

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

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FOR THE YEAR ENDED 31 MARCH 2024**

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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.

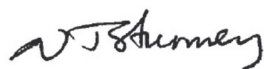
NORTH EAST WALES MIND LIMITED

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
	<hr/>	<hr/>	<hr/>
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)
	<hr/>	<hr/>	<hr/>
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
	<hr/>	<hr/>	<hr/>
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)
	<hr/>	<hr/>	<hr/>
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
	<hr/>	<hr/>	<hr/>
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)
	<hr/>	<hr/>	<hr/>
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.