

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

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 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

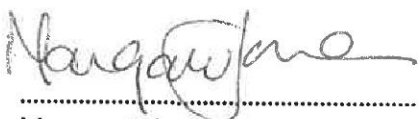
Independent Examiner

Williams Denton Cyf
Chartered Certified Accountants
13 Trinity Square
Llandudno
United Kingdom
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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.

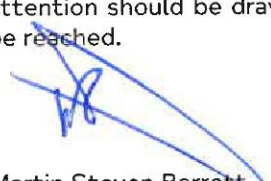
Independent examiner's statement

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

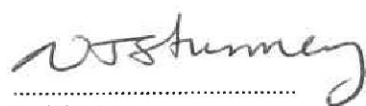
		2022	2021
		Unrestricted	Total
		fund	funds
		£	£
FIXED ASSETS	Notes		
Tangible assets	8	2,054	726
CURRENT ASSETS			
Debtors	9	100,879	88,026
Cash at bank		249,046	160,823
		349,925	248,849
CREDITORS			
Amounts falling due within one year	10	(116,999)	(23,347)
NET CURRENT ASSETS		232,926	225,502
TOTAL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

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
	<hr/>	<hr/>	<hr/>
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
	<hr/>	<hr/>	<hr/>
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>

