

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
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FOR THE YEAR ENDED 31 MARCH 2023

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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

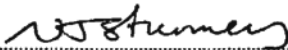
Independent Examiner

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	2022
		Unrestricted	Total
		fund	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	2022
		Unrestricted	Total
		fund	funds
		£	£
FIXED ASSETS	Notes		
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)
NET CURRENT ASSETS		<u>167,802</u>	<u>232,926</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		169,067	234,980
CREDITORS			
Amounts falling due after more than one year	11	(8,562)	(12,506)
NET ASSETS		<u>160,505</u>	<u>222,474</u>
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

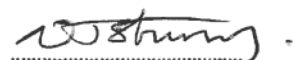
NORTH EAST WALES MIND LIMITED

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