trustees and those who have recently retired.

A new business development and income generation manager has been recruited to provide additional resource and focus on long term financial sustainability. This is in its early stages.

We have successfully completed a Mind Quality Mark external audit, in order to ensure quality and retain our national Mind affiliation.

Plans to respond to the increasing demand and other external issues include:

- To complete work on the implementation plan for our strategy - April 2023 to March 2027 by considering a wide range of external and internal factors, to provide a roadmap for the development of the organisation and its services by way of a new business plan
- To seek opportunities to extend the reach of the Supported Self Help service to support more people with mild to moderate mental health problems. including a pilot of a service for children and young people
- To further develop workplace wellbeing services in order to provide training and counselling for people who are employed. As part of this work, develop an in-house team able to deliver Mental Health First Aid training.
- To continue to provide in-person community wellbeing services from Wellbeing Centres and hubs in Mold, Flintshire and Wrexham
- To explore opportunities to work more closely and strategically with other local Minds in North Wales.
- To concentrate on the learning and development needs of board, staff and volunteers by developing and implementing a learning and development plan for the organisation
- To influence change in the mental health system in North Wales through participation in and leadership of local stakeholder groups and communities of practice.
- To actively contribute to the Mind network by taking a leadership role in One Mind in Wales, as well as taking up other opportunities at all levels in our organisation.

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

North East Wales Mind is controlled by its governing document, a Memorandum and Articles of Association as incorporated on 14 February 2008, and constitutes a company, limited by guarantee, as defined by the Companies Act 1985. The governing document was amended on 2 December 2016 to show that the organisation's name, which had previously been Flintshire Mind, has changed to North East Wales Mind.

Recruitment and appointment of new trustees

As of 31 March 2025, the charity had four trustees of a possible 15. All trustees of the charity are also company directors. Nominations for the position of trustee/director are sought from members and others with an interest in the governance of the organisation, to be elected by the membership at the Annual General Meeting. The trustees may, at any time, co-opt further trustees to join them on the board. Each year one third of the trustees will resign, but can seek re-election. All co-opted trustees retire at the AGM but may be re-appointed.

All Trustees give their time voluntarily.

Trustees are provided with an induction pack and new Trustees attend an induction meeting with the Chief Executive and the management team. Trustees can access training and development opportunities which are relevant to their role.

Organisational structure

The NE Wales Mind Board is responsible for the strategic direction of the organisation, meets regularly each year and is accountable to the membership. The Board sometimes convenes ad-hoc subcommittees which consider specific issues in relation to other issues.

The Trustees delegate the day-to-day operation of the organisation to the Chief Executive Officer, and through the CEO to the staff and volunteers. The Trustees require regular progress reports on services and activities and scrutinise and approve budgets, financial reports and funding bids in line with delegated authority levels. Trustees take responsibility, with advice from staff, for the development and approval of policies and procedures to govern the work of the organisation and for the recruitment and appointment of staff.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06504104 (England and Wales)

Registered Charity number

1126091

Registered office

The Wellbeing Centre
23b Chester Street
Mold
Flintshire
CH7 1EG

Trustees

Ms K J Gallagher (resigned 10.5.24)
Ms M E Jones (resigned 30.9.24)
Ms P M Thomas (resigned 5.12.24)
N Sturmey (resigned 31.12.24)
Ms J Seymour
M J Birch (appointed 20.8.24)
Mrs V Goodwin (appointed 28.6.24)

Company Secretary

Miss M Collard

NORTH EAST WALES MIND LIMITED

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

REFERENCE AND ADMINISTRATIVE DETAILS

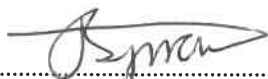
Independent Examiner

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

Bankers

CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Approved by order of the board of trustees on^{27/11/25}..... and signed on its behalf by:



.....
Ms J Seymour - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NORTH EAST WALES MIND LIMITED

Independent examiner's report to the trustees of North East Wales Mind Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

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

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

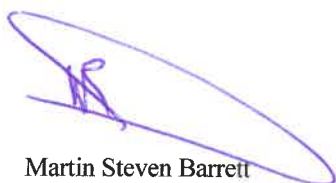
Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can 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.



Martin Steven Barrett

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

Date: 23/11/2025.....

NORTH EAST WALES MIND LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

		Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations, grants and contract income	2	418,378	21,452	439,830	420,995
Other trading activities	3	59,400	-	59,400	95,172
Investment income	4	3,583	-	3,583	5,350
Total		<u>481,361</u>	<u>21,452</u>	<u>502,813</u>	<u>521,517</u>
EXPENDITURE ON					
Charitable activities					
Charitable		<u>422,751</u>	<u>16,388</u>	<u>439,139</u>	<u>568,282</u>
NET INCOME/(EXPENDITURE)		58,610	5,064	63,674	(46,765)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>113,740</u>	-	<u>113,740</u>	<u>160,505</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>172,350</u></u>	<u><u>5,064</u></u>	<u><u>177,414</u></u>	<u><u>113,740</u></u>

The notes form part of these financial statements

NORTH EAST WALES MIND LIMITED

BALANCE SHEET 31 MARCH 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	8	-	-	-	476
CURRENT ASSETS					
Debtors	9	29,482	110	29,592	41,418
Cash at bank		207,025	5,332	212,357	191,610
		<u>236,507</u>	<u>5,442</u>	<u>241,949</u>	<u>233,028</u>
CREDITORS					
Amounts falling due within one year	10	(63,483)	(378)	(63,861)	(115,146)
NET CURRENT ASSETS		<u>173,024</u>	<u>5,064</u>	<u>178,088</u>	<u>117,882</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>173,024</u>	<u>5,064</u>	<u>178,088</u>	<u>118,358</u>
CREDITORS					
Amounts falling due after more than one year	11	(674)	-	(674)	(4,618)
NET ASSETS		<u>172,350</u>	<u>5,064</u>	<u>177,414</u>	<u>113,740</u>
FUNDS	12				
Unrestricted funds				172,350	113,740
Restricted funds				5,064	-
TOTAL FUNDS				<u>177,414</u>	<u>113,740</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

NORTH EAST WALES MIND LIMITED

BALANCE SHEET - continued
31 MARCH 2025

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

The financial statements were approved by the Board of Trustees and authorised for issue on 27/11/25 and were signed on its behalf by:


.....
J Seymour - Trustee

The notes form part of these financial statements

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

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

Tangible fixed assets

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

Fixtures and fittings	- 25% on cost
Computer equipment	- 33% on cost

Taxation

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

Fund accounting

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

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

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

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

2. DONATIONS, GRANTS AND CONTRACT INCOME

	2025	2024
	£	£
Donations	56,452	31,305
Contract Income	383,378	389,690
	<u>439,830</u>	<u>420,995</u>

3. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Counselling Income	30,699	25,617
Training	20,432	64,535
Other income	7,181	5,020
Room hire	1,088	-
	<u>59,400</u>	<u>95,172</u>

4. INVESTMENT INCOME

	2025	2024
	£	£
Interest received	3,583	5,350
	<u>3,583</u>	<u>5,350</u>

5. NET INCOME/(EXPENDITURE)

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

	2025	2024
	£	£
Depreciation - owned assets	476	789
	<u>476</u>	<u>789</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

Trustee's expenses of £98 were paid for the year ended 31 March 2025. There were £199 of expenses paid for the year ended 31 March 2024.

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

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations, grants and contract income	420,995	-	420,995
Other trading activities	95,172	-	95,172
Investment income	5,350	-	5,350
Total	<u>521,517</u>	<u>-</u>	<u>521,517</u>
EXPENDITURE ON			
Charitable activities			
Charitable	568,282	-	568,282
NET INCOME/(EXPENDITURE)	<u>(46,765)</u>	<u>-</u>	<u>(46,765)</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	160,505	-	160,505
TOTAL FUNDS CARRIED FORWARD	<u>113,740</u>	<u>-</u>	<u>113,740</u>

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2024 and 31 March 2025	<u>10,119</u>	<u>9,723</u>	<u>19,842</u>
DEPRECIATION			
At 1 April 2024	9,960	9,406	19,366
Charge for year	159	317	476
At 31 March 2025	<u>10,119</u>	<u>9,723</u>	<u>19,842</u>
NET BOOK VALUE			
At 31 March 2025	<u>-</u>	<u>-</u>	<u>-</u>
At 31 March 2024	<u>159</u>	<u>317</u>	<u>476</u>

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

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	2025	2024	
	£	£	
Trade debtors	24,847	30,236	
Prepayments and accrued income	4,745	11,182	
	<u>29,592</u>	<u>41,418</u>	
10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	2025	2024	
	£	£	
Trade creditors	6,820	5,800	
Social security and other taxes	(14)	18,611	
WCVA: Third Sector Resilience	3,944	3,944	
Accruals and deferred income	53,111	86,791	
	<u>63,861</u>	<u>115,146</u>	
11. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR			
	2025	2024	
	£	£	
WCVA: Third Sector Resilience	674	4,618	
12. MOVEMENT IN FUNDS			
	At 1.4.24	Net movement	At
	£	in funds	31.3.25
		£	£
Unrestricted funds			
General fund	113,740	58,610	172,350
Restricted funds			
WCVA Volunteering Wales	-	5,064	5,064
TOTAL FUNDS	<u>113,740</u>	<u>63,674</u>	<u>177,414</u>
Net movement in funds, included in the above are as follows:			
	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	481,361	(422,751)	58,610
Restricted funds			
WCVA Volunteering Wales	21,452	(16,388)	5,064
TOTAL FUNDS	<u>502,813</u>	<u>(439,139)</u>	<u>63,674</u>

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

12. MOVEMENT IN FUNDS - continued**Comparatives for movement in funds**

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	160,505	(46,765)	113,740
TOTAL FUNDS	<u>160,505</u>	<u>(46,765)</u>	<u>113,740</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	521,517	(568,282)	(46,765)
TOTAL FUNDS	<u>521,517</u>	<u>(568,282)</u>	<u>(46,765)</u>

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

	At 1.4.23 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	160,505	11,845	172,350
Restricted funds			
WCVA Volunteering Wales	-	5,064	5,064
TOTAL FUNDS	<u>160,505</u>	<u>16,909</u>	<u>177,414</u>

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

12. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,002,878	(991,033)	11,845
Restricted funds			
WCVA Volunteering Wales	21,452	(16,388)	5,064
TOTAL FUNDS	<u>1,024,330</u>	<u>(1,007,421)</u>	<u>16,909</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

NORTH EAST WALES MIND LIMITED**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations, grants and contract income		
Donations	56,452	31,305
Contract Income	383,378	389,690
	439,830	420,995
Other trading activities		
Counselling Income	30,699	25,617
Training	20,432	64,535
Other income	7,181	5,020
Room hire	1,088	-
	59,400	95,172
Investment income		
Interest received	3,583	5,350
Total incoming resources	502,813	521,517
EXPENDITURE		
Charitable activities		
Wages	313,303	393,425
Rates and water	1,725	1,278
Insurance	4,779	4,715
Light and heat	5,260	5,617
Telephone	3,767	7,079
Postage and stationery	2,331	2,543
Sundries	1,052	2,021
Activities and training	1,728	3,159
Training courses	4,909	14,202
Travel & subsistence	5,418	2,467
Website & computers	8,540	13,870
Fees & Subscriptions	2,095	2,737
Office maintenance	4,675	4,231
Trainer fees	16,342	23,426
Therapist fees	12,187	14,408
Other	11,011	9,420
Rent	13,872	13,400
Accountancy fees	8,668	7,266
Room hire	13,733	13,976
Staff recruitment	268	9,962
Subcontractor fees	3,000	18,291
Carried forward	438,663	567,493

This page does not form part of the statutory financial statements

NORTH EAST WALES MIND LIMITED**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

	2025 £	2024 £
Charitable activities		
Brought forward	438,663	567,493
Fixtures and fittings	159	189
Computer equipment	317	600
	439,139	568,282
Total resources expended	439,139	568,282
Net income/(expenditure)	63,674	(46,765)

This page does not form part of the statutory financial statements

Accounts

REGISTERED COMPANY NUMBER: 06504104 (England and Wales)
REGISTERED CHARITY NUMBER: 1126091

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
FOR
NORTH EAST WALES MIND LIMITED**

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

NORTH EAST WALES MIND LIMITED

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

	Page
Report of the Trustees	3 to 11
Independent Examiner's Report	12
Statement of Financial Activities	13
Balance Sheet	14 to 15
Notes to the Financial Statements	16 to 21

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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

AIMS & OBJECTIVES

North East Wales Mind was set up to promote and safeguard mental health for people in Flintshire and Wrexham and its aims are set out in the objects contained in the charity's Memorandum of Association. The organisation was established in 2008 to work in association with Mind (the National Association for Mental Health) and to follow the vision, mission, values and goals of national Mind.

Our vision

Good mental health and wellbeing for everyone in North East Wales.

Our mission

We fight for mental health. For support. For respect. For everyone in North East Wales.

We empower people to live their life to the full and have hope for the future

We speak up for those of us with mental health problems

Our values:

We are

- * Open: we reach out to those who need us
- * Accepting and responsive: we listen and act to make things better
- * Kind: we meet people with compassion and respect
- * Hopeful: we believe a better future is possible
- * Experienced: we bring together knowledge, lived experience and expertise

OUR STRATEGIC PRIORITIES 2023-27

We will continue to work for people experiencing mental health problems by:

Developing support for children and young people aged 13+

- We'll start two new services for young people.

Embedding a Trauma Informed approach throughout our work

- We'll become a Trauma Enhanced organisation as described in the Trauma Informed Wales Framework

Developing services and support in Wrexham and its surrounding communities

- We'll triple the number of people we support in Wrexham - raising the number supported to at least 750 each year by 2027.

Fighting for the mental health of marginalised people and those in poverty

- We'll work with local people and organisations to set up a network of at least 10 peer support groups of people from marginalised groups

NE Wales Mind's vision is of a society that promotes and protects good mental health for all, we believe that everyone deserves support for their mental health, regardless of waiting lists or accessibility barriers. We are here to provide timely compassionate mental health service that makes a real difference in people's lives. During 2024 we continued to provide wellbeing activities and peer support groups across Flintshire and Wrexham. These included Live life to the full courses. We focused on community venues and held lived experience events to shape our program going forward. NE Wales Mind has successfully launched a second trauma informed peer group, ESG- emotional support group- in Wrexham.

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

Each year the Board of NE Wales Mind review what has been achieved over the past 12 months. The review looks at the success of each activity and the benefits it has brought to those groups of people the organisation is set up to help. The review also helps us ensure our aims, objectives and activities remain focused on our stated purposes (as above). The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the work of the organisation and the aims and objectives set.

WHO WE BENEFIT

Figures from Public Health Wales show that in 2023 the adult population of Flintshire and Wrexham (16+) was estimated to be 299,200. In a normal year 1 in 4 people in the UK will experience a mental health problem each year, so we can estimate that around 70,000 people in NE Wales will experience a mental health problem each year. Over their lifetime 17 in every 100 people will experience suicidal thoughts and three in every hundred will self-harm.

All of these people, their friends and relatives, may sometimes have a need for the information and support which NE Wales Mind aims to provide. Whilst most speak Welsh or English, we have joined together with national Mind to have an array of supportive literature available in multiple languages from Arabic, Polish, Romanian and many more.

Most of the services provided by NE Wales Mind were free to the end user (except for workplace wellbeing and some counselling services). Because of the funding available, most of the services were available to all adults 16 + living in Flintshire and Wrexham. Most services were open or self-referral (i.e. they were open to everyone and no selection criteria applied). The exception to this were the Parabl and Rhyl City Strategy services as these require an individual assessment prior to onward referral to NE Wales Mind.

The Trustees take the issue of equal access to services very seriously and have an equal opportunities policy which sets out the organisation's commitment to equal opportunities for all to access NE Wales Mind's services. During the year staff received Equality, Equity and Diversity training.

SIGNIFICANT ACTIVITIES

In order to achieve its purpose and objectives the charity provided a range of services to people in NE Wales experiencing concern with their mental health and focussing on prevention through wellbeing activities. We continued to provide remotely delivered services by phone and/or online, but also regular face to face services. This change, which was accelerated by the pandemic, means that we are able to provide a blended service. The benefits of the information and guidance service for beneficiaries are that having up-to-date and reliable information allows people to take more control of their mental health, to start a process of recovery, or to maintain good mental health and well-being.

The main services provided were:

Information and guidance

The charity responded to the needs of telephone, email and face to face enquires. A core part of NE Wales Mind's information services is its website www.newmind.org.uk which is available in English and Welsh versions to ensure people have access to information in the language of their choice. Social media continued to play an important role in reaching out to current and new audiences. Facebook, X and LinkedIn were used to give information on support available from NE Wales Mind, as well as to raise awareness of mental health issues, challenge stigma and provide links.

The range of locations for people to get information face to face expanded during the year as new community Wellbeing Hubs are getting more established. As well as the Wellbeing Centre in Mold, people could access information and advice at Wellbeing Hubs at Flint Library, Caia Park Partnership in Wrexham, Rivertown Church in Shotton and Buckley food bank.

Peer support

Life warriors and Emotional support group are expanding numbers, having successfully embedded trauma-based support from face-to-face peer support groups in Flintshire and Caia Park. NE Wales Mind also have recovery and wellbeing support groups in the form of Live life to the full sessions. The benefits of these groups are being recorded against the ONS4 measures.

Community Wellbeing Support and social activities

Both individual and group-based support were provided to help reduce isolation, improve social networks, improve resilience and encourage people to re-engage with their local community. These services were delivered face to face. Studies show that being isolated is bad for mental well-being. Many of the people who access mental health services live alone and have limited family support. It is therefore important to provide a regular source of social support so both actual and online groups were provided every day of the working week. This allows people to maintain and develop friendships with others as well as building their confidence and self-esteem. These activities include:

- o Drop-in sessions (Mold, Flint, Caia Park and Buckley)
- o Mindfulness meditation (Caia Park with Caia Park Partnership, Mold Drop-in)
- o LLTTF- Live life to the full- peer support sessions
- o Online Quiz
- o Online Chair Yoga
- o Chess club
- o Emotional support group and Life warriors- peer support groups, trauma led.

Walks and other outside meetings

Exercise and being outdoors are good for wellbeing. During the year outdoor activities included walk and talk sessions at Wepre park.

Talking therapies

Talking therapies can help people explore their feelings and problems and learn effective skills to help them move on with their lives in a positive way. They can help improve self-esteem, motivation, self-acceptance and work to overcome self-defeating behaviours or habits. We continue to offer services on a blended basis with support being offered in person in Mold, Flint and Caia Park and remotely. Services available during the year were:

* Counselling was provided for people experiencing difficulties affecting their day-to-day lives and which had led to mild to moderate stress, anxiety or depression. People were provided with either up to seven counselling sessions through Betsi Cadwaladr University Health Board funded Parabl service or could choose a more flexible route through the NE Wales Mind's Talking Therapy service.

* Supported Self Help, previously known as Active Monitoring, is an Early Intervention guided self-help service which delivered for people with mild to moderate mental health problems. This service was adapted for online/phone delivery by Mind, with all printed resources being made available as interactive online resources. People were supported to develop a personalised self-help plan using online or printed resources, with the support of a trained practitioner who they could speak to weekly for up to six sessions.

Workplace Wellbeing Support

This service recognises that people at work can be at particular risk of developing mental health problems and that support in improving mental resilience can make a huge difference. Through advice and training, this service delivers an anti-stigma message to a wide audience and can help members of the working community support others who are experiencing mental distress, encouraging them to get early help from their GP and mental health services.

Good progress was made in identifying employers who were keen to support the wellbeing of their workforce. Training in Mental Health First Aid, Mental Health Awareness and Emotional Resilience was provided by face-to-face sessions. Demand for the next year is strong.

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

14 staff (10 full time equivalents) and 19 volunteers provided services to 1,273 individuals and responded to 598 enquiries for information and signposting through email and telephone.

The trustees are proud of what was achieved supporting people with mental health problems.

Key achievements were:

- Continuing to deliver blended services (both remote and face to face support).
- Providing supported self-help service (Active Monitoring) face-to-face, remotely over the phone and using interactive online resources. We supported 1348 people during the year. Clients overwhelmingly improved after using this service and their outcomes were above the average for Wales.
- Delivering counselling to 563 people through private counselling, Parabl, RCS (Rhyl City Strategy) and the probation service.
- Wellbeing hubs in Flint Library and Caia Park Partnership in Wrexham. The hubs provided mindfulness and yoga sessions as well as supported self-help and information and advice, including energy advice and scam awareness and money management. Under the funding secured by Betsi Cadwaladr University Health Board - iCAN funding.
- Supporting the Life Warriors peer support group/therapeutic community group to contribute to a Welsh Government consultation on equality in mental health services in Wales. Starting up the Emotional support group in Caia Park, successfully going into its second year.

Social value

North East Wales Mind, through Joint-working between Flintshire County Council and Flintshire Social Enterprise Partnership, worked to develop the Flintshire Social Impact toolkit, which evidenced the generation of an audited social value of £698,785 during the financial year 1st April 2023- 31st March 2024 for that area.

Activities recorded:

Donations received. - £29,517

Financial/ Business/ Social (professional) advice or advocacy- 1,522 hours

Investment into the sector- £492,673

Online based support - 88 hours delivered per person

Soft skills development- 1,267 hours.

Client and Volunteer Feedback

NE Wales Mind use both formal and informal methods to collect feedback from clients about services. Feedback is provided from the services to the CEO and passed on to the board. It is used as the basis for improvements to services. Some of the comments received from participants during the year were:

- All of this activity over the past 5 years has led me out of some very dark times, I have met a strong group of friends and I am proud that I was able to step up and become a North East Wales Mind volunteer this summer.
- Very satisfied with the service.
- I started to attend Mind Drop In because I felt isolated and alone and wanted to find some friends in my local community. I've attended each week, and it's made me feel much more confident in myself, hopeful for the future and it gives me a structure for my week. It helps me see the light at the end of the tunnel.

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

- It has been an enjoyable experience so far which has helped me to feel more connected to the local community and to contribute to its well-being. Everyone that I've worked with has been very friendly and my contributions feel valued.

- I hope to continue working with Mind for some time as it is a great environment and the work which they do is becoming increasingly necessary in an increasingly unstable world.

- It is a lifeline to us all weekly.

Service user and carer involvement

NE Wales Mind is committed to involving people with experience of mental health problems in every aspect of the organisation, as Trustees, staff and volunteers.

Volunteers

100% of our volunteers have experience of mental health problems (including current clients of NE Wales Mind) and volunteered their time to run online activity and social sessions.

Trustees

Personal Experience of Mental Health: 25%

Family Experience of Mental Health: 75%

Staff:

Personal Experience of Mental Health: 75%

Family Experience of Mental Health: 100%

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

FINANCIAL REVIEW

Financial overview

Finances were stable, even allowing for the additional costs of a restructuring, which resulted in an increased deficit for the year. The organisation continued to successfully deliver its contracts and manage its cashflow as it dealt with the impact of the effects of the pandemic and cost of living crisis.

The team's efforts were successful in managing through a year of transition, resulting in year-end unrestricted reserves of £113,740 to be carried forward as the base for future years.

The charity met the Trustees Reserves Policy of at least 3 months normal operating costs for most of the year, with this falling behind the target by the year end. The trustee's focus is to restore the reserves to at least 3 months operating costs, as soon as practical over the next couple of years,

Financial outlook

Although 2023/24 ended in a stable financial situation, the trustees are aware that the financial environment for charities is still challenging, especially given the ongoing effects of the cost-of-living crisis. This is impacting our partners and our service users which means funding does not keep pace with either demand or increasing costs.

The Trustees continue to take seriously their responsibility to plan a sustainable future for the organisation. by a combination of income diversification away from reliance on large tenders and cost mitigation.

Part of the reason for seeking alternative income sources is that contracts from the public sector remain short term and uncertain and pricing rarely keeps pace with inflation.

In order to mitigate the risk of losing public sector funding streams the trustees will seek to extend or will re-tender for existing contracts where that is possible and financially viable. For projects/contracts where funding is unlikely to be continued the organisation will look for new contracts/services to replace those lost, as well as continuing to expand fundraising, grant and paid for services. More resources will continue to be put into developing and selling paid-for training courses and talking therapies and seeking to work with Mind nationally to deliver Mind's branded products locally. We will continue to work with other local Minds in North Wales to identify cost-efficiencies as well as joint opportunities to tender for work across North Wales. Grants will be sought to help the organisation develop its core business functions so that it can continue to provide services as cost-effectively as possible.

Supporters and funders

It is with sincere gratitude that the Board wishes to acknowledge the financial support of the following for its continued work in supporting Flintshire and Wrexham people experiencing mental distress:

- * Betsi Cadwaladr University Health Board
- * Flintshire County Council
- * Caia Park Partnership
- * Flintshire Local Voluntary Council
- * Individual donors and fundraisers
- * Mind and Mind Cymru
- * Wales and West Utilities
- * Mind our future/ The venture

We would also like to acknowledge the enormous practical support received from

- * Adferiad and partners in Parabl
- * Aura Libraries and Leisure
- * Caia Park Partnership
- * Flintshire County Council's Mental Health Support Services
- * Mind (National Association for Mental Health)
- * Barclays bank
- * Samaritans
- * Community Clubhouse & Gardens Mold
- * Wise group
- * NE Wales Mind volunteers, who give freely of their time and expertise

We are particularly grateful for P&A Fencing making us their charity of the year. Their financial support and enthusiasm are most welcome and appreciated. We plan to seek other local companies who are willing to take us on as their charity of the year.

FUTURE PLANS

In mid 2023/24 we recruited a new Chief Executive to drive our organisation and strategy forward. The year has been one of taking stock and transition. She inherited the 2022/23 Board of NE Wales Mind strategy, which remains valid and is noted in this report. This is being revitalised and a new business plan will guide the organisation going forward.

Trustees recognise that the pandemic and cost of living crisis have caused a rise in mental health issues and that the organisation needs to be able to support the ever-greater needs in the local population.

We continue to recruit additional trustees with skills which are identified as missing from the board, using a skills review. Our thanks go to both new trustees and those who have recently retired.

A new business development and income generation manager has been recruited to provide additional resource and focus on long term financial sustainability. This is in its early stages.

We have successfully completed a Mind Quality Mark external audit, in order to ensure quality and retain our national Mind affiliation.

Plans to respond to the increasing demand and other external issues include:

- To complete work on the implementation plan for our strategy - April 2023 to March 2027 by considering a wide range of external and internal factors, to provide a roadmap for the development of the organisation and its services by way of a new business plan
- To seek opportunities to extend the reach of the Supported Self Help service to support more people with mild to moderate mental health problems. including a pilot of a service for children and young people
- To further develop workplace wellbeing services in order to provide training and counselling for people who are employed. As part of this work, develop an in-house team able to deliver Mental Health First Aid training.
- To continue to provide in-person community wellbeing services from Wellbeing Centres and hubs in Mold, Flintshire and Wrexham
- To explore opportunities to work more closely and strategically with other local Minds in North Wales.
- To concentrate on the learning and development needs of board, staff and volunteers by developing and implementing a learning and development plan for the organisation
- To influence change in the mental health system in North Wales through participation in and leadership of local stakeholder groups and communities of practice.
- To actively contribute to the Mind network by taking a leadership role in One Mind in Wales, as well as taking up other opportunities at all levels in our organisation.

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

North East Wales Mind is controlled by its governing document, a Memorandum and Articles of Association as incorporated on 14 February 2008, and constitutes a company, limited by guarantee, as defined by the Companies Act 1985. The governing document was amended on 2 December 2016 to show that the organisation's name, which had previously been Flintshire Mind, has changed to North East Wales Mind.

Recruitment and appointment of new trustees

As of 31 March 2024, the charity had five trustees of a possible 15. All trustees of the charity are also company directors. Nominations for the position of trustee/director are sought from members and others with an interest in the governance of the organisation, to be elected by the membership at the Annual General Meeting. The trustees may, at any time, co-opt further trustees to join them on the board. Each year one third of the trustees will resign, but can seek re-election. All co-opted trustees retire at the AGM but may be re-appointed.

All Trustees give their time voluntarily. During 2023/24 £199 in out-of-pocket expenses were claimed by the Trustees (2022/23: £316)

Trustees are provided with an induction pack and new Trustees attend an induction meeting with the Chief Executive and the management team. Trustees can access training and development opportunities which are relevant to their role.

Organisational structure

NE Wales Mind is a membership organisation. The NE Wales Mind Board is responsible for the strategic direction of the organisation, meets regularly each year and is accountable to the membership. There is a standing subcommittee overseeing Finance, Risk and Sustainability. The Board sometimes convenes ad-hoc subcommittees which consider specific issues in relation to other issues.

The Trustees delegate the day-to-day operation of the organisation to the Chief Executive Officer, and through her to the staff and volunteers. The Trustees require regular progress reports on services and activities and scrutinise and approve budgets, financial reports and funding bids in line with delegated authority levels. Trustees take responsibility, with advice from staff, for the development and approval of policies and procedures to govern the work of the organisation and for the recruitment and appointment of staff.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06504104 (England and Wales)

Registered Charity number

1126091

Registered office

The Wellbeing Centre
23b Chester Street
Mold
Flintshire
CH7 1EG

Trustees

Ms K J Gallagher (resigned 10.5.24)
Ms M E Jones (resigned 4.10.24)
Ms P M Thomas
N Sturme
Ms J Seymour (appointed 20.4.23)
Ms H Harvey (resigned 1.11.23)

Company Secretary

Miss M Collard

NORTH EAST WALES MIND LIMITED

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

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

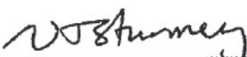
Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Bankers

CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Nationwide Commercial
Kings Park Road
Moulton Park
Northampton
NN£ 6NW

Approved by order of the board of trustees on 17 October 2024 and signed on its behalf by:


.....
Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NORTH EAST WALES MIND LIMITED

Independent examiner's report to the trustees of North East Wales Mind Limited ('the Company')

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

Responsibilities and basis of report

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

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

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can 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.



Martin Steven Barrett

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

Date:

17/10/2024

NORTH EAST WALES MIND LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024**

		2024 Unrestricted fund £	2023 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations, grants and contract income	2	420,995	465,577
Other trading activities	3	95,172	52,720
Investment income	4	<u>5,350</u>	<u>2,002</u>
Total		<u>521,517</u>	<u>520,299</u>
 EXPENDITURE ON			
Charitable activities			
Charitable		<u>568,282</u>	<u>582,268</u>
 NET INCOME/(EXPENDITURE)		(46,765)	(61,969)
 RECONCILIATION OF FUNDS			
Total funds brought forward		<u>160,505</u>	<u>222,474</u>
 TOTAL FUNDS CARRIED FORWARD		<u>113,740</u>	<u>160,505</u>

NORTH EAST WALES MIND LIMITED

BALANCE SHEET
31 MARCH 2024

			2024	2023
			Unrestricted	Total
			fund	funds
			£	£
FIXED ASSETS	Notes			
Tangible assets	8		476	1,265
CURRENT ASSETS				
Debtors	9		41,418	91,056
Cash at bank			<u>191,610</u>	<u>317,291</u>
			233,028	408,347
CREDITORS				
Amounts falling due within one year	10		(115,146)	(240,545)
NET CURRENT ASSETS			<u>117,882</u>	<u>167,802</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			118,358	169,067
CREDITORS				
Amounts falling due after more than one year	11		(4,618)	(8,562)
NET ASSETS			<u>113,740</u>	<u>160,505</u>
FUNDS	12			
Unrestricted funds			<u>113,740</u>	<u>160,505</u>
TOTAL FUNDS			<u>113,740</u>	<u>160,505</u>

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

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

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

NORTH EAST WALES MIND LIMITED

BALANCE SHEET - continued
31 MARCH 2024

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

The financial statements were approved by the Board of Trustees and authorised for issue on

17 October 2024 and were signed on its behalf by:



Trustee

NORTH EAST WALES MIND LIMITED

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

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

Tangible fixed assets

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

Fixtures and fittings	- 25% on cost
Computer equipment	- 33% on cost

Taxation

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

Fund accounting

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

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

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

NORTH EAST WALES MIND LIMITED

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

2. DONATIONS, GRANTS AND CONTRACT INCOME

	2024	2023
	£	£
Donations	31,305	48,985
Contract Income	<u>389,690</u>	<u>416,592</u>
	<u>420,995</u>	<u>465,577</u>

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

	2024	2023
	£	£
General	<u>47,158</u>	<u>416,592</u>

3. OTHER BUSINESS ACTIVITIES

	2024	2023
	£	£
Talking Therapy	25,617	16,690
Training	64,535	31,305
Other income	<u>5,020</u>	<u>4,725</u>
	<u>95,172</u>	<u>52,720</u>

4. INVESTMENT INCOME

	2024	2023
	£	£
Interest received	<u>5,350</u>	<u>2,002</u>

5. NET INCOME/(EXPENDITURE)

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

	2024	2023
	£	£
Depreciation - owned assets	<u>789</u>	<u>789</u>

NORTH EAST WALES MIND LIMITED

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

6. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

Trustee's expenses of £199 were paid for the year ended 31 March 2024. There were £316.28 of expenses paid for the year ended 31 March 2023.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations, grants and contract income	465,577
Other business activities	52,720
Investment income	<u>2,002</u>
Total	<u>520,299</u>
 EXPENDITURE ON	
Charitable activities	
Charitable	<u>582,268</u>
 NET INCOME/(EXPENDITURE)	(61,969)
 RECONCILIATION OF FUNDS	
Total funds brought forward	<u>222,474</u>
 TOTAL FUNDS CARRIED FORWARD	<u>160,505</u>

NORTH EAST WALES MIND LIMITED

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

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2023 and 31 March 2024	<u>10,119</u>	<u>9,723</u>	<u>19,842</u>
DEPRECIATION			
At 1 April 2023	9,771	8,806	18,577
Charge for year	<u>189</u>	<u>600</u>	<u>789</u>
At 31 March 2024	<u>9,960</u>	<u>9,406</u>	<u>19,366</u>
NET BOOK VALUE			
At 31 March 2024	<u>159</u>	<u>317</u>	<u>476</u>
At 31 March 2023	<u>348</u>	<u>917</u>	<u>1,265</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade debtors	30,236	89,877
Prepayments and accrued income	<u>11,182</u>	<u>1,179</u>
	<u>41,418</u>	<u>91,056</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade creditors	5,800	12,353
Social security and other taxes	18,611	-
Other creditors	-	2,655
WCVA: Third Sector Resilience	3,944	3,944
Accruals and deferred income	<u>86,791</u>	<u>221,593</u>
	<u>115,146</u>	<u>240,545</u>

NORTH EAST WALES MIND LIMITED

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

11. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2024	2023
	£	£
WCVA: Third Sector Resilience	<u>4,618</u>	<u>8,562</u>

12. MOVEMENT IN FUNDS

	At 1.4.23	Net movement in funds	At 31.3.24
	£	£	£
Unrestricted funds			
General fund	160,505	(46,765)	113,740
TOTAL FUNDS	<u>160,505</u>	<u>(46,765)</u>	<u>113,740</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	521,517	(568,282)	(46,765)
TOTAL FUNDS	<u>521,517</u>	<u>(568,282)</u>	<u>(46,765)</u>

Comparatives for movement in funds

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	222,474	(61,969)	160,505
TOTAL FUNDS	<u>222,474</u>	<u>(61,969)</u>	<u>160,505</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	520,299	(582,268)	(61,969)
TOTAL FUNDS	<u>520,299</u>	<u>(582,268)</u>	<u>(61,969)</u>

NORTH EAST WALES MIND LIMITED

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

12. MOVEMENT IN FUNDS - continued

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

	At 1.4.22	Net movement in funds 31.3.24	At
	£	£	£
Unrestricted funds			
General fund	222,474	(108,734)	113,740
TOTAL FUNDS	<u>222,474</u>	<u>(108,734)</u>	<u>113,740</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,041,816	(1,150,550)	(108,734)
TOTAL FUNDS	<u>1,041,816</u>	<u>(1,150,550)</u>	<u>(108,734)</u>

13. RELATED PARTY DISCLOSURES

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

Accounts

NEW Mind 31-03-23

REGISTERED COMPANY NUMBER: 06504104 (England and Wales)
REGISTERED CHARITY NUMBER: 1126091

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023
FOR
NORTH EAST WALES MIND LIMITED**

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

NORTH EAST WALES MIND LIMITED
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

	Page
Report of the Trustees	1 to 9
Independent Examiner's Report	10
Statement of Financial Activities	11
Balance Sheet	12 to 13
Notes to the Financial Statements	14 to 19
Detailed Statement of Financial Activities	20

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Aims, objectives and vision

North East Wales Mind was set up to promote and safeguard mental health for people in Flintshire and Wrexham and its aims are set out in the objects contained in the charity's Memorandum of Association. The organisation was established in 2008 to work in association with Mind (the National Association for Mental Health) and to follow the vision, mission, values and goals of Mind.

Our vision

Good mental health and wellbeing for everyone in North East Wales.

Our mission

We fight for mental health. For support. For respect. For everyone in North East Wales.
We empower people to live their life to the full and have hope for the future
We speak up for those of us with mental health problems

Our values: We are

- * Open: we reach out to those who need us
- * Accepting and responsive: we listen and act to make things better
- * Kind: we meet people with compassion and respect
- * Hopeful: we believe a better future is possible
- * Experienced: we bring together knowledge, lived experience and expertise

North East Wales Mind's strategic priorities 2023-27

We will continue to work for people experiencing mental health problems by:

-Developing support for children and young people aged 13+

We will start two new services for young people

-Embedding a Trauma Informed approach throughout our work

We will become a Trauma Enhanced organisation as described in the Trauma Informed Wales Framework

-Developing services and support in Wrexham and its surrounding communities

We will triple the number of people we support in Wrexham - raising the number supported to at least 750 each year by 2027.

-Fighting for the mental health of marginalised people and those in poverty

We will work with local people and organisations to set up a network of at least 10 peer support groups of people from marginalised groups

North East Wales Mind's vision is of a society that promotes and protects good mental health for all. During 2022/23 we continued to re-establish and expand the services available in person whilst maintaining the option of remote services which were initially established during the Covid pandemic. We focussed on taking support out into community venues, including our growing service in Wrexham and in partnership with National Trust at external venues.

Each year the Board of North East Wales Mind review what has been achieved over the past 12 months. The review looks at the success of each activity and the benefits it has brought to those groups of people the organisation is set up to help. The review also helps us ensure our aims, objectives and activities remain focused on our stated purposes (see above). The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the work of the organisation and the aims and objectives set.

NORTH EAST WALES MIND LIMITED
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

OBJECTIVES AND ACTIVITIES

Significant activities

Activities

In order to achieve its purpose and objectives the charity provided a range of services to people in North East Wales experiencing concern with their mental health and focussing on prevention through wellbeing activities. We continued to provide remotely delivered services by phone and/or online but re-established regular face to face services. This in effect meant that we were able to provide a blended service for the first time. The benefits of the information and guidance service for beneficiaries are that having up-to-date and reliable information allows people to take more control of their mental health, to start a process of recovery or to maintain good mental health and well-being.

The main services provided were:

Information and guidance

The charity responded to telephone and email requests for information on a wide range of topics related to mental health and wellbeing. Information was available to anyone in Flintshire and Wrexham and, if North East Wales Mind were unable to support, enquirers were signposted to other organisations in North East Wales and further afield for practical support.

A core part of North East Wales Mind's information services was its website www.newmind.org.uk which is available in English and Welsh versions to ensure people have access to information in the language of their choice. Social media continued to play an important role in reaching out to current and new audiences. Facebook, Twitter and Youtube were used to give information on support available from NE Wales Mind, as well as to raise awareness of mental health issues, challenge stigma and provide links.

The range of locations for people to get information face to face expanded during the year as new community Wellbeing Hubs are getting more established. As well as the Wellbeing Centre in Mold, people could access information and advice at Wellbeing Hubs at Flint Library, Caia Park Partnership in Wrexham, Rivertown Church in Shotton and The Clubhouse in Mold.

Community Wellbeing Support

Both individual and group-based support were provided to help reduce isolation, improve social networks, improve resilience and encourage people to re-engage with their local community. These services were delivered face to face, but the expertise built up in delivering remotely continued to be used to provide online groups and emotional support phone calls. These were particularly useful in supporting people who struggled to join face to face services for practical or emotional reasons. Services provided were:

*** Emotional Support and Wellbeing Phone Calls**

Individuals were phoned regularly (mostly weekly) to ensure they were not isolated and to provide a link to North East Wales Mind and other services. For many this provides a way of building up confidence before joining face to face activities. For others it made accessing North East Wales Mind services possible if practical issues such as transport prevented attendance in real life.

*** Wellbeing and social activities**

Studies show that being isolated is bad for mental well-being. Many of the people who access mental health services live alone and have limited family support. It is, therefore, important to provide a regular source of social support so both actual and online groups were provided every day of the working week and Saturday in order that people could maintain and develop friendships with others as well as supporting their confidence and self-esteem. Examples of groups provided were:

- o Drop-in sessions (Mold, Flint, Caia Park)
- o Mindfulness meditation (Caia Park with Caia Park Partnership)
- o Yoga (The Clubhouse, Mold)
- o Drama group (The Clubhouse, Mold)
- o Online Quiz
- o Online Chair Yoga
- o Online Reading Group

NORTH EAST WALES MIND LIMITED
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

OBJECTIVES AND ACTIVITIES

*** Walks and other outside meetings**

Exercise and being outdoors is good for wellbeing. During the year outdoor activities included walks, eco-therapy sessions at beaches along the Deeside coastal strip and woodland skills courses.

*** Advice and support for community peer support groups**

Peer support is when people use their own experiences to help each other. There are different types of peer support (for example group, mentoring and online), but they all aim to bring together people with shared experiences to support each other; provide a space where people feel accepted and understood; treat everyone's experiences as being equally important and involve both giving and receiving support.

Talking therapies

Talking therapies can help people explore their feelings and problems and learn effective skills to help them move on with their lives in a positive way. They can help improve self-esteem, motivation, self-acceptance and work to overcome self-defeating behaviours or habits. We continue to offer services on a blended basis with support being offered in person in Mold, Flint and Caia Park as well as remotely. Services available during the year were:

* Counselling was provided for people experiencing difficulties affecting their day-to-day lives and which had led to mild to moderate stress, anxiety or depression. People were provided with either up to seven counselling sessions through the health board funded Parabl service, or could choose a more flexible route through the North East Wales Mind's Talking Therapy service.

* Supported Self Help, previously known as Active Monitoring, which is an Early Intervention guided self-help service, was also delivered for people with mild to moderate mental health problems. This service was adapted for online/phone delivery by Mind, with all printed resources being made available as interactive online resources. People were supported to develop a personalised self-help plan using online or printed resources, with the support of a trained practitioner who they could speak to weekly for up to six sessions.

Workplace Wellbeing Support

This service recognises that people at work can be at particular risk of developing mental health problems and that support in improving mental resilience can make a huge difference. Through advice and training, this service delivers an anti-stigma message to a wide audience and can help members of the working community support others who are experiencing mental distress, encouraging them to get early help from their GP and mental health services.

Despite the market for workplace training continuing to be depressed as a result of the pandemic good progress was made in identifying employers who were keen to support the wellbeing of their workforce. Training in Mental Health First Aid, Mental Health Awareness and Emotional Resilience was provided online and in person.

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

OBJECTIVES AND ACTIVITIES

Public benefit

Beneficiaries

Figures from Public Health Wales show that in 2020 the adult population of Flintshire and Wrexham (16+) was estimated to be 239,179. In a normal year 1 in 4 people in the UK will experience a mental health problem each year, so we can estimate that around 60,000 people in North East Wales will experience a mental health problem each year. Over their lifetime 17 in every 100 people will experience suicidal thoughts and three in every hundred will self-harm.

All of these people, their friends and relatives, may sometimes have a need for the information and support which North East Wales Mind aims to provide. Whilst most speak Welsh or English, North East Wales Mind has identified a growing need for Polish speakers so will be investigating this in the Fiscal Year 23/24.

Most of the services provided by North East Wales Mind were free to the end user (with the exception of workplace wellbeing and some counselling services). Because of the funding available, most of the services were available to all adults living in Flintshire and Wrexham. Most services were open or self-referral (eg they were open to everyone and no selection criteria applied). The exception to this were the Parabl services as these require an individual assessment by Parabl prior to onward referral to North East Wales Mind.

The Trustees take the issue of equal access to services very seriously and have an equal opportunities policy which sets out the organisation's commitment to equal opportunities for all to access NE Wales Mind's services. During the year staff received Equality and Diversity training.

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

ACHIEVEMENT AND PERFORMANCE

Charitable activities

16 staff (12 full time equivalents) and 12 volunteers provided services to 1,482 individuals and responded to 885 enquiries (est) for information and signposting. The trustees are proud of what was achieved in supporting people with mental health problems. Key achievements were:

- * Continuing to deliver blended services (both remote and face to face support), in response to the positive impact and reach this had through COVID.
- * Answering 885 telephone and email requests for information and signposting.
- * Providing the supported self-help service (Active Monitoring) remotely over the phone and using interactive online resources. As part of a Welsh Government funded service co-ordinated by Mind Cymru this supported 642 people during the year. Clients mental health overwhelmingly improved after using this service and their outcomes were above the average for Wales.
- * Delivering counselling and psycho-education to 339 people.
- * Wellbeing hubs in Flint Library and Caia Park Partnership in Wrexham successfully welcomed people back to an in person service. The hubs provided mindfulness and yoga sessions as well as supported self-help and information and advice.
- * Supporting the Life Warriors peer support group/therapeutic community group to contribute to a Welsh Government consultation on equality in mental health services in Wales.
- * Supporting a new probation service pilot.

Client Feedback

North East Wales Mind use both formal and informal methods of collecting feedback from clients about services. Feedback is provided from the services to the Chief Executive Officer and passed on to the board. It is used as the basis for improvements to services. Some of the comments received from participants during the year were:

- I find the telephone appointments so much better, as I felt I could speak openly
- Very satisfied with the service
- The service I received was outstanding and I really can't think of anything to improve the service
- Brilliant free service, couldn't have asked for more
- A really good service needs to be more like this around for everybody
- After only the second session I began to feel the shadows hanging over me were beginning to lift due to some astute diligence by my therapist, my whole outlook on life has lifted enormously
- This session of counselling was just what I needed, challenging some of my thinking patterns and behaviours
- This was just what I needed at the right time and I have now have clear steps about where to go from here
- The service was amazing it meant a lot to have someone to listen to just me and refocus me

Service user and carer involvement

North East Wales Mind is committed to involving people with experience of mental health problems in every aspect of the organisation, as Trustees, staff and volunteers.

- * 66% of trustees/directors who were on the North East Wales Mind board had personal experience of mental health problems or caring for someone with mental health problems
- * 55% of the organisation's staff have had either personal or family experience of mental health problems.
- * Volunteers with experience of mental health problems (including current clients of North East Wales Mind) volunteered their time to run online and in person activity and social sessions.

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

FINANCIAL REVIEW

Financial position

Financial review

Finances were stable, with the annual deficit for the year in line with budget. The organisation continued to successfully deliver its contracts and manage its cashflow as it emerged from the pandemic period. The charity met the Trustees Reserves Policy of at least 3 months normal operating costs.

The team's efforts were successful in ensuring that the organisation ended the year in a solid financial position with unrestricted reserves of £160,505 to be carried forward to provide a foundation for its activities in 2023/24 and beyond.

Financial outlook

Although 2022/23 ended in a stable financial situation, the trustees are aware that the financial environment for charities is still challenging, especially given the ongoing effects of the cost of living crisis.

The Trustees continue to take seriously their responsibility to plan a sustainable future for the organisation. In order to respond to this the board will continue to pursue the strategy of maximising alternative sources of income through fundraising, paid for services, grants and corporate donations, as well as pursuing opportunities to bid for contracts in line with the organisation's strategic priorities.

Part of the reason for seeking alternative income sources is that contracts from the public sector remain short term and uncertain. This includes the Community Wellbeing Hubs in Mold, Flint and Caia Park in Wrexham as part of BCUHB's ICAN network for which long-term funding has not yet been fully identified. In addition, two contracts continue to be rolled over, month by month, until future procurement processes are held.

In order to mitigate the risk of losing these funding streams the trustees will seek to extend or will re-tender for existing contracts where that is possible. For projects/contracts where funding is unlikely to be continued the organisation will look for new contracts/services to replace those lost, as well as continuing to expand fundraising, grant and paid for services. In particular, more resources will continue to be put into developing and selling paid-for training courses and talking therapies and seeking to work with Mind nationally to deliver Mind's branded products locally. We will continue to work with other local Minds in North Wales to identify cost-efficiencies as well as joint opportunities to tender for work across North Wales. Grants will be sought to help the organisation develop its core business functions so that it can continue to provide services as cost-effectively as possible.

Supporters and funders

It is with sincere gratitude that the Board wishes to acknowledge the financial support of the following for its continued work in supporting Flintshire and Wrexham people experiencing mental distress:

- * Betsi Cadwaladr University Health Board
- * Caia Park Community Council
- * Caia Park Partnership
- * Flintshire County Council
- * Flintshire Local Voluntary Council
- * Individual donors and fundraisers
- * Mind and Mind Cymru

We would also like to acknowledge the enormous practical support received from

- * Adferiad and partners in the Parabl project
- * Aura Libraries and Leisure
- * Caia Park Partnership
- * Flintshire County Council's Mental Health Support Services
- * Mind (National Association for Mental Health)
- * North East Wales Mind volunteers, who give freely of their time and expertise

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

FUTURE PLANS

During 2022/23 the Board of North East Wales Mind carried out a strategy development process to determine the direction of the organisation and its objectives over medium term. This was launched at the 2022 Annual General Meeting. In addition the organisation routinely develops a Business Plan to guide the organisation in the short term.

Trustees recognised that the pandemic and cost of living crisis have caused a rise in mental health issues and that the organisation needs to be in a position to support the ever greater needs in the local population.

Plans to respond to this and other external issues are as follows:

- * To complete work on the implementation plan for our strategy - April 2023 to March 2027, to take into account a wide range of external and internal factors and to provide a road-map for the development of the organisation and its services
- * To recruit a new Chief Executive Officer who can drive our organisation and strategy forward
- * To recruit additional trustees with skills which are identified as missing from the board once the skills review has been completed
- * To recruit a new Business Development and Income Generation Manager to provide additional resource and focus on long term financial sustainability.
- * To complete a Mind Quality Mark external audit and complete all resulting actions in order to ensure quality and retain Mind affiliation
- * To further develop fee-based counselling services
- * To seek opportunities to extend the reach of the Supported Self Help service to support more people with mild to moderate mental health problems, including a pilot of a service for children and young people
- * To further develop workplace wellbeing services in order to provide training and counselling for people who are employed. As part of this work, develop an in-house team able to deliver Mental Health First Aid training.
- * To continue to provide in-person community wellbeing services from Wellbeing Centres and hubs in Mold, Flintshire and Wrexham
- * To scale up the successful "Life Warriors" peer support group for people with emotional and relationship difficulties by starting an additional group in Wrexham.
- * To re-tender for contracts which have expired when the opportunity presents itself
- * To explore opportunities to work more closely and strategically with other local Minds in North Wales.
- * To concentrate on the learning and development needs of board, staff and volunteers by developing and implementing a learning and development plan for the organisation
- * To influence change in the mental health system in North Wales through participation in and leadership of local stakeholder groups and communities of practice.
- * To actively contribute to the Mind network by taking a leadership role in One Mind in Wales, as well as taking up other opportunities at all levels in our organisation.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

North East Wales Mind is controlled by its governing document, a Memorandum and Articles of Association as incorporated on 14 February 2008, and constitutes a company, limited by guarantee, as defined by the Companies Act 1985. The governing document was amended on 2 December 2016 to show that the organisation's name, which had previously been Flintshire Mind, had changed to North East Wales Mind.

NORTH EAST WALES MIND LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

As at March 31 2023 the charity had five trustees from a possible 15. All trustees of the charity are also company directors. Nominations for the position of trustee/director are sought from members and others with an interest in the governance of the organisation to be elected by the membership at the Annual General Meeting. The trustees may, at any time, co-opt further trustees to join them on the board. Each year one third of the trustees will resign, so allowing the opportunity for new Trustees to join the governing body. All co-opted trustees retire at the Annual General Meeting but may be re-appointed.

All Trustees give their time voluntarily. During 2022/23 £316.28 in out of pocket expenses were claimed by the Trustees (2021/22: £290.18)

Induction and training of new trustees

All Trustees are provided with an induction pack and new Trustees attend an induction meeting with the Chief Executive and the management team. Trustees can access training and development opportunities which are relevant to their role.

Organisational structure

North East Wales Mind is a membership organisation. The North East Wales Mind Board is responsible for the strategic direction of the organisation, meets at least six times each year and is accountable to the membership. There are standing subcommittees overseeing HR and a Finance, Risk and Sustainability subcommittee which meet three times per year as a minimum. The Board sometimes convenes ad-hoc subcommittees which consider specific issues in relation to other issues.

The Trustees delegate the day to day operation of the organisation to the Chief Executive Officer, and through her to the staff and volunteers. The Trustees require regular progress reports on services and activities and also scrutinise and approve budgets, financial reports and funding bids in line with delegated authority levels. Trustees take responsibility, with advice from staff, for the development and approval of policies and procedures to govern the work of the organisation and for the recruitment and appointment of staff.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06504104 (England and Wales)

Registered Charity number

1126091

Registered office

The Wellbeing Centre
23b Chester Street
Mold
Flintshire
CH7 1EG

Trustees

Mr A J J Bochenski (resigned 26.5.22)
Ms K J Gallagher
Ms M E Jones
Ms S E Partington (resigned 5.4.22)
Ms P M Thomas
Mr N Sturmey
Ms JCM Seymour (appointed 20.4.23)
Ms S Harvey (appointed 26.5.22)

Company Secretary

Ms J Dean

NORTH EAST WALES MIND LIMITED

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

REFERENCE AND ADMINISTRATIVE DETAILS

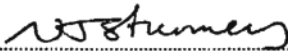
Independent Examiner

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

Bankers

CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Approved by order of the board of trustees on 28/9/23 and signed on its behalf by:



Trustee

NEIL JOHN STURMEY

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
NORTH EAST WALES MIND LIMITED**

Independent examiner's report to the trustees of North East Wales Mind Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can 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.



Martin Steven Barrett

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

Date: 11/12/2023

NORTH EAST WALES MIND LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023**

		2023 Unrestricted fund £	2022 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations, grants and contract income	2	465,577	475,269
Other trading activities	3	52,720	34,147
Investment income	4	<u>2,002</u>	<u>31</u>
Total		<u>520,299</u>	<u>509,447</u>
EXPENDITURE ON			
Charitable activities			
Charitable		<u>582,268</u>	<u>498,201</u>
NET INCOME/(EXPENDITURE)		(61,969)	11,246
RECONCILIATION OF FUNDS			
Total funds brought forward		<u>222,474</u>	<u>211,228</u>
TOTAL FUNDS CARRIED FORWARD		<u>160,505</u>	<u>222,474</u>

The notes form part of these financial statements

NORTH EAST WALES MIND LIMITED

BALANCE SHEET
31 MARCH 2023

		2023 Unrestricted fund £	2022 Total funds £
	Notes		
FIXED ASSETS			
Tangible assets	8	1,265	2,054
CURRENT ASSETS			
Debtors	9	91,056	100,879
Cash at bank		<u>317,291</u>	<u>249,046</u>
		408,347	349,925
CREDITORS			
Amounts falling due within one year	10	(240,545)	(116,999)
		<u>167,802</u>	<u>232,926</u>
NET CURRENT ASSETS			
		169,067	234,980
TOTAL ASSETS LESS CURRENT LIABILITIES			
		169,067	234,980
CREDITORS			
Amounts falling due after more than one year	11	(8,562)	(12,506)
		<u>160,505</u>	<u>222,474</u>
NET ASSETS			
		160,505	222,474
FUNDS	12		
Unrestricted funds		160,505	222,474
TOTAL FUNDS		<u>160,505</u>	<u>222,474</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

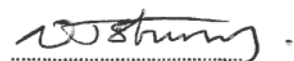
NORTH EAST WALES MIND LIMITED

BALANCE SHEET - continued
31 MARCH 2023

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

The financial statements were approved by the Board of Trustees and authorised for issue on
28/9/23 and were signed on its behalf by:

NEIL JOHN STURMEY



Trustee

The notes form part of these financial statements

NORTH EAST WALES MIND LIMITED

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

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

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

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

Fixtures and fittings	- 25% on cost
Computer equipment	- 33% on cost

Taxation

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

Fund accounting

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

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

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

NORTH EAST WALES MIND LIMITED

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

2. DONATIONS, GRANTS AND CONTRACT INCOME

	2023	2022
	£	£
Donations	48,985	18,344
Contract Income	<u>416,592</u>	<u>456,925</u>
	<u>465,577</u>	<u>475,269</u>

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

	2023	2022
	£	£
General	<u>416,592</u>	<u>456,925</u>

3. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Talking Therapy	16,690	9,728
Training	31,305	18,519
Other income	4,725	4,025
Room hire	-	1,875
	<u>52,720</u>	<u>34,147</u>

4. INVESTMENT INCOME

	2023	2022
	£	£
Interest received	<u>2,002</u>	<u>31</u>

5. NET INCOME/(EXPENDITURE)

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

	2023	2022
	£	£
Depreciation - owned assets	<u>789</u>	<u>789</u>

NORTH EAST WALES MIND LIMITED

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

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

Trustee's expenses of £316.28 were paid for the year ended 31 March 2023. There were £290.18 of expenses paid for the year ended 31 March 2022.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations, grants and contract income	475,269
Other trading activities	34,147
Investment income	<u>31</u>
Total	<u>509,447</u>
 EXPENDITURE ON	
Charitable activities	
Charitable	<u>498,201</u>
 NET INCOME	11,246
 RECONCILIATION OF FUNDS	
Total funds brought forward	<u>211,228</u>
 TOTAL FUNDS CARRIED FORWARD	<u>222,474</u>

NORTH EAST WALES MIND LIMITED

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

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2022 and 31 March 2023	<u>10,119</u>	<u>9,723</u>	<u>19,842</u>
DEPRECIATION			
At 1 April 2022	9,582	8,206	17,788
Charge for year	<u>189</u>	<u>600</u>	<u>789</u>
At 31 March 2023	<u>9,771</u>	<u>8,806</u>	<u>18,577</u>
NET BOOK VALUE			
At 31 March 2023	<u>348</u>	<u>917</u>	<u>1,265</u>
At 31 March 2022	<u>537</u>	<u>1,517</u>	<u>2,054</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	89,877	100,484
Prepayments and accrued income	<u>1,179</u>	<u>395</u>
	<u>91,056</u>	<u>100,879</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	12,353	14,545
Social security and other taxes	-	303
Other creditors	2,655	2,268
WCVA: Third Sector Resilience	3,944	3,944
Accruals and deferred income	<u>221,593</u>	<u>95,939</u>
	<u>240,545</u>	<u>116,999</u>

NORTH EAST WALES MIND LIMITED

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

11. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2023 £	2022 £
WCVA: Third Sector Resilience	<u>8,562</u>	<u>12,506</u>

12. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	222,474	(61,969)	160,505
TOTAL FUNDS	<u>222,474</u>	<u>(61,969)</u>	<u>160,505</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	520,299	(582,268)	(61,969)
TOTAL FUNDS	<u>520,299</u>	<u>(582,268)</u>	<u>(61,969)</u>

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	211,228	11,246	222,474
TOTAL FUNDS	<u>211,228</u>	<u>11,246</u>	<u>222,474</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	509,447	(498,201)	11,246
TOTAL FUNDS	<u>509,447</u>	<u>(498,201)</u>	<u>11,246</u>

NORTH EAST WALES MIND LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023****12. MOVEMENT IN FUNDS - continued**

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

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	211,228	(50,723)	160,505
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>211,228</u>	<u>(50,723)</u>	<u>160,505</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,029,746	(1,080,469)	(50,723)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>1,029,746</u>	<u>(1,080,469)</u>	<u>(50,723)</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

NORTH EAST WALES MIND LIMITED

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023**

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations, grants and contract income		
Donations	48,985	18,344
Contract Income	<u>416,592</u>	<u>456,925</u>
	465,577	475,269
Other trading activities		
Talking Therapy	16,690	9,728
Training	31,305	18,519
Other income	4,725	4,025
Room hire	-	1,875
	<u>52,720</u>	<u>34,147</u>
Investment income		
Interest received	<u>2,002</u>	<u>31</u>
Total incoming resources	520,299	509,447
EXPENDITURE		
Charitable activities		
Wages	404,628	340,811
Rates and water	4,887	3,187
Light and heat	3,254	2,120
Telephone	9,035	8,379
Postage and stationery	4,275	4,341
Sundries	1,856	1,498
Activities and training	3,777	4,219
Training courses	5,132	5,029
Travel & subsistence	2,815	2,020
Website & computers	19,980	16,769
Fees & Subscriptions	3,197	581
Office maintenance	5,436	3,207
Trainer fees	24,516	17,791
Therapist fees	19,609	7,785
Other	55,782	67,409
Rent	13,300	11,148
Fixtures and fittings	189	189
Computer equipment	600	600
Grants	-	1,118
	<u>582,268</u>	<u>498,201</u>
Total resources expended	582,268	498,201
Net (expenditure)/income	<u>(61,969)</u>	<u>11,246</u>

This page does not form part of the statutory financial statements

Accounts

Registered Company Number: 06504104 (England and Wales)
Registered Charity Number: 1126091



**Report of the Trustees &
Unaudited Financial Statements
for the Year Ended 31 March 2022
for
North East Wales Mind Limited**

Williams Denton Cyf
Chartered Certified Accountants
13 Trinity Square
Llandudno
United Kingdom
CONWY
LL30 2RB

Report of the Trustees and Unaudited Financial Statements for the Year Ended 31st March 2022

Contents

	Page
Report of the Trustees	3
Independent Examiner's Report	16
Statement of Financial Activities	17
Balance Sheet	18
Notes to the Financial Statements	19
Detailed Statement of Financial Activities	25

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Report of the Trustees for the Year Ended 31 March 2022

Each year the Board of NE Wales Mind reviews what has been achieved over the past twelve months. The review looks at the success of each activity and the benefits it has brought to those groups of people the organisation is set up to help. The review also helps us ensure our aims, objectives and activities remain focused on our stated purposes. The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the work of the organisation and the aims and objectives set.

Aims, Objectives and Vision

North East Wales Mind was set up to promote and safeguard mental health for people in Flintshire and Wrexham and its aims are set out in the objects contained in the charity's Memorandum of Association. The organisation was established in 1998 to work in association with Mind (the National Association for Mental Health) and to follow the vision, mission, values and goals of Mind. Based on these it has developed its own, related vision, mission and objectives:

Our Vision

Good mental health and wellbeing for everyone in North East Wales.

Our Mission

We fight for mental health. For support. For respect. For everyone in North East Wales.
We empower people to live their life to the full and have hope for the future
We speak up for those of us with mental health problems

Our Values: We are

- **Open:** we reach out to those who need us
- **Accepting and responsive:** we listen and act to make things better
- **Kind:** we meet people with compassion and respect
- **Hopeful:** we believe a better future is possible
- **Experienced:** we bring together knowledge, lived experience and expertise

Mind's Strategic Priorities 2021-24

We will continue to work for people experiencing mental health problems by supporting Mind's strategic objectives which are:

- **We connect Minds** by working with others in the fight for mental health.
- **We support Minds** by providing up to date information and offering life-changing mental health support
- **We change Minds** by speaking out when things aren't right and fighting for better services and rights for people with mental health problems.

Locally we will do this by:

- **Delivering life-changing community and peer support:** bringing people together to support each other and make change in their communities
- **Being there for people when they first need help and support,** providing them with early intervention and prevention resources
- **Working with partners** to share learning and generate new ideas, address complex issues and tackle injustices in the mental health system
- **Working together with Mind Cymru and local Minds in North Wales** to increase our joint impact and influence
- **Working on our organisation to ensure it is high quality, strong and sustainable**

During 2021/22 there was an emphasis on re-establishing and expanding the services available following the move to remote services during the Covid pandemic, recognising the increased demand from people struggling with their mental health due to isolation and difficulty in getting support from their usual services. We focussed on taking support out into community venues; widening the availability of support for people in need.

Activities

In order to achieve its purpose and objectives the charity provided a range of services to people in North East Wales experiencing mental distress. The COVID-19 pandemic meant continued disruption. We continued to provide remotely delivered services by phone and/or online, but resumed face to face services. This in effect meant that we were able to provide a blended service for the first time. The main services provided were:

Information and Guidance

The charity responded to telephone and email requests for information on a wide range of topics related to mental health. Information was available to anyone in Flintshire and Wrexham and, in addition, enquirers were signposted to other organisations in NE Wales and further afield for practical support.

A core part of NE Wales Mind's information services was its website www.newmind.org.uk which included information on NE Wales Mind services as well as information on wellbeing and links to local and national well-being resources. The website was updated to Mind's new brand and the content was reviewed and rewritten. The website is available in English and Welsh versions to ensure people have access to information in the language of their choice.

Social media continued to play an important role in reaching out to new audiences. Facebook, Twitter and Instagram were used to give information on support available from NE Wales Mind, as well as to raise awareness of mental health issues, challenge stigma and provide links to the NE Wales Mind website and other online information and guidance.

Information and advice was also available by phone and in person, as and when possible in line with Covid-19 restrictions. The range of locations for people to get information face to face expanded during the year as new community Wellbeing Hubs were opened. As well as the Wellbeing Centre in Mold, people could access information and advice at Wellbeing Hubs at Flint Library, Caia Park Partnership in Wrexham, Rivertown Church in Shotton, Plas Madoc Leisure Centre and The Clubhouse in Mold.

The benefits of the information and guidance service for beneficiaries are that having up-to-date and reliable information allows people to take more control of their mental health, to start a process of recovery or to maintain good mental health and well-being. Signposting also has very practical benefits, for example allowing a person to access a mental health advocate so that they can solve practical problems like housing or debt.

Community Wellbeing Support

Both individual and group-based support were provided to help reduce isolation, improve social networks, improve resilience and encourage people to re-engage with their local community. Gradually, over the year, these moved back to face to face delivery, but the expertise built up over the pandemic in delivering remotely continued to be used to provide online groups and emotional support phone calls. These were particularly useful in supporting people who struggled to join face to face services for practical or emotional reasons. Services provided were:

- **Emotional Support and Wellbeing Phone Calls**

Individuals were phoned regularly (mostly weekly) to ensure they were not isolated and to provide a link to NE Wales Mind and other services. For many this provided a way of building up confidence before joining face to face activities. For others it made accessing NE Wales Mind services possible if practical issues such as transport prevented attendance in real life.

- **Signposting and Networking**

During all client interactions clients were signposted to other services that could be useful, we networked with other organisations on their behalf, and provided links to online support and websites.

- **Wellbeing and Social Activities**

Studies show that being isolated is bad for mental well-being. Many of the people who access mental health services live alone and have limited family support. It is, therefore, important to provide a regular source of social support so both actual and online groups were provided every day of the working week in order that people could maintain and develop friendships with others as well as supporting their confidence and self-esteem.

Groups provided were:

- Monday Drop-in (Caia Park)
- Mindfulness meditation (Mondays, Caia Park with Caia Park Partnership)
- Yoga (Tuesdays; The Clubhouse, Mold)
- Tuesday Drop-in with brunch (The Clubhouse, Mold)
- Drama group (Tuesdays; The Clubhouse, Mold)
- Online Quiz (Wednesdays)
- Online Chair Yoga (Wednesdays)
- Online Drop-in (Thursdays)
- Benefits advice surgery (Thursdays, Flint Library with Citizen's Advice Flintshire)
- My-time Yoga Group (three sessions per week)
- Online Reading Group (Fridays)
- Friday Drop-in (Flint Library)
- Saturday drop-in (Mold, Tyddyn Street Chapel Arts)

Online self-management training helped people to learn how to manage their lives to get the most out of them. These were:

- Living Life to the Full
- Enjoy your baby
- Life Warriors Training/Group for people with emotional dysregulation issues
- Stress Management
- Mindfulness Based Cognitive Therapy

Walks and other eco-therapy

Exercise and being outdoors is good for wellbeing. During the year outdoor activities included walks, eco-therapy sessions at beaches along the Deeside coastal strip and a woodland skills course at The Woodland Skills Centre in Bodfari.

Advice and support for community peer support groups

Peer support is when people use their own experiences to help each other. There are different types of peer support (for example group, mentoring and online), but they all aim to bring together people with shared experiences to support each other; provide a space where people feel accepted and understood; treat everyone's experiences as being equally important and involve both giving and receiving support. As a Mind Peer Support Hub, North East Wales Mind provided online coaching, training, networking events and seed-corn grants to local people and organisations.

Talking therapies

Talking therapies can help people explore their feelings and problems and learn effective skills to help them move on with their lives in a positive way. They can help improve self-esteem, motivation, self-acceptance and work to overcome self-defeating behaviours or habits. As with Community Wellbeing Services, the pandemic meant that talking therapies had to be delivered remotely, via either phone or Zoom but during 2021-22 the service moved to a blended basis with support being offered in person in Mold, Flint and Caia Park and remotely. Services available during the year were:

- **Counselling** was provided for people experiencing difficulties affecting their day-to-day functioning and which had led to mild to moderate stress, anxiety or depression. People were provided with either up to seven counselling sessions through the health board funded Parabl service, or could choose a more flexible route through the North East Wales Talking Therapy service.
- **Active Monitoring**, an early intervention guided self-help service was also delivered for people with mild to moderate mental health problems. This service was adapted for online/phone delivery by Mind, with all printed resources being made available as interactive online resources. People were supported to develop a personalised self-help plan using online or printed resources, with the support of a trained practitioner who they could speak to weekly for up to six sessions.

Workplace Wellbeing Support

This service recognises that people at work can be at particular risk of developing mental health problems and that support in improving mental resilience can make a huge difference. Through advice and training, this service delivers an anti-stigma message to a wide audience and can help members of the working community support others who are experiencing mental distress, encouraging them to get early help from their GP and mental health services.

Good progress was made in identifying employers who were keen to support the wellbeing of their workforce, despite the market for workplace training continuing to be depressed as a result of the pandemic. Training in Mental Health First Aid, Mental Health Awareness, Mindfulness and Emotional Resilience was provided online and in person.

Public Benefit

Beneficiaries

Figures from Public Health Wales show that in 2020 the adult population of Flintshire and Wrexham (16+) was estimated to be 239,179. In a normal year 1 in 4 people in the UK will experience a mental health problem each year, so we can estimate that around 60,000 people in NE Wales will experience a mental health problem each year.

Over their lifetime 17 in every 100 people will experience suicidal thoughts and three in every hundred will self-harm. In 2020/21 it is likely that these figures are an underestimate as early indications are that the pandemic increased the incidence of mental health problems by at least 10%.

All of these people, their friends and relatives, may sometimes have a need for the information and support which NE Wales Mind aims to provide.

NE Wales Mind's services are used by people with mental health problems who, otherwise, broadly mirror our community. They include:

- Adults of all ages (although most are between the ages of 20 and 65);
- A higher proportion of people with disabilities than in the general population (which you might expect given that mental health problems can be disabling and physical disabilities can lead to mental health problems)
- A higher proportion of people living on low incomes than in the general population
- Homosexual and bisexual people (although the majority are heterosexual)
- Both men and women (although more women than men contact us for help)
- People living in a mixture of social and private housing, mainly in Mold, Buckley, Wrexham, Holywell, Flint, Deeside and surrounding areas.

The vast majority of clients are white and consider themselves to be either Welsh, English or British. Virtually all of the people using our services speak English as their first language.

Most of the services provided by NE Wales Mind were free to the end user (with the exception of workplace wellbeing and some counselling services). Because of the funding available, most of the services were available to all adults living in Flintshire, although increasingly Wrexham services were added, in particular in Caia Park. Most services were open or self-referral (eg they were open to everyone and no selection criteria applied). The exceptions to this were Parabl services (as these were available only to those with mild to moderate mental health difficulties).

The Trustees take the issue of equal access to services very seriously and have an Equal Opportunities Policy which sets out the organisation's commitment to equal opportunities for all to access NE Wales Mind's services. During the year staff received Equality and Diversity training.

Achievement and Performance

Charitable activities

Nineteen staff and 28 volunteers provided services to 1,825 individuals (a 52% increase from 1,196 in 2020-21) **and responded to 1047 enquiries** (est) for information and signposting. The trustees are proud of what was achieved in supporting people with mental health problems. Key achievements were:

- **Reaching out to more people via social media:** Facebook followers increased by 27% to 2,014 with the most popular post reaching over 10,000 people. This has resulted in people who were previously unaware of our services getting support from us.
- Responding to the changing Covid-19 restrictions by **developing blended services** (both remote and face to face), meaning we could support more people and provide services to people in the way they preferred.
- **Answering 1047 telephone and email requests for information and signposting.** A 73% increase on 2021-21.
- **Providing an adapted guided self-help service** (Active Monitoring) remotely over the phone and using interactive online resources. As part of a Welsh Government funded service co-ordinated by Mind Cymru **this supported 476 people** during the year. Clients overwhelmingly improved after using this services and their outcomes were above the average for Wales.
- **Delivering counselling and psycho-education to 305 people.**
- **Wellbeing hubs in Flint Library and Caia Park Partnership, Wrexham** were successfully transferred from a digital service to an in person service. The Flint Hub, in partnership with Aura Libraries and Flintshire County Council, expanded its range of activities to include a Mindful Makers craft group, a Friday drop-in, a weekly debt and benefits surgery and a number of eco-therapy groups. In Caia Park a Monday drop-in was supplemented by a meditation group and support for young parents. The hubs also provided Active Monitoring and information and advice.
- **Supporting the Life Warriors peer support group/therapeutic community group** to contribute to a Welsh Government consultation on equality in mental health services in Wales.
- **A new client database** was successfully deployed, improving record keeping and reporting across the organisation.

Client Feedback

North East Wales Mind use both formal and informal methods of collecting feedback from clients about services. Feedback is provided from each service to the Chief Executive and passed on to the board. It is used as the basis for improvements to services. Some of the comments received from participants during the year were:

- 10/10: I really, really struggle and despite medication I am no further forward, just crying less. Being here, now has to be the way ... During the last session I finally understood the body scan and let myself go, maybe trust. Thank you. (Mindfulness group participant).
- Fantastic course with a fantastic and mindful teacher (Mindfulness group participant)
- I think this service helped me realise that I was important. I think the person who they teamed me up with was really good and I valued his input. I feel it was very helpful to me thank you (counselling client)
- My counsellor was excellent. I highly recommend him. He was truly wonderful and helped me get what I needed out of the sessions. (counselling client)

- Thanks so much for your assistance in getting me the help I needed, it has been life changing! (counselling client)
- I just want to thank those of you who organised today's event. What a joy! We walked at a pace to suit keeping us together. The moments of mindfulness were a pleasure - to be given a reminder to be still and hear, touch, smell even taste as well as see the natural world around us (Eco-therapy participant)
- I had a bereavement. I was feeling very alone and looking for something that might help me feel less isolated, because I was just staying in my house every day. When I feel well enough I can go to the drop in and have a chat with people there. Everyone made me feel welcome. I attended the Christmas party which is the first social event I have attended alone. Although I have had a physical health crisis on top of a mental health crisis and grief there is someone there now trying to sort out some help for me (Flint Hub Drop-in participant)
- I have been doing Active Monitoring and attending drop-in. I have some health issues so I have found out how to attend the zoom sessions and have been enjoying the online drop-in and quiz. I feel included in something and feel I have somewhere to go where people won't judge me. If I am having a bad day I can call one of the team to discuss what is going on for me. feel like I am getting a bit more confident and comfortable going out (Caia Park client)

Complaints

The charity has a formal Complaints Procedure. No written complaints were received during the year.

Involvement of people with lived experience

NE Wales Mind is committed to involving people with experience of mental health problems in every aspect of the organisation, as Trustees, staff and volunteers. During 2021/22 some of the usual methods of involvement (such as the "Clients in Mind" group, were put on hold. However:

- 66% of trustees/directors who were on the NE Wales Mind board had personal experience of mental health problems or caring for someone with mental health problems
- 55% of the organisation's staff have had either personal or family experience of mental health problems.
- Volunteers with experience of mental health problems (including current clients of NE Wales Mind) volunteered their time to run activity and social sessions.

Financial Review

Financial Position

At the end of the 2020/21 financial year NE Wales Mind's finances were stable, as the organisation had attracted new contracts during that year, as well as being successful in attracting grant income. With reserves in line with its Reserves Policy, the Board of NE Wales Mind were keen to consolidate the position in 2021/22 and so aimed to break even over the course of the year.

These efforts were successful, ensuring the organisation ended the year in a healthy financial position, with a small surplus of income over expenditure leading to general unrestricted reserves of £222,474, to be carried forward to fund activity in 2022/23.

Financial Outlook

Although 2021/22 ended in a stable and positive financial situation and there have been new funding opportunities provided through the pandemic, the trustees are aware that the financial environment for charities is still challenging, especially given the ongoing effects of the Coronavirus (COVID-19) pandemic, Brexit and geo-political instability on future public sector funding, public donations and grant and trust funding.

The Trustees continue to take seriously their responsibility to plan a sustainable future for the organisation. In order to respond to this the board will continue to pursue the strategy of maximising alternative sources of unrestricted income through fundraising, trading, grants and donations, as well as pursuing opportunities to bid for contracts in line with the organisation's strategic priorities.

Part of the reason for seeking alternative income sources is that contracts from the public sector remain short term and uncertain. This includes the new contracts recently gained to provide Community Wellbeing Hubs in Flint and Caia Park in Wrexham as part of BCUHB's ICAN network for which long-term funding has not yet been fully identified. In addition, two contracts continue to be rolled over, month by month until future procurement processes are held.

In order to mitigate the risk of losing these funding streams the trustees will seek to extend or will re-tender for existing contracts where that is possible. For projects/contracts where funding is unlikely to be continued the organisation will look for new contracts/services to replace those lost, as well as continuing to expand fundraising, grant and trading activity. In particular, more resources will continue to be put into developing and selling paid-for training courses and talking therapies and seeking to work with Mind nationally to deliver Mind's branded products locally. We will continue to work with other local Minds in North Wales to identify cost-efficiencies as well as joint opportunities to tender for work across North Wales. Grants will be sought to help the organisation develop its core business functions so that it can continue to provide services as cost-effectively as possible.

Supporters and funders

It is with sincere gratitude that the Board wishes to acknowledge the financial support of the following for its continued work in supporting Flintshire and Wrexham people experiencing mental distress:

- Betsi Cadwaladr University Health Board
- Caia Park Community Council
- Caia Park Partnership
- Flintshire County Council
- Flintshire Local Voluntary Council
- Individual donors and fundraisers
- Mind and Mind Cymru
- Toyota
- WCVA (Third Sector Resilience Fund)
- Welsh Assembly Government (Supporting People with Disabilities funding)

We would also like to acknowledge the enormous practical support received from

- Adferiad and partners in the Parabl project
- Aura Libraries and Leisure
- Caia Park Partnership
- Flintshire County Council's Mental Health Support Services
- Mind (National Association for Mental Health)
- NE Wales Mind volunteers, who give freely of their time and expertise

Future Plans

During 2021/22 the Board of North East Wales Mind carried out a strategy development process to determine the direction of the organisation and its objectives over medium term. This was completed in the 2022/23 financial year and was to be launched at the 2022 AGM. In addition the organisation routinely publishes a Business Plan to guide the organisation in the short term.

Trustees recognised that the pandemic, and the enormous changes this brought to individuals, had caused a rise in mental health problems and that the organisation needs to be in a position to support greater needs in the local population.

Plans to respond to this and other external issues are as follows:

- **To complete work on a strategy and implementation plan** for the period April 2023 to March 2027, to take into account a wide range of external and internal factors and to provide a road-map for the development of the organisation and its services
- **To recruit additional trustees** with skills which are currently missing from the board, including a treasurer and a marketing and communications specialist
- **To complete a Mind Quality Mark self-assessment and external review visit** in order to ensure quality and retain Mind affiliation
- **To further develop fee-based counselling services** (including seeking organisational accreditation from the British Association for Counselling and Psychotherapy)
- **To seek opportunities to extend the reach of the Active Monitoring service** to support more people with mild to moderate mental health problems. including a pilot of a service for children and young people
- **To further develop workplace wellbeing services** in order to provide training and counselling for people who are employed. As part of this work, develop an in-house team able to deliver Mental Health First Aid training.
- **To provide in-person community wellbeing services** from Wellbeing Centres and hubs in Mold, Flint and Caia Park, with outreach activities in Shotton and Plas Madoc.
- **To scale up the successful "Life Warriors" peer support group** for people with emotional and relationship difficulties by starting an additional group in Wrexham.
- **To further develop the participation of people with lived experience** of mental health problems in all levels of North East Wales Mind's work. As part of this work, re-establish the "Clients in Mind" group.
- To re-tender for contracts which have expired when the opportunity presents itself
- To explore opportunities to reduce costs by **working more closely with other local Minds in North Wales.**
- **To concentrate on the learning and development needs of staff and volunteers** by developing and implementing a learning and development plan for the organisation
- **To influence change** in the mental health system through participation in and leadership of local stakeholder groups and communities of practice.
- **To actively contribute to the Mind network** by taking a leadership role in One Mind in Wales, as well as taking up other opportunities at all levels in our organisation.

Structure, Governance & Management

Governing Document

North East Wales Mind is controlled by its governing document, a Memorandum and Articles of Association as incorporated on 14 February 2008, and constitutes a company, limited by guarantee, as defined by the Companies Act 1985. The governing document was amended on 2 December 2016 to show that the organisation's name, which had previously been Flintshire Mind, had changed to North East Wales Mind (NE Wales Mind)

Recruitment and appointment of new trustees

As at March 31 2022 the charity had six trustees from a possible 15. All trustees of the charity are also company directors. Nominations for the position of trustee/director are sought from members and others with an interest in the governance of the organisation to be elected by the membership at the Annual General Meeting. The trustees may, at any time, co-opt further trustees to join them on the board. Each year one third of the trustees will resign, so allowing the opportunity for new Trustees to join the governing body. All co-opted trustees retire at the AGM, but may be re-appointed.

All Trustees give their time voluntarily. During 2021/22 £290.18 in out of pocket expenses were claimed by the Trustees (2020/21: £0)

Induction and training of new trustees

All Trustees are provided with an induction pack and new Trustees attend an induction meeting with the Chief Executive and the management team. Trustees can access training and development opportunities which are relevant to their role.

Organisational structure

NE Wales Mind is a membership organisation. The NE Wales Mind Board is responsible for the strategic direction of the organisation, meets at least six times each year and is accountable to the membership. There are standing subcommittees overseeing HR, Health and Safety and Service Quality matters which meet tri-annually and a Finance and Sustainability subcommittee which meets every two months. The Board sometimes convenes ad-hoc subcommittees which consider specific issues in relation to other issues.

The Trustees delegate the day to day operation of the organisation to the Chief Executive Officer, and through her to the staff and volunteers. The Trustees require regular progress reports on services and activities and also scrutinise and approve budgets, financial reports and funding bids. Trustees take responsibility, with advice from staff, for the development and approval of policies and procedures to govern the work of the organisation and for the recruitment and appointment of staff.

Reference And Administrative Details

Registered Company number

06504104 (England and Wales)

Registered Charity number

1126091

Registered office

The Wellbeing Centre
23b Chester Street
Mold
Flintshire
CH7 1EG

Trustees

A J Bochenski
Ms K J Gallagher
Ms T D Griffiths
Ms L M Harper
Ms M E Jones
Ms S E Partington
Ms P M Thomas
N Sturme (appointed 19.3.22)

Company Secretary

Ms J E Murphy

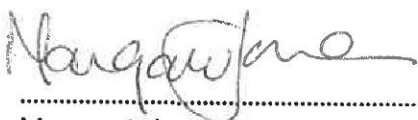
Independent Examiner

Williams Denton Cyf
Chartered Certified Accountants
13 Trinity Square
Llandudno
United Kingdom
CONWY
LL30 2RB

Bankers

CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Approved by order of the board of trustees on 24th November 2022 and signed on its behalf by:



Margaret Jones
Chair of Trustees

Independent Examiner's Report to the Trustees of North East Wales Mind Limited

Independent examiner's report to the trustees of North East Wales Mind Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

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

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

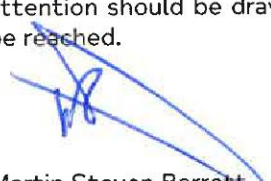
Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FCCA, CTA 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.


Martin Steven Barrett
FCCA, CTA
Williams Denton Cyf
Chartered Certified Accountants
13 Trinity Square
Llandudno
United Kingdom
CONWY
LL30 2RB

Date: 24/11/2022

NORTH EAST WALES MIND LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

		2022 Unrestricted fund £	2021 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations, grant and contract income	2	475,269	547,938
Other trading activities	3	34,147	19,073
Investment income	4	31	43
Total		<u>509,447</u>	<u>567,054</u>
EXPENDITURE ON			
Charitable activities			
Charitable activities		<u>498,201</u>	<u>413,674</u>
NET INCOME		11,246	153,380
RECONCILIATION OF FUNDS			
Total funds brought forward		<u>211,228</u>	<u>57,848</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>222,474</u></u>	<u><u>211,228</u></u>

NORTH EAST WALES MIND LIMITED

BALANCE SHEET
31 MARCH 2022

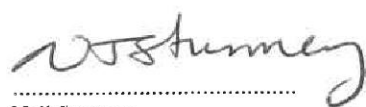
	Notes	2022 Unrestricted fund £	2021 Total funds £
FIXED ASSETS			
Tangible assets	8	2,054	726
CURRENT ASSETS			
Debtors	9	100,879	88,026
Cash at bank		<u>249,046</u>	<u>160,823</u>
		349,925	248,849
CREDITORS			
Amounts falling due within one year	10	(116,999)	(23,347)
		<u>232,926</u>	<u>225,502</u>
NET CURRENT ASSETS			
		234,980	226,228
TOTAL ASSETS LESS CURRENT LIABILITIES			
CREDITORS			
Amounts falling due after more than one year	11	(12,506)	(15,000)
		<u>222,474</u>	<u>211,228</u>
NET ASSETS			
FUNDS	12		
Unrestricted funds		<u>222,474</u>	<u>211,228</u>
TOTAL FUNDS		<u>222,474</u>	<u>211,228</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022. The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime. The financial statements were approved by the Board of Trustees and authorised for issue on 24th November 2022 and were signed on its behalf by:



Neil Sturme
Trustee/Treasurer

NORTH EAST WALES MIND LIMITED**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

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

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

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

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

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

Fixtures and fittings	- 25% on cost
Computer equipment	- 33% on cost

Taxation

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

Fund accounting

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

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

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

NORTH EAST WALES MIND LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

2. DONATIONS, GRANTS AND CONTRACT INCOME

	2022	2021
	£	£
Donations	18,344	20,028
Grants and Contract Income	<u>456,925</u>	<u>527,910</u>
	<u>475,269</u>	<u>547,938</u>

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

	2022	2021
	£	£
General	<u>456,925</u>	<u>527,910</u>

3. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Talking Therapy	9,728	2,603
Training	18,519	12,465
Other income	4,025	4,005
Room hire	<u>1,875</u>	-
	<u>34,147</u>	<u>19,073</u>

4. INVESTMENT INCOME

	2022	2021
	£	£
Interest received	<u>31</u>	<u>43</u>

5. NET INCOME/(EXPENDITURE)

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

	2022	2021
	£	£
Depreciation - owned assets	<u>789</u>	<u>189</u>

NORTH EAST WALES MIND LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

Trustee's expenses of £290.18 were paid for the year ended 31 March 2022. There were no trustees' expenses paid for the year ended 31 March 2021.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations, grants and contract income	547,938
Other trading activities	19,073
Investment income	<u>43</u>
Total	<u>567,054</u>
 EXPENDITURE ON	
Charitable activities	
Charitable	<u>413,674</u>
 NET INCOME	 153,380
 RECONCILIATION OF FUNDS	
Total funds brought forward	 57,848
 TOTAL FUNDS CARRIED FORWARD	 <u><u>211,228</u></u>

NORTH EAST WALES MIND LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2021	10,119	7,606	17,725
Additions	-	2,117	2,117
At 31 March 2022	10,119	9,723	19,842
DEPRECIATION			
At 1 April 2021	9,393	7,606	16,999
Charge for year	189	600	789
At 31 March 2022	9,582	8,206	17,788
NET BOOK VALUE			
At 31 March 2022	537	1,517	2,054
At 31 March 2021	726	-	726

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	100,484	87,631
Prepayments and accrued income	395	395
	<u>100,879</u>	<u>88,026</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	14,545	12,917
Social security and other taxes	303	5,914
Other creditors	2,268	16
WCVA: Third Sector Resilience	3,944	3,750
Accruals and deferred income	95,939	750
	<u>116,999</u>	<u>23,347</u>

NORTH EAST WALES MIND LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

11. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022	2021
	£	£
WCVA: Third Sector Resilience	<u>12,506</u>	<u>15,000</u>

12. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
Unrestricted funds			
General fund	211,228	11,246	222,474
TOTAL FUNDS	<u>211,228</u>	<u>11,246</u>	<u>222,474</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	509,447	(498,201)	11,246
TOTAL FUNDS	<u>509,447</u>	<u>(498,201)</u>	<u>11,246</u>

Comparatives for movement in funds

	At 1.4.20	Net movement in funds	At 31.3.21
	£	£	£
Unrestricted funds			
General fund	57,848	153,380	211,228
TOTAL FUNDS	<u>57,848</u>	<u>153,380</u>	<u>211,228</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	567,054	(413,674)	153,380
TOTAL FUNDS	<u>567,054</u>	<u>(413,674)</u>	<u>153,380</u>

NORTH EAST WALES MIND LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

12. MOVEMENT IN FUNDS - continued

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

	At 1.4.20 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	57,848	164,626	222,474
TOTAL FUNDS	<u>57,848</u>	<u>164,626</u>	<u>222,474</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,076,501	(911,875)	164,626
TOTAL FUNDS	<u>1,076,501</u>	<u>(911,875)</u>	<u>164,626</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

NORTH EAST WALES MIND LIMITED

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations, grants and contracts income		
Donations	18,344	20,028
Grants and contracts	<u>456,925</u>	<u>527,910</u>
	475,269	547,938
Other trading activities		
Talking Therapy	9,728	2,603
Training	18,519	12,465
Other income	4,025	4,005
Room hire	<u>1,875</u>	<u>-</u>
	34,147	19,073
Investment income		
Interest received	<u>31</u>	<u>43</u>
Total incoming resources	509,447	567,054
EXPENDITURE		
Charitable activities		
Wages	340,811	273,666
Rates and water	3,187	2,353
Light and heat	2,120	5,464
Telephone	8,379	8,345
Postage and stationery	4,341	7,946
Sundries	1,498	23
Activities and training	4,219	1,966
Training courses	5,029	1,620
Travel & subsistence	2,020	4,443
Website & computers	16,769	22,271
Fees & Subscriptions	581	1,377
Office maintenance	3,207	252
Trainer fees	17,791	13,192
Therapist fees	7,785	1,988
Other	67,409	48,755
Rent	11,148	16,885
Fixtures and fittings	189	128
Computer equipment	600	-
Grants	<u>1,118</u>	<u>3,000</u>
	<u>498,201</u>	<u>413,674</u>
Total resources expended	498,201	413,674
Net income	<u>11,246</u>	<u>153,380</u>

Accounts

Charity Registration No. 1126091

Company Registration No. 06504104 (England and Wales)

NORTH EAST WALES MIND LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021



NORTH EAST WALES MIND LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr A J J Bochenski Mrs P M Thomas Ms M E Jones Ms K J Gallagher Ms T D Griffiths Ms L M Harper Dr S E Partington	(Appointed 16 July 2020) (Appointed 16 July 2020)
Secretary	Ms J Murphy	
Charity number	1126091	
Company number	06504104	
Registered office	The Wellbeing Centre 23b Chester Street Mold Flintshire Wales CH7 1EG	
Independent examiner	Azets Brynford House 21 Brynford Street Holywell Flintshire Wales CH8 7RD	

NORTH EAST WALES MIND LIMITED

CONTENTS

	Page
Annual Trustees' report	1 - 11
Independent examiner's report	12
Statement of financial activities	13
Balance sheet	14 - 15
Notes to the financial statements	16 - 24

NORTH EAST WALES MIND LIMITED

ANNUAL TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report and financial statements for the year ended 31 March 2021.

Objectives and activities

Aims, objectives and vision

North East Wales Mind was set up to promote and safeguard mental health for people in Flintshire and Wrexham and its aims are set out in the objects contained in the charity's Memorandum of Association. The organisation was established in 1998 to work in association with Mind (the National Association for Mental Health) and to follow the vision, mission, values and goals of Mind. These were updated in 2015.

Our vision

We won't give up until everyone experiencing a mental health problem gets both support and respect.

Our mission

To provide advice and support to empower anyone experiencing a mental health problem to live their life to the full, have hope for the future, enjoy positive wellbeing and get their voice heard.

Our values: We are

- **Open:** We reach out to anyone who needs us.
- **Together:** We're stronger in partnership.
- **Responsive:** We listen, we act.
- **Independent:** We speak out fearlessly.
- **Unstoppable:** We never give up.

Mind's strategic priorities 2021-24

We will continue to work for people experiencing mental health problems by supporting Mind's strategic objectives by supporting Mind's strategic objectives which are:

- **We connect Minds** by working with others in the fight for mental health.
- **We support Minds** by providing up to date information and offering life-changing mental health support
- **We change Minds** by speaking out when things aren't right and fighting for better services and rights for people with mental health problems.

Locally we will do this by:

- **Continuing to provide information, community wellbeing, workplace wellbeing, children and young people and talking therapy services.** Where contracts are coming up for renewal/tender we will strive to continue to provide these services into the future.
- **Actively seeking to find funding for additional services** which are sustainable and self-funding
- **Further developing workplace wellbeing services**
- **Developing crisis support services**
- **Developing services for children and young people**
- **Developing services in the Wrexham area** where there is currently little support for people with mental health problems
- Continuing to diversify our funding base and, in particular, **developing sources of trading**
- **Developing a premises strategy** for the future

NORTH EAST WALES MIND LIMITED

ANNUAL TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2021**

NE Wales Mind's vision is of a society that promotes and protects good mental health **for all**, and that treats people with experience of mental distress fairly, positively, and with respect. During 2020/21 there was a continuing emphasis on providing services which prevent mental health problems and promote well-being and recovery. We also focussed on supporting people struggling with their mental health through the pandemic due to isolation and difficulty in getting support from their usual services.

Each year the Board of NE Wales Mind reviews what has been achieved over the past 12 months. The review looks at the success of each activity and the benefits it has brought to those groups of people the organisation is set up to help. The review also helps us ensure our aims, objectives and activities remain focused on our stated purposes (see above). The Directors have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the work of the organisation and the aims and objectives set.

Activities

In order to achieve its purpose and objectives the charity provided a range of services to people in North East Wales experiencing mental distress. The COVID-19 pandemic meant that, right from the beginning of the year, all services had to be adapted for remote delivery by phone and/or online. This was done quickly and there was no delay in providing support to those who wanted it. We are particularly proud that clients did not experience a break in the services provided for them, even though those services were often provided in a different way to usual.

During the year additional face to face activities were provided when possible, usually outside, in line with COVID regulations for clients who were particularly vulnerable and needed face to face support. The main services provided were:

Information and guidance

The charity responded to telephone and email requests for information on a wide range of topics related to mental health. Information was available to anyone in Flintshire and Wrexham and, in addition, enquirers were signposted to other organisations in NE Wales and further afield for practical support.

A core part of NE Wales Mind's information services was its website www.newmind.org.uk which included information on NE Wales Mind services as well as information on wellbeing and links to local and national well-being resources. The website is available in English and Welsh versions to ensure people have access to information in the language of their choice.

The benefits of the information and guidance service for beneficiaries are that having up-to-date and reliable information allows people to take more control of their mental health, to start a process of recovery or to maintain good mental health and well-being. Signposting also has very practical benefits, for example allowing a person to access a mental health advocate so that they can solve practical problems like housing or debt.

As people could no longer drop into our Wellbeing Centre for support and information we expanded our social media presence in order to provide an alternative way to communicate with people. We already had Twitter and Facebook accounts, however these were underused and we felt they could be more effective. In April 2020 we appointed a social media agency to expand the number of posts so that North East Wales Mind had a regular online presence. In March 2021 we added an Instagram account.

NORTH EAST WALES MIND LIMITED

ANNUAL TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2021**

Community Wellbeing Support

Both individual and group-based support were provided to help reduce isolation, improve social networks, improve resilience and encourage people to re-engage with their local community.

Normally an important feature of these services is bringing people together in groups to reduce social isolation and increase variety and learning in people's lives. The pandemic meant that services needed to be adapted to be delivered remotely. Staff quickly adapted to remote delivery, initially keeping in touch with ongoing clients by phone whilst online services were developed. We were assisted in developing online services over Zoom by funding and training from Mind nationally. In addition, particularly vulnerable or isolated clients were met in the community whenever possible to provide them with the face to face support they needed. Services provided were

- **Emotional Support and Wellbeing Phone Calls and visits**

Individuals were phoned or met with regularly (mostly weekly) to ensure they were not totally isolated. As well as regular support, the phone was used as medium to provide guided self-help using Wellbeing Recovery Action Planning (WRAP) to help people develop individual wellbeing plans to help them deal with the changes the pandemic brought.

- **Signposting and networking**

During all client interactions clients were signposted to other services that could be useful, we networked with other organisations on their behalf, and provided links to online support and websites.

- **Online wellbeing and social Activities**

Studies show that being isolated is bad for mental well-being. Many of the people who access mental health services live alone and have limited family support. It is, therefore, important to provide a regular source of social support so online groups were provided every day of the working week in order that people could maintain and develop friendships with others as well as supporting their confidence and self-esteem. Groups provided were:

- Tuesday Drop-in
- Thursday Drop-in
- Craft Group
- Relaxation Group
- Chair Yoga Group
- My-time Yoga Group (three sessions per week)
- Reading Group
- Quiz

- **Online self-management training** helped people to learn how to manage their lives to get the most out of them. These were:

- Living Lift to the Full
- Enjoy your baby
- Wellness and Recovery Action Planning
- Life Warriors Training/Group for people with emotional dysregulation issues
- Stress Management
- Mindfulness Based Cognitive Therapy

- **Walks and other outside meetings**

Face to face meetings in outdoor or community settings were provided, when possible, to support people who were particularly isolated or vulnerable. These included walks, meeting in cafes and dropping off craft supplies to people's houses so they could take part in craft sessions.

NORTH EAST WALES MIND LIMITED

ANNUAL TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

- **Advice and support for community peer support groups**

Peer support is when people use their own experiences to help each other. There are different types of peer support (for example group, mentoring and online), but they all aim to bring together people with shared experiences to support each other; provide a space where people feel accepted and understood; treat everyone's experiences as being equally important and involve both giving and receiving support. As a Mind Peer Support Hub, North East Wales Mind provided online coaching, training, networking events and seed-corn grants to local people and organisations.

Talking therapies

Talking therapies can help people explore their feelings and problems and learn effective skills to help them move on with their lives in a positive way. They can help improve self-esteem, motivation, self-acceptance and work to overcome self-defeating behaviours or habits. As with Community Wellbeing Services, the pandemic meant that talking therapies had to be delivered remotely, via either phone or Zoom. Service available during the year were:

- **Counselling** was provided for people experiencing difficulties affecting their day-to-day functioning and which had led to mild to moderate stress, anxiety or depression. People were provided with either up to seven counselling sessions through the health board funded Parabl service, or could choose a more flexible route through the North East Wales Talking Therapy service.
- **Active Monitoring, an Early Intervention guided self-help service** was also delivered for people with mild to moderate mental health problems. This service was adapted for online/phone delivery by Mind, with all printed resources being made available as interactive online resources. People were supported to develop a personalised self-help plan using online or printed resources, with the support of a trained practitioner who they could speak to weekly for up to six sessions.

Workplace Wellbeing Support

This service recognises that people at work, especially young people, can be at particular risk of developing mental health problems and that support in improving mental resilience can make a huge difference. Through advice and training, this service delivers an anti-stigma message to a wide audience and can help members of the working community support others who are experiencing mental distress, encouraging them to get early help from their GP and mental health services. Due to the pandemic face to face training, which had been the core of the service previously, became impossible and many employers cancelled sessions because of staff being furloughed or otherwise unavailable.

More workplace wellbeing support was requested as the year went on to support employees with the stresses imposed by the pandemic:

- **Online training** was developed and delivered. This included:
 - Mental Health First Aid
 - Mental Health Awareness Training
 - Emotional Resilience
- **Mindline** was a service developed for Flintshire County Council's Social Services teams, along with private and third sector staff commissioned by the department. Staff were provided with telephone support, Active Monitoring and team briefings on developing a wellbeing toolkit. Managers were given advice and training on identifying and supporting staff with mental health problems.

NORTH EAST WALES MIND LIMITED

ANNUAL TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

Ensuring public benefit

Beneficiaries

Figures from Public Health Wales show that in 2020 the adult population of Flintshire and Wrexham (16+) was estimated to be 239,179. In a normal year 1 in 4 people in the UK will experience a mental health problem each year, so we can estimate that around 59,795 people in NE Wales will experience a mental health problem each year. Over their lifetime 17 in every 100 people will experience suicidal thoughts and three in every hundred will self-harm. In 2020/21 it is likely that these figures are an underestimate as early indications are that the pandemic increased the incidence of mental health problems by at least 10%.

All of these people, their friends and relatives, may sometimes have a need for the information and support which NE Wales Mind aims to provide.

NE Wales Mind's services are used by people with mental health problems who, otherwise, broadly mirror our community. They include

- adults of all ages (although most are between the ages of 20 and 65);
- a higher proportion of people with disabilities than in the general population (which you might expect given that mental health problems can be disabling)
- a higher proportion of people living on low incomes than in the general population
- homosexual and bisexual people (although the majority are heterosexual)
- both men and women (although more women than men contact us for help)
- people living in a mixture of social and private housing, mainly in Mold, Buckley, Wrexham, Holywell, Flint, Deeside and surrounding areas.

The vast majority of clients are white and Christian and consider themselves to be either Welsh, English or British. Virtually all of the people using our services speak English as their first language.

If we were to describe a typical client it would be a British, English speaking female with mental health problems who is heterosexual, Christian and between 30 and 50 years old, although specific services may have a different profile.

Most of the services provided by NE Wales Mind were free to the end user (with the exception of workplace wellbeing and some counselling services). Because of the funding available, most of the services were available to all adults living in Flintshire, although increasingly Wrexham services were added, in particular in partnership with Caia Park Partnership. Most services were open or self-referral (eg they were open to everyone and no selection criteria applied). The exceptions to this were Parabl services (as these were available only to those with mild to moderate mental health difficulties).

The Directors take the issue of equal access to services very seriously and have an equal opportunities policy which sets out the organisation's commitment to equal opportunities for all to access NE Wales Mind's services. During the year the Directors held two Equality and Diversity workshops.

NORTH EAST WALES MIND LIMITED

ANNUAL TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

Achievements and performance

Charitable activities

Fifteen staff and 20 volunteers provided services to 1,196 individuals and responded to 837 enquiries for information and signposting. The trustees are proud of what was achieved in supporting people with mental health problems in a year when many other services were cancelled or very difficult to access. Key achievements were:

- **Reaching out to many more people via social media:** Facebook followers increased by 96% to 1593 with the most popular posts reaching over 7,400 people
- **Adapting all services to remote delivery**, meaning we could carry on providing services to vulnerable people throughout the year.
- **Responding to 628 telephone and email requests** for information and signposting
- **Supporting 102 people with weekly telephone calls** to provide emotional and practical support
- **Providing an adapted guide self-help (Active Monitoring) service remotely over the phone and using interactive online resources.** As part of a Welsh Government funded service co-ordinated by Mind Cymru we supported 216 people.
- **Delivering counselling to 131 people.**
- **Developing and delivering online groups** to replace in person groups and increasing the number of groups available so that support was available every weekday. Over the year **a total of 435 sessions** were provided including a new reading group, four yoga sessions per week, two weekly drop-ins a craft group, relaxation group and a quiz.
- **Launching a new mental health and wellbeing hub in Flint Library** in partnership with Aura Libraries and Flintshire County Council. Although we were unable to provide the service in person as originally envisaged, new online and telephone support services were provided, including remote Active Monitoring.
- **Piloting a new peer support group/therapeutic community group** for people with emotional regulation and relationship management difficulties.
- **Taking part in the National Trust's Community Art Project** for Halloween which resulted in the creation of a Wellbeing Wizard 'scarecrow', complete with a book of wellbeing spells. The work was installed in a local garden and a video made to share it online.
- **Adapting training and self-management courses for online delivery** including Living Life to the Full, Wellbeing Recovery Action Planning, Stress Management and Mindfulness Based Cognitive Therapy: 91 people were supported.
- **Developing the 'Mindline' service** to support the wellbeing of frontline social care staff during the pandemic and adapting workplace training courses such as Mental Health Awareness to be delivered online. 142 people were supported via online briefings/training, mindfulness sessions, Active Monitoring and counselling.
- **Delivering training courses to organisations** was extremely challenging. All courses booked by external organisations prior to the start of the year were cancelled and there appeared little possibility of attracting more business. In the end, however, 21 courses were delivered online, exceeding targets.

Client Feedback

North East Wales Mind use both formal and informal methods of collecting feedback from clients about services. Feedback is provided from each service to the Chief Officer and passed on to the board. It is used as the basis for improvements to services. Some of the comments received from participants during the year were:

- "Thank you so much for continuing to keep me in the loop" (online group participant)
- "Just wanted to say THANK YOU, because Steph and ALL the dedicated team at NEW Mind make a monumental difference on a daily basis, special things happen, and I know how you all transform, support and bring confidence, kindness and acceptance to all" (online group participant)
- "The course content was good, but the online platform didn't work for me, which is why I feel I didn't achieve what I wanted (Mindfulness participant)

NORTH EAST WALES MIND LIMITED

ANNUAL TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

- “You kindly emailed me the link to the [yoga] session and I just wanted to say how much I enjoyed it. It was really relaxing – until I saw the crisp under the sofa that broke the moment!” (My Time Yoga participant)
- “The course has been a joy to experience. The team have been so patient and unhurried with everyone. It's been a personal success on every level” (Woodland Skills course participant)
- “I have found this course to be truly uplifting to my senses. I have enjoyed every minute” (Woodland Skills course participant)
- “I have found the counselling sessions to be helpful, insightful and comforting. Brian has been nice and kind and listened in a non-judgemental way, which I appreciated. Thank you all for providing a great, and much needed, service (especially at this time during the current pandemic situation)”
- “What a fantastic informative, and truly worthwhile course it was. I have learnt so much from yourself and the course content. I feel loads more equipped to deal with issues of stress and anxiety. I would like to personally thank you for hosting this amazing course. The interaction and listening from yourself was brilliant and I really feel I can now go on to new pastures and take all of the course notes to help me in the future. I'm working on doing 3 of our list every day, mainly listening to music, gym and meditation. Take care and stay safe. It's a shame they don't have a weekly group a bit like AA, for people suffering from stress. Excellent course delivered by and excellent tutor.” (Stress Management Course participant)

Complaints

The charity has a formal Complaints Procedure. During the year two written complaints were received. One complaint was upheld and the other was upheld in part.

Client Outcomes

Client outcomes were not kept for all services during 2020/21, largely due to the upheaval caused by the pandemic meaning that services moved to a remote basis and the methods of capturing outcomes which had previously been used were not able to be immediately adapted. The exception to this was the Active Monitoring Service, which was able to continue measuring outcomes in the same way as previously. Research conducted by Mind Cymru showed that of the 216 people who used the service between June and January 2020:

- 84% of clients experienced a statistically significant decrease in anxiety symptoms (as measured by the GAD-7 outcome measure)
- 85% of clients experienced a statistically significant decrease in depression symptoms (as measured by the PHQ-9 outcome measure)
- 85% of clients experienced a statistically significant increase in wellbeing (as measured by the Warwick Edinburgh Mental Wellbeing Scale)

Service user and carer involvement

NE Wales Mind is committed to involving people with experience of mental health problems in every aspect of the organisation, as directors, staff and volunteers. During 2020/21 some of the usual methods of involvement (such as the “Clients in Mind” group, were put on hold. However,

- 80% of trustees/directors who were on the NE Wales Mind board had personal experience of mental health problems or caring for someone with mental health problems
- 80% of the organisation's staff have had either personal or family experience of mental health problems.

Volunteers with experience of mental health problems (including current clients of NE Wales Mind) volunteered their time to run online activity and social sessions

NORTH EAST WALES MIND LIMITED

ANNUAL TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2021**

Financial review

Financial review

At the start of 2020/21, the Board of NE Wales Mind had considerable concerns about the organisation's financial position due to the likely effect of the pandemic. In particular they recognised that the COVID-19 pandemic was likely to seriously affect income from trading (selling training and counselling) and fundraising/donations which formed a small, but important, part of the organisation's income. There was also initial uncertainty about whether public sector funders would continue to fund at previous levels as services were unable to be provided as they previously had been and concern that moving staff to home working and adapting to digital services would incur higher costs. Finally, two contracts (which had ended in previous years but been rolled over) were due to end during the year.

It was decided early on to seek to mitigate the likely impact of lost trading and fundraising activity by applying to WCVA's Third Sector Resilience Fund for Wales. This succeeded in attracting a grant of £56,250 and a loan of £18,750. The trustees decided to wait until the loan was due for repayment in May 2021 before deciding whether it would be useful to retain the loan for a longer period or whether it should be returned in full when it became due.

In addition, grant funding was sought to meet the costs of adapting services for online delivery. This was received from Mind, the Voluntary Sector Emergency Fund (through AVOW and FLVC) and Tesco Bags for Life.

After discussions with funders it became clear that public sector contracts with Flintshire County Council (FCC) and Betsi Cadwaldr University Health Board (BCUHB) would continue as previously, despite the change in delivery method. The contracts which were rolling over would continue to do so.

All of these factors and actions meant that no staff needed to be furloughed and services could continue (and expand).

In addition, the organisation attracted new contracts during the year to provide a Community Wellbeing Hub in Flint and to provide Active Monitoring support to local people through a WCVA/Mind Cymru national project.

These efforts were successful in ensuring the organisation ended the year in a healthy financial position, with a surplus of income over expenditure leading to general unrestricted reserves of £138,288, and designated reserves of 72,940 to be carried forward to fund activity in 2021/22.

Financial outlook

Although 2020/21 ended in a stable and positive financial situation and there have been new funding opportunities provided through the pandemic, the trustees are aware that the financial environment for charities is still challenging, especially given the unknown effects of the Coronavirus (COVID-19) pandemic and Brexit on future public sector funding, public donations and grant and trust funding.

The Trustees continue to take seriously their responsibility to plan a sustainable future for the organisation. In order to respond to this the board will continue to pursue the strategy of maximising alternative sources of unrestricted income through fundraising, trading, grants and donations, as well as pursuing opportunities to bid for contracts in line with the organisation's strategic priorities.

Part of the reason for seeking alternative income sources is that contracts from the public sector remain short term and uncertain. This includes the new contracts recently gained to provide Community Wellbeing Hubs in Flint and Caia Park in Wrexham as part of BCUHB's ICAN network for which long-term funding has not yet been fully identified. In addition, two contracts continue to be rolled over, month by month until future procurement processes are held.

NORTH EAST WALES MIND LIMITED

ANNUAL TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2021**

In order to mitigate the risk of losing these funding streams the trustees will seek to extend or will re-tender for existing contracts where that is possible. For projects/contracts where funding is unlikely to be continued the organisation will look for new contracts/services to replace those lost, as well as continuing to expand fundraising, grant and trading activity. In particular, more resources will be put into developing and selling paid-for training courses and talking therapies and seeking to work with Mind nationally to deliver Mind's branded products locally and grants will be sought to help the organisation develop its core business functions so that it can continue to provide services as cost-effectively as possible.

Supporters and funders

It is with sincere gratitude that the Board wishes to acknowledge the financial support of the following for its continued work in supporting Flintshire and Wrexham people experiencing mental distress:

- AVOW (Voluntary Sector Emergency Fund)
- Betsi Cadwaldr University Health Board
- The Big Lottery Community Fund
- Flintshire County Council
- Flintshire Local Voluntary Council (Voluntary Sector Emergency Fund)
- Individual donors and fundraisers
- Mind
- Morrisons Foundation
- Tesco Bags for Life
- WCVA Third Sector Resilience Fund for Wales
- Welsh Assembly Government (Supporting People with Disabilities funding)
- Wrexham County Borough Community Grant

We would also like to acknowledge the enormous practical support received from

- CAIS and partners in the Parabl project
- Flintshire County Council's Mental Health Support Services
- Flintshire Local Voluntary Council
- Mind (National Association for Mental Health)
- NE Wales Mind volunteers, who give freely of their time and expertise

Future plans

In January 2020 the Board of North East Wales Mind started a strategy development process to determine the direction of the organisation and its objectives over the medium term. This was delayed due to the pandemic and will be completed in the 2021/22 financial year. In addition the organisation routinely develops a Business Plan to guide the organisation in the short term.

Trustees recognised that the pandemic and the enormous changes this has brought to individuals are likely to cause a rise in mental health problems and that the organisation needs to be in a position to support the needs in the local population.

Plans to respond to this and other external issues are as follows:

- To develop a strategy for the next three years, to take into account a wide range of external and internal factors and to provide a road-map for the development of the organisation and its services
- To recruit additional trustees with skills which are currently missing from the board.
- To re-design services in order to offer a 'blended' model, with services available both digitally and in person depending on the preference of the individual.
- To seek to re-open in-person services, in line with government guidance (although possible including the continuation of home-working for some staff as required)

NORTH EAST WALES MIND LIMITED

ANNUAL TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

- To seek to extend the reach of the Active Monitoring service to support more people with mild to moderate mental health problems. As part of this to provide Active Monitoring from Community Wellbeing Hubs and Centres (both our own and those of other organisations).
- To seek additional funding for Wrexham community services to ensure an ongoing service for local people
- To seek funding to continue the emphasis on peer support and community resilience work
- To further develop fee-based counselling services (including seeking organisational accreditation from the British Association for Counselling and Psychotherapy)
- To re-tender for contracts which have expired when the opportunity presents itself
- To further develop Workplace Wellbeing Services in order to make them self-funding by April 2022.
- To seek additional funding to provide additional services to support those in society most likely to be affected by the pandemic
- To explore the provision of services for children and young people over the age of 11.
- To explore opportunities to reduce costs by working more closely with other local Minds in North Wales.
- To improve efficiency by migrating to a new client database system

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

Governing Document

North East Wales Mind is controlled by its governing document, a Memorandum and Articles of Association as incorporated on 14 February 2008, and constitutes a company, limited by guarantee, as defined by the Companies Act 1985. The governing document was amended on 2 December 2016 to show that the organisation's name, which had previously been Flintshire Mind, had changed to North East Wales Mind (NE Wales Mind).

Recruitment and appointment of new trustees

As at March 31 2020 the charity had seven trustees (known as directors) from a possible 15. All directors of the company are also charity trustees. Nominations for the position of director are sought from members and others with an interest in the governance of the organisation to be elected by the membership at the Annual General Meeting. The directors may, at any time, co-opt further directors to join them on the board. Each year one third of the directors will resign, so allowing the opportunity for new directors to join the governing body. All co-opted directors retire at the AGM, but may be re-appointed.

All directors give their time voluntarily. During 2020/21, £0 in out of pocket expenses were claimed by the Directors (2019/20: £603.33)

Induction and training of new trustees

All directors are provided with an induction pack and new directors attend an induction meeting with the Chief Officer and the management team. Directors can access training and development opportunities which are relevant to their role.

Organisational Structure

NE Wales Mind is a membership organisation. The NE Wales Mind Board is responsible for the strategic direction of the organisation, meets at least six times each year and is accountable to the membership. There is a standing subcommittee overseeing HR and Health and Safety matters which meets tri-annually and a financial subcommittee which meets fortnightly. The Board sometimes convenes ad-hoc subcommittees which consider specific issues in relation to other issues.

The directors delegate the day to day operation of the organisation to the Chief Officer, and through her to the staff and volunteers. The directors require regular progress reports on services and activities and also scrutinise and approve budgets, financial reports and funding bids. Directors take responsibility, with advice from staff, for the development and approval of policies and procedures to govern the work of the organisation and for the recruitment and appointment of staff.

NORTH EAST WALES MIND LIMITED

ANNUAL TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

Reference and administrative details

Registered company number: 06504104

Registered Charity number: 1126091

Registered Office

The Wellbeing Centre
23b Chester Street
Mold
Flintshire CH7 1EG

Trustees (Directors) during the year

Mr A J J Bochenski

Mrs P M Thomas

Ms M E Jones

Ms K J Gallagher

Ms T D Griffiths

Ms L M Harper

(Appointed 16 July 2020)

Dr S E Partington

(Appointed 16 July 2020)

Company Secretary

Jenny Murphy

Independent Examiner

Azets Audit Services Limited
Brynford House
21 Brynford Street
Holywell
Flintshire
CH8 7RD

Bankers

HSBC
22 High Street
Mold
Flintshire CH7 1AR

The Annual Trustees' report was approved by the Board of Trustees.

.....

Dated:

NORTH EAST WALES MIND LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF NORTH EAST WALES MIND LIMITED

I report to the trustees on my examination of the financial statements of North East Wales Mind Limited (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity (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 financial statements of the charity 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 financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable 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 , 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 that in any material respect:

- 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).

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 financial statements to be reached.

Melanie Langton-Davies, ACA, FCCA
Azets Audit Services
Brynford House
21 Brynford Street
Holywell
Flintshire
CH8 7RD
Wales

Dated:

NORTH EAST WALES MIND LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds 2021 £	Unrestricted funds 2020 £
<u>Income from:</u>			
Donations, grants and contract income	2	547,938	327,282
Other trading activities	3	19,073	30,501
Investments	4	43	132
Total income		<u>567,054</u>	<u>357,915</u>
<u>Expenditure on:</u>			
Charitable activities	5	<u>413,674</u>	<u>370,400</u>
Net income/(expenditure) for the year/ Net movement in funds		153,380	(12,485)
Fund balances at 1 April 2020		<u>57,848</u>	<u>70,333</u>
Fund balances at 31 March 2021		<u><u>211,228</u></u>	<u><u>57,848</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

NORTH EAST WALES MIND LIMITED

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	9		726		915
Current assets					
Debtors	10	88,026		29,225	
Cash at bank and in hand		160,823		52,657	
		<u>248,849</u>		<u>81,882</u>	
Creditors: amounts falling due within one year	12	<u>(23,347)</u>		<u>(24,949)</u>	
Net current assets			225,502		56,933
Total assets less current liabilities			226,228		57,848
Creditors: amounts falling due after more than one year	13		(15,000)		-
Net assets			<u>211,228</u>		<u>57,848</u>
Income funds					
<u>Unrestricted funds</u>					
Designated funds	14	72,940		40,162	
General unrestricted funds		<u>138,288</u>		<u>17,686</u>	
			211,228		57,848
			<u>211,228</u>		<u>57,848</u>

NORTH EAST WALES MIND LIMITED

BALANCE SHEET (CONTINUED)

AS AT 31 MARCH 2021

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021.

The directors acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

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.

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

The financial statements were approved by the Trustees on

.....
Mr A J J Bochenski
Trustee

.....
Ms M E Jones
Trustee

Company Registration No. 06504104

NORTH EAST WALES MIND LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

NORTH EAST WALES MIND LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

1.5 Expenditure

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

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% on cost
Computers	33% on cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

NORTH EAST WALES MIND LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

2 Donations, grants and contract income

	Unrestricted funds	Unrestricted funds
	2021 £	2020 £
Donations and gifts	20,028	25,682
Grants and Contract Income	527,910	301,600
	<u>547,938</u>	<u>327,282</u>
Grants receivable for core activities		
WCVA-Third Sector Resilience Fund for Wales	56,250	-
Local Mental Health/SPD Grant	6,952	6,952
Voluntary Sector Emergency Fund (AVOW)	1,000	-
Voluntary Sector Emergency Fund (FLVC)	1,000	-
Tesco Bags for Life	500	-
Wrexham County Borough Council Community Grant	2,250	-
Other grants and contracts	459,958	294,648
	<u>527,910</u>	<u>301,600</u>

3 Other trading activities

	Unrestricted funds	Unrestricted funds
	2021 £	2020 £
Talking therapy fees	2,603	8,018
Training fees	12,465	13,175
Archway Room Hire	-	2,410
Wrexham Room Hire	-	3,750
Membership fees and Employment allowance	4,005	3,148
	<u>19,073</u>	<u>30,501</u>
Other trading activities		

NORTH EAST WALES MIND LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

4 Investments

	Unrestricted funds	Unrestricted funds
	2021 £	2020 £
Interest receivable	43	132

5 Charitable activities

	2021 £	2020 £
Staff costs	273,666	249,220
Depreciation and impairment	128	728
Rent	16,885	16,750
Insurance	2,353	1,838
Office utilities	5,464	9,306
Telephone and internet	8,345	7,231
Postage and stationery	7,946	5,677
Activities and training resources	1,966	5,447
Refreshments	23	1,240
Training courses and supervision	1,620	2,858
Travel and sustenance costs	4,443	5,334
Web design and computer support	22,271	7,051
Fees and subscriptions	1,377	650
Office repair and maintenance	252	2,423
Trainer fees	13,192	14,124
Therapist fees	1,988	6,094
Other charitable expenditure	48,755	26,429
	410,674	362,400
Grant funding of activities (see note 6)	3,000	8,000
	413,674	370,400

NORTH EAST WALES MIND LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

6 Grants payable

	2021 £	2020 £
Peer support Grants	3,000	8,000
	<u>3,000</u>	<u>8,000</u>

-

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. (2020; nil)

None of the trustees (or any persons connected with them) incurred any expenses on behalf of the charity during the year. (2020; the trustees were reimbursed for a total of £603.33)

8 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
Full time	5	5
Part time	10	10
Total	<u>15</u>	<u>15</u>

Employment costs

	2021 £	2020 £
Wages and salaries	245,110	221,529
Social security costs	17,127	16,247
Other pension costs	11,429	11,444
	<u>273,666</u>	<u>249,220</u>

There were no employees whose annual remuneration was £60,000 or more.

NORTH EAST WALES MIND LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

9 Tangible fixed assets

	Fixtures and fittings	Computers	Total
	£	£	£
Cost			
At 1 April 2020	10,119	7,606	17,725
At 31 March 2021	10,119	7,606	17,725
Depreciation and impairment			
At 1 April 2020	9,204	7,606	16,810
Depreciation charged in the year	189	-	189
At 31 March 2021	9,393	7,606	16,999
Carrying amount			
At 31 March 2021	726	-	726
At 31 March 2020	915	-	915

10 Debtors

	2021	2020
	£	£
Amounts falling due within one year:		
Trade debtors	87,631	29,057
Prepayments and accrued income	395	168
	88,026	29,225

11 Loans and overdrafts

	2021	2020
	£	£
WCVA – Resilience Fund for Wales Scheme	18,750	-
Payable within one year	3,750	-
Payable after one year	15,000	-

NORTH EAST WALES MIND LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

12 Creditors: amounts falling due within one year

	Notes	2021 £	2020 £
WCVA – Resilience Fund for Wales Scheme	11	3,750	-
Other taxation and social security		5,914	3,415
Government grants		-	9,750
Trade creditors		12,917	11,034
Other creditors		16	-
Accruals and deferred income		750	750
		<u>23,347</u>	<u>24,949</u>

13 Creditors: amounts falling due after more than one year

	Notes	2021 £	2020 £
WCVA – Resilience Fund for Wales Scheme	11	<u>15,000</u>	<u>-</u>

NORTH EAST WALES MIND LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

14 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds				Movement in funds			
	Incoming resources	Resources expended	Transfers	Balance at 1 April 2020	Incoming resources	Resources expended	Transfers	Balance at 31 March 2021
	£	£	£	£	£	£	£	£
Community Wellbeing	145,210	(124,710)	-	20,923	289,552	(167,085)	(87,450)	55,940
Talking Therapies	13,175	(14,436)	-	20,500	105,217	(100,775)	(24,942)	-
Workplace Wellbeing	-	-	20,923	(1,261)	81,880	(23,604)	(40,015)	17,000
	<u>158,385</u>	<u>(139,146)</u>	<u>20,923</u>	<u>40,162</u>	<u>476,649</u>	<u>(291,464)</u>	<u>(152,407)</u>	<u>72,940</u>

NORTH EAST WALES MIND LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

15 Legal Status of the Charity

The charity is a company limited by guarantee. No trustees have any beneficial interest in the charitable company. Each member agrees to contribute £1 to the charity's assets should it be wound up whilst they are a member. The number of guarantees at the year end was 5.

16 Related party transactions

There were no disclosable related party transactions during the year (2020 - none).

17 Going concern

The charitable company has informed management and they are constantly reviewing the guidelines given by the UK Government and adapting their business accordingly so as to best service their clients whilst keeping their staff safe. Regular board meetings ensure communication between informed management and allow for changes to be implemented in a controlled and structured manner.

There is no evidence of a reduction to funding in the next 12 months, supported by the budgets prepared by management so it is felt that the going concern assumption remains appropriate.

Please see the Report of Trustees for further details.

18 Contingent Liabilities

North East Wales Mind has in place several contracts, and if these were to be terminated before the end of the contracts, the charity would be liable to pay any outstanding amounts due as the date of termination. The suppliers and the contract notice period are as follows:

Office rent - 6 months
Office insurance - 1 month
Gas and Electricity - ends October 2022
Photocopier lease - ends September 2023
Mobile telephone contracts - February 2022
Telephone - 1 month
Internet - 1 month
Franking machine - ends January 2022
Office rental Wrexham - 1 month