

Company registration number: 07814000

Charity registration number: 1145211

# Brecon And District Mind

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2021

## **Brecon And District Mind**

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# **Brecon And District Mind**

## **Trustees' Report**

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2021.

### **Objectives and activities**

#### ***Objects and aims***

The charity's objects as laid down in the Memorandum and Articles are specifically restricted to the following:

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

The organisation seeks to promote these objectives through:

- Providing open access to support through a range of services, information, signposting to other services, and a range of therapeutic social, leisure and educational opportunities designed to promote mental and physical health and to increase individuals' self-confidence and well-being.
- Supporting and enabling service users to identify their individual goals and work towards their own well-being.
- Encouraging service users to contribute to the planning, development, delivery and monitoring of Brecon and District Mind's activities and local mental health services.
- Liaising and working in partnership with statutory and voluntary agencies within and outside the area of mental health.
- Working effectively as part of the Mind network maintaining the Mind Quality Mark in our service delivery with a positive approach to maintaining and developing relationships with other local Minds.
- Developing and strengthening links within the local community and identifying opportunities for volunteering and employment and to ensure people who experience mental distress can be fully integrated in to all aspects of life in the community.
- Diversifying our sources of income and strengthening our financial reserves in order to ensure the long-term sustainability of the organisation.

# **Brecon And District Mind**

## **Trustees' Report**

### ***Objectives, strategies and activities***

We provide a Community Wellbeing Service and a Community Project Centre which offer a wide range of support to more people experiencing mental health issues.

The organisation has grown over the past 8 years and we have services and projects offering support to the wider community. The main areas of work are:

- Community Well-Being service
- Counselling Service including EMDR Therapy
- Active monitoring – facilitated psycho educational CBT programme.
- Peri-Natal service – Mums Matter Project and Dad's research peri-natal project & Mums support group
- Family Support
- Social Prescribing
- Green Minds - Eco Therapy project
- Twilight Sanctuary – Crisis Prevention service

We normally run a range of well-being activities but due to Covid these were all suspended:

- Arts and crafts
- Gardening – Allotment project
- Creative writing
- Eve Project – Women only peer support/ craft
- Pottery
- Sunday lunch club
- Complementary therapy

### ***Fundraising disclosures***

We have been able to extend our services and therefore our reach in the local community. We have been fortunate to have funding from Supporting People to allow us to maintain our extended opening hours in the Community Well-Being Centre and provide floating support for homelessness and social isolation and Family Support, so we are more accessible to those people needing to use our services. Funding still remains our central strategic priority and we continue to work with our Fundraising Consultant to make grant applications. In addition, our Income Generation working group and the Friends of Brecon and District Mind continues to raise funds locally through a range of events and activities. We realise that we need to continue to diversify our funding streams to be sustainable in the future. This will lead to more partnership working with other agencies in the local communities in order to provide services to fill gaps where there are identified areas of need.

We were able to secure funding from various sources to support the changes we had to make to remote delivery of services during lockdown.

### ***Public benefit***

Trustees are aware of the public benefit requirement. Our activities are open to all those in the Brecon and District area who identify themselves as suffering with mental illness or mental distress. All our charitable activities, as described above, focus on our key aims of the prevention and relief of mental distress and illness and increasing opportunities to raise awareness and offer support to individuals within the community.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.



## **Brecon And District Mind**

### **Trustees' Report**

#### ***Use of volunteers***

During the lockdown restrictions our volunteers were unable to support the services in the normal way. Once restrictions ease they will be able to return. People using the services are taking up volunteer opportunities on the Eco Project as they like working outside and working in nature. It has become a very popular activity and increases people's well-being and sense of contribution to the local community, especially at a time when most other services were operating remotely.

#### **Achievements and performance**

The last 12 months were extremely challenging due to the pandemic and ensuing restrictions. But we very quickly adapted our way of working and were able to continue to deliver our support services to ensure people with poor Mental Health were able to access the support they needed.

The Organisation continues to grow steadily, and we can celebrate the fact that again this year we have attained funding to start up more new projects and offer more services to the local community. We continue to strive for organisational excellence by adhering to standards such as

- Mind Quality Mark
- Dementia Friendly Organisation
- Level 5 Food Hygiene Award

There continues to be uncertainty regarding funding from the Local Health Board and Powys County Council. In Powys. There are moves to further integrate Health & Social care teams, so this will change the face of commissioning and how services are commissioned and provided. At the present time funding for our services has been rolled over for another year. We have challenged the level of funding as there has not been any cost of living uplift over the last 7 years but we still continue to provide the same level of support by using donations to support this.

We continue to work with a range of other local organisations such as Calan DVS, Kaleidoscope, Gwalia, the Job Centre, the CMHT and the National Park and Wildlife Trusts, so that we can all work together to provide the best service for those people that access services currently or for those who may need them in the future. We also formed a partnership agreement with Mid Powys Mind & Ystradgynlais Mind. As Minds in Powys we are better positioned to apply for tenders that are Powys wide.

We run a range of events to promote our services including events for Mental Health Awareness week, Spring Fayre, Christmas Fayre and a World Mental Health Day event. We were able to do a small amount of awareness raising through Social Media but no events were able to take place.

We continue to access support, advice and information from National Mind including access to all the information booklets on all manners of issues which Mind produce. We are a business partner with National Mind which allows us to run licensed services that they produce, such as the Mums Matter peri-natal service and Active Monitoring.

We take part in Powys providers meetings and the One Mind in Wales meetings as well as access to national conferences such as the CEO's conference and the Trustees conference. This informs us of the position locally and nationally, so we know what is happening elsewhere and where we as an organisation fit in to the 'bigger picture'.

We have commenced the work with Children & Young People by providing drop-in sessions at Penmaes School and Focus Groups with Brecon High School and the Pupil Referral Unit. When restrictions allowed we were able to take part in assemblies and provide workshops on mental health at Brecon High school.

The wellbeing aspect is inherent in everything we do here at Ty Croeso. We have a counselling service and a complementary therapy service to enhance peoples' wellbeing as well as other activities that people enjoy. The challenges of lockdown restrictions meant running groups on-line and providing majority of support over the

## **Brecon And District Mind**

### **Trustees' Report**

phone. We still managed to maintain all services through this difficult time and supporting people when they needed it.

As soon as restrictions allowed we were able to return to some face to face support, initially outside in the community and then in the centre following strict Covid regulations. For many people this was a lifeline.

The centre has a very calm, relaxed and welcoming atmosphere that is conducive to people's wellbeing. People can access 1-1 support and counselling, ask for information or advice. All groups and activities had to be suspended through the lockdown period.

We extended our opening hours to provide a Twilight Sanctuary service 5 evenings a week to support people who were either in crisis or struggling to cope with their mental health. This service is a crisis prevention service to try to prevent the need for people to use statutory services such as A&E or the Police.

#### **Financial review**

During another year of change and increased activities, the financial performance of Brecon and District Mind remains strong and delivered an overall surplus of £140,347.

The trustees have continued with the plan to build up reserves and at 31st March 2021 these stood at a total of £351,020. The budget for 2021-22 show a further increase in spend and the trustees will continue to review the policy to ensure that reserves are in place to sustain our activities.

Two trustees are required to sign cheques and to authorise card payments. Senior members of staff give notice before undertaking activities which could involve payment of expenses.

The underlying strength of the finances at Brecon and District Mind has been achieved by keeping a close eye on the overhead expenses such as management salaries and accommodation. Management accounts are produced for each project to better understand the contribution each project makes to the core overhead costs of the organisation.

The Trustees continuing criteria in managing the finances of the organisation has been to maximise the effectiveness of sustaining the mental health and wellbeing of the communities we serve.

#### ***Policy on reserves***

The trustees reviewed the reserves policy and the policy reflects the current climate of economic uncertainty and the very real prospect of further reduction in core funding and future competitive tendering for the services we currently provide. This reserves policy was multi layered and staged.

The long term goal is to progress through various stages of the policy in order to plan for future financial stability. The objective of the Trustees is to build a level of free reserves equal to the averaged fixed commitments for the ensuing 9 months, amounting to approximately £287,000, which would provide the foundations for the future financial stability of the organisation.

The level of free reserves at 31 March 2021 amounted to £161,788, being approximately 5 months expenditure.

#### **Plans for future periods**

##### ***Aims and key objectives for future periods***

Brecon and District Mind has become a significant organisation for supporting mental health in the local community and provides a wide range of services, learning opportunities, activities and support in an area of ever-increasing demand. The level of demand has risen significantly through the pandemic as people struggle with



## **Brecon And District Mind**

### **Trustees' Report**

anxiety, depression, isolation and issues around bereavement and relationship breakdown.

It is, therefore, necessary to ensure we continue to provide services that are meeting the changing needs of the local community. This is even more evident following the pandemic as people experience huge restrictions on their daily lives and their freedom. Many people will have experienced mental health issues for the first time during this period. As cuts challenge the statutory provisions for mental health it often falls to the voluntary sector to provide more support but not necessarily with more resources.

We will continue to search for funds to enable us to continue with extra services as well as identifying the need for other services in our area and to maintain the present services.

Our current services such as counselling continues to experience high levels of demand and it is important we secure future funding to meet these demands. We will also focus more on the needs of children and young people and find partners to help us achieve these aims. We will be working closely with the Local Health Board and Powys County Council to look at the priorities and areas of unmet need to inform us on the development of a service for Children and Young People.

To this end we have identified some core aims that are central to the future of the service:

- We are continuing to develop the service in ways that will attract sustainable funding to allow for long term planning.
- We continue to develop the Community Wellbeing model and do what matters to the person to improve their wellbeing.
- We will continue to seek additional sources of funding to ensure fiscal stability and enable long term planning for the sustainability of the organisation.
- We will continue to build our financial reserves over the coming years to allow for long term planning of services. Due to expansion of services we are aware that our Reserves Fund will only cover us for 3 months in the event of closure but aim to increase this fund to cover 9 months winding down costs over the years to come, if our finances allow. In the meantime, we continue to all we can to maintain the standard of service we provide and to try and keep the organisation sustainable.
- We will create an organisational structure, governance and ethos that will allow for, and sustain, our existing work and any future development of the services provided.
- We will also have to rise to the further challenge of the tendering process that the Local Health Board are likely to undertake in the future. We will be expected to tender in collaboration with other local Mind services or other local providers for the services we currently provide. We trust that affiliation to Mind will give us more support, advice and strength. We have already undertaken the tendering process with Supporting People and are better equipped to deal with the process going forward and we have created a more robust partnership with the other Local Minds in Powys.
- We aim to ensure the sustainability of the Board of Trustees with developing induction, support and training, such as mentoring, starting as a volunteer, in-house training sessions or away days, as well as external training from organisations such as PAVO and Mind as appropriate.
- Seek to disseminate knowledge, skills and good practice so we can provide opportunities for learning and personal development to our members, staff and trustees.
- Ensuring that our core services are aligned with the priorities for the Welsh Government, Powys Teaching Health Board and National Mind.

## **Brecon And District Mind**

### **Trustees' Report**

#### **Structure, governance and management**

##### ***Nature of governing document***

The charity is a Company Limited by Guarantee and so reports annually to both The Charity Commission and Companies House. We are governed by the organisation's Memorandum and Articles and as an affiliated member of the national charity Mind we are required to operate within and are assessed against the Mind Quality Standards.

##### ***Recruitment and appointment of trustees***

We aim for an annual intake of Trustees as appropriate depending on annual retirement by rotation, skills needed and aiming to get a mix of people from the community we serve aiming for 9 Trustees in total. This year we had 8. Trustees may be elected at the AGM or appointed in which case they must stand for re-election at the next AGM and are sought by word of mouth and advertisement. The initial year is generally one of induction which may be after appointment and a period of sitting in a board meeting depending on the experience of the trustee. Trustees are appointed through an application process and then further induction and training is funded by the organisation as appropriate to the needs of the Trustees with courses potentially sourced via Mind or PAVO (Powys Association of Voluntary Organisations)

This year we have appointed a new Treasurer, Sara Davies, whose vast knowledge and experience is very helpful. Mark Perry took on the role as Chair this year and has fully engaged in the role, attending many meetings externally on our behalf.

##### ***Organisational structure***

The governing body is a Board of Trustees/Directors (referred to within this report as Trustees) to whom the CEO, Valerie Walker, is answerable and who provide her with support. The CEO is responsible for running the service for people experiencing mental health issues in the largely rural area of South Powys. This includes the main centre in Brecon, the project centre on Ffrwdgrech Industrial Estate and outreach in Talgarth, Hay-on-Wye and Crickhowell. The CEO has a staff team consisting of 25 staff.

Currently the Board meets monthly to overview the work of the organisation and decisions are made through discussion and consensus of agreement. A Fund-raising subgroup and a Friends Association and other task focused subgroups as called. Our Funding Consultant's efforts have provided funds to maintain our on-going services. This is feeding into our ongoing review of the organisation and its infrastructure, management and governance. We are working on streamlining our governance and management, so the Trustee role is better supported and strategic thinking is well integrated.

As the organisation develops the CEO has reviewed the roles of all staff and built on the infrastructure needed to underpin the activities of the Organisation. The CEO role is supported by both Trustee support, a senior management team and external reflective supervision and by the monthly full board meeting.

#### **Relationships with related parties**

##### **National Mind and Mind Cymru**

As an affiliated member of Mind the charity is part of the National Mind and Mind Cymru networks and works to the Mind Quality Mark. We work with other local mental health providers with relationships with the PAVO, Primary Care, the Community Mental Health Team and a range of non-statutory providers including at various times: Calan DVS, Kaleidoscope (Drug and alcohol service), Pobl, Brecon Advice Centre, the Alzheimer's Society, The Dementia Friendly Community and Housing Associations. We continue to develop local partnerships to facilitate any future joint projects and tendering fitting with strategic goals for joined up local services.



## **Brecon And District Mind**

### **Trustees' Report**

#### **Reference and Administrative Details**

**Trustees**  
M Perry (Chair)  
S Bates (Vice Chair)  
S Davies (appointed 14 October 2020) (Treasurer)  
T Lee (resigned 21 October 2020)  
R H Williams (resigned 26 May 2021)  
D Canning  
L Davis (resigned 22 June 2020)  
C Lowe  
S O'Boyle  
H Prothero (appointed 22 January 2020 and resigned 27 January 2021)

**Secretary** Z E Porter

**Principal Office**  
Tŷ Croeso  
St David's House  
48 Free Street  
Brecon  
Powys  
LD3 7BN

**Company Registration Number** 07814000

**Charity Registration Number** 1145211

**Bankers**  
Lloyds Bank  
Monmouthshire Building Society  
Triodos Bank

**Independent Examiner**  
Mitchell Meredith Limited  
Chartered Accountants  
St Davids House  
48 Free Street  
Brecon  
Powys  
LD3 7BN



## **Brecon And District Mind**

### **Trustees' Report**

#### **Financial instruments**

##### ***Objectives and policies***

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk.

##### ***Credit risk***

The charity's principal financial assets are bank balances and cash, trade and other receivables.

The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.

The credit risk on liquid funds is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.

The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

##### ***Liquidity risk***

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term deposits.

Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

#### **Employee involvement**

The staff team have had a number of changes as different roles and projects have been brought in. Staff are developing their roles, and some have gone on to progressive roles within the organisation.

#### **Administration**

There have been further improvements in information technology, with the purchase of additional laptops for key staff. Work has continued on populating the new cloud-based database (Lamplight) to ensure accurate reporting to funders and improve the service we deliver. The accountancy software has been migrated to Xero which has improved the efficiency of our financial management; producing monthly management reports as well as project specific reports. Our accounts are in good order and the recently extended reporting enables excellent accountability and improved financial management.

Mitchell Meredith continue to support with payroll, accounting and pension auto-enrolment.

Valerie Walker, CEO, Zoe Porter, Finance and Admin Manager to whom company secretarial duties have been delegated and Michael Power, Community Wellbeing Manager are considered to be key management personnel.

## Brecon And District Mind

### Trustees' Report

#### Important non-adjusting events after the financial period

March 2020 saw the beginning of the Coronavirus Pandemic and the National Lockdown. This drastically altered the environment in which we work. We saw all the face to face services having to change and adapt to telephone and on-line support and You Tube Videos. We were thrown into the digital arena with very little experience but we found our way through it and supported as many people as we could.

All staff were working remotely but we still maintained the support to both existing and new members.

The last 18 months have shown us that we have to work differently and be able to provide a wide range of options to ensure that no-one is excluded from accessing our services.

We have received funds from both the National Lottery and the Community Foundation Wales which has been very responsive and flexible to help us to meet the needs of people in the current times.

#### Statement of Trustees Responsibilities

The trustees (who are also the directors of Brecon And District Mind for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

#### Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charity on 20/10/21 and signed on its behalf by:

S Bates  
Trustee



## **Brecon And District Mind**

### **Annual Report of Friends of Brecon and District Mind for the Year Ended 31 March 2021**

In its tenth year, the Friends of Brecon and District Mind, like most other groups, has, sadly, had to drastically curtail its activities in the light of the Covid pandemic.

The previous year had seen a full programme of events to help raise awareness of mental health issues in the community as well as providing practical support to Brecon and District Mind. This year the spring and autumn fairs at Brecon Guildhall and talks at the Muse could not take place due to Covid restrictions. With only an on-line Hay Festival the usual successful after-talk collections could not take place.

The mothballed committee has, nevertheless, comprised: David Moore, chair; Branwen Griffiths, secretary; Cynthia Bradshaw, programme secretary; Anna Knox, treasurer; as well as Christine Carleton and Jonathan Morgan.

In 2021-22 the Friends will be reassessing their activities to maximise support for Brecon and District Mind.

David Moore

Friends of Brecon and District Mind



## Brecon And District Mind

### Independent Examiner's Report to the trustees of Brecon And District Mind

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2021 which are set out on pages 12 to 28.

#### Respective responsibilities of trustees and examiner

As the charity's trustees of Brecon And District Mind (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 Brecon And District Mind 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 Brecon And District Mind's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Mitchell Meredith Limited, 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 Brecon And District Mind 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.

.....M. L. Barnes  
M L Barnes FCCA ACA  
Chartered Accountants  
Mitchell Meredith Limited

St Davids House  
48 Free Street  
Brecon  
Powys  
LD3 7BN

Date: 20/10/21

## Brecon And District Mind

### Statement of Financial Activities for the Year Ended 31 March 2021 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
<b>Income and Endowments from:</b>					
Donations and legacies	3	65,059	144	65,203	57,895
Charitable activities	5	213,089	260,843	473,932	291,799
Investment income	6	405	-	405	235
Total Income		<u>278,553</u>	<u>260,987</u>	<u>539,540</u>	<u>349,929</u>
<b>Expenditure on:</b>					
Raising funds	7	-	-	-	(125)
Charitable activities	8	(231,847)	(167,346)	(399,193)	(356,909)
Total Expenditure		<u>(231,847)</u>	<u>(167,346)</u>	<u>(399,193)</u>	<u>(357,034)</u>
Net income/(expenditure)		46,706	93,641	140,347	(7,105)
Transfers between funds		10,451	(10,451)	-	-
Net movement in funds		<u>57,157</u>	<u>83,190</u>	<u>140,347</u>	<u>(7,105)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>114,582</u>	<u>96,091</u>	<u>210,673</u>	<u>217,778</u>
Total funds carried forward	20	<u>171,739</u>	<u>179,281</u>	<u>351,020</u>	<u>210,673</u>

The statement of financial activities includes all gains and losses recognised in the year. All of the charity's activities derive from continuing operations during the above two periods.



**Brecon And District Mind**  
**(Registration number: 07814000)**  
**Balance Sheet as at 31 March 2021**

	Note	2021 £	2020 £
<b>Fixed assets</b>			
Tangible assets	15	19,181	13,489
<b>Current assets</b>			
Debtors	16	13,772	7,276
Cash at bank and in hand	17	335,290	197,218
		<u>349,062</u>	<u>204,494</u>
<b>Creditors: Amounts falling due within one year</b>	18	<u>(17,223)</u>	<u>(7,310)</u>
<b>Net current assets</b>		<u>331,839</u>	<u>197,184</u>
<b>Net assets</b>		<u>351,020</u>	<u>210,673</u>
<b>Funds of the charity:</b>			
<b>Restricted funds</b>		179,281	96,091
<b>Unrestricted income funds</b>			
Unrestricted funds		<u>171,739</u>	<u>114,582</u>
<b>Total funds</b>	20	<u>351,020</u>	<u>210,673</u>

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

Directors' responsibilities:

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

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

**Brecon And District Mind**

**(Registration number: 07814000)**  
**Balance Sheet as at 31 March 2021**

The financial statements on pages 12 to 28 were approved by the trustees, and authorised for issue on 20/10/21 and signed on their behalf by:

S Bates  
Trustee



## **Brecon And District Mind**

### **Notes to the Financial Statements for the Year Ended 31 March 2021**

#### **1 Charity status**

The charity is a charity limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The charity is incorporated in England and Wales.

The address of its registered office is: Tŷ Croeso  
St David's House  
48 Free Street  
Brecon  
Powys  
LD3 7BN

#### **2 Accounting policies**

##### **Summary of significant accounting policies and key accounting estimates**

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

##### **Statement of compliance**

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

##### **Basis of preparation**

Brecon And District Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

##### **Going concern**

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

##### **Exemption from preparing a cash flow statement**

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

## **Brecon And District Mind**

### **Notes to the Financial Statements for the Year Ended 31 March 2021**

#### **Income and endowments**

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

#### ***Donations and legacies***

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

#### ***Grants receivable***

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

#### ***Gift aid***

Incoming resources from tax reclaims are included in the Statement of Financial Activities at the same time as the gift to which they relate.

#### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

#### ***Raising funds***

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

#### ***Charitable activities***

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.



## **Brecon And District Mind**

### **Notes to the Financial Statements for the Year Ended 31 March 2021**

#### **Support costs**

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

#### **Governance costs**

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

#### **Taxation**

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

#### **Tangible fixed assets**

Individual fixed assets costing £500.00 or more are initially recorded at cost.

#### **Depreciation and amortisation**

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Short Leasehold Property Improvements	over the term of the lease
Fixtures Fittings and equipment	20% reducing balance
Motor Vehicles	20% reducing balance

#### **Trade debtors**

Trade debtors are amounts due for services performed in the ordinary course of business. Trade debtors are recognised initially at the transaction price.

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits.



## Brecon And District Mind

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities. Trade creditors are recognised initially at the transaction price.

#### Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

#### Hire purchase and finance leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged in the Statement of Financial Activities on a straight line basis over the lease term.

#### Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

### 3 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Donations	23,978	-	23,978	18,547
Membership fees	-	144	144	378
Fundraising activities	1,650	-	1,650	5,970
Grants receivable (note 4)	39,431	-	39,431	33,000
	<u>65,059</u>	<u>144</u>	<u>65,203</u>	<u>57,895</u>

## Brecon And District Mind

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 4 Grants Receivable

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
WCVA	-	-	-	1,735
Morel Trust	-	1,000	1,000	-
Powys Local Health Board	136,614	11,000	147,614	170,236
Percy Davies Institute	-	-	-	1,290
Powys CC	59,822	15,000	74,822	34,012
Princes Trust	-	-	-	1,500
Pavo	-	8,620	8,620	15,145
Lloyds Foundation	39,431		39,431	33,000
CFIW Powys Church Act	3,760	26,122	29,882	19,979
Mind Cymru	5,000	70,753	75,753	47,152
Mid Powys Mind	2,893	-	2,893	
Sir Jules Thorn Charitable Trust	-	-	-	750
Edward Gostling Trust	-	5,000	5,000	-
BBNP	-	5,000	5,000	-
Heritage Lottery	-	2,600	2,600	-
Brecknock Art Trust		2,000	2,000	-
Audrey Tyler Trust	5,000	-	5,000	-
Garfield Weston		7,500	7,500	
National Lottery		106,248	106,248	-
	<u>252,520</u>	<u>260,843</u>	<u>513,363</u>	<u>324,799</u>

#### 5 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Grants receivable see note 4	<u>213,089</u>	<u>260,843</u>	<u>473,932</u>	<u>291,799</u>

## Brecon And District Mind

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 6 Investment income

	Unrestricted funds £	Total 2021 £	Total 2020 £
Interest receivable and similar income;			
Interest receivable on bank deposits	405	405	235

#### 7 Expenditure on raising funds

	Note	Total 2021 £	Total 2020 £
Fundraising activities		-	125

#### 8 Expenditure on charitable activities

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Direct costs		5,023	9,062	14,085	14,414
Staff costs		170,223	129,055	299,278	249,775
Allocated support costs	9	49,821	28,424	78,245	87,689
Governance costs	9	6,780	805	7,585	5,031
		<u>231,847</u>	<u>167,346</u>	<u>399,193</u>	<u>356,909</u>

£231,847 (2020 - £231,857) of the above expenditure was attributable to unrestricted funds and £167,346 (2020 - £125,052) to restricted funds.

## Brecon And District Mind

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 9 Analysis of governance and support costs

##### Governance costs

	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Independent examiner fees	2,964	-	2,964	2,892
Staff costs	3,395	805	4,200	1,515
Allocated support costs	421	-	421	624
	<u>6,780</u>	<u>805</u>	<u>7,585</u>	<u>5,031</u>

##### Analysis of support costs

	Charitable Activity £	Governance £	Total 2021 £	Total 2020 £
Establishment costs	35,665	-	35,665	37,619
Office expenses	16,085	-	16,085	11,102
Printing postage and stationery	4,502	-	4,502	5,473
Repairs	5,564	-	5,564	2,675
Sundry costs	1,305	-	1,305	1,143
Subscriptions	712	-	712	918
Travel costs	1,515	-	1,515	7,232
Advertising	683	-	683	660
Trustee Meeting	-	-	-	40
Consultancy costs	6,959	-	6,959	16,945
Bank charges	-	421	421	584
Legal Fees	2,000	-	2,000	-
Depreciation	3,255	-	3,255	3,922
	<u>78,245</u>	<u>421</u>	<u>78,666</u>	<u>88,313</u>

## Brecon And District Mind

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 10 Net incoming/outgoing resources

Net incoming/(outgoing) resources for the year include:

	2021 £	2020 £
Depreciation of fixed assets	3,255	3,922

#### 11 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any other benefits from the charity during the year.

#### 12 Staff costs

The aggregate payroll costs were as follows:

	2021 £	2020 £
<b>Staff costs during the year were:</b>		
Wages and salaries	275,967	227,164
Social security costs	12,225	12,549
Pension costs	11,432	10,062
Staff training	3,854	1,515
	<u>303,478</u>	<u>251,290</u>

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2021 No	2020 No
Employees	24	22

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £97,209 (2020 - £93,843).



## Brecon And District Mind

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 13 Independent examiner's remuneration

	2021 £	2020 £
Examination of the financial statements	<u>2,964</u>	<u>2,892</u>

#### 14 Taxation

The charity is a registered charity and is therefore exempt from taxation.

#### 15 Tangible fixed assets

	Leasehold property improvements £	Furniture and equipment £	Motor vehicles £	Total £
<b>Cost</b>				
At 1 April 2020	13,000	12,009	9,495	34,504
Additions	-	8,947	-	8,947
At 31 March 2021	<u>13,000</u>	<u>20,956</u>	<u>9,495</u>	<u>43,451</u>
<b>Depreciation</b>				
At 1 April 2020	13,000	6,116	1,899	21,015
Charge for the year	-	1,736	1,519	3,255
At 31 March 2021	<u>13,000</u>	<u>7,852</u>	<u>3,418</u>	<u>24,270</u>
<b>Net book value</b>				
At 31 March 2021	<u>-</u>	<u>13,104</u>	<u>6,077</u>	<u>19,181</u>
At 31 March 2020	<u>-</u>	<u>5,893</u>	<u>7,596</u>	<u>13,489</u>

## Brecon And District Mind

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 16 Debtors

	2021 £	2020 £
Trade debtors	13,333	7,276
Prepayments	439	-
	<u>13,772</u>	<u>7,276</u>

#### 17 Cash and cash equivalents

	2021 £	2020 £
Cash on hand	67	53
Cash at bank	335,223	197,165
	<u>335,290</u>	<u>197,218</u>

#### 18 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	5,305	-
Other taxation and social security	4,673	-
Other creditors	1,100	1,279
Accruals	6,145	6,031
	<u>17,223</u>	<u>7,310</u>

#### 19 Pension and other schemes

##### Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £11,432 (2020 - £10,062).

## Brecon And District Mind

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 20 Funds

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2021 £
<b>Unrestricted funds</b>					
<i>General</i>					
Unrestricted Income	114,582	278,553	(231,847)	10,451	171,739
<b>Restricted funds</b>					
Friends of Brecon and District Mind	2,326	136	-	-	2,462
Art Project	9,278	3,000	(117)	-	12,161
Peoples Health Trust	122	-	(122)	-	-
Mums Matter	18,461	63,368	(37,617)	-	44,212
Dr Sowerby Vehicle	16,988	-	(2,245)	-	14,743
Active Monitoring	-	42,105	(29,089)	-	13,016
Social Prescribing	-	26,736	(26,736)	-	-
Dad's Research	7,878	11,000	(5,687)	-	13,191
My Generation	13,241	1,035	(865)	-	13,411
Green Minds	7,357	33,578	(15,463)	-	25,472
Blended CBT	10,451	-	-	(10,451)	-
Children and Young People fund	9,989	7,970	(14,740)	-	3,219
PAVO	-	300	(300)	-	-
Crisis Prevention	-	15,000	(6,878)	-	8,122
Digital Work	-	20,382	(9,217)	-	11,165
Counselling	-	36,377	(18,270)	-	18,107
<b>Total restricted funds</b>	<u>96,091</u>	<u>260,987</u>	<u>(167,346)</u>	<u>(10,451)</u>	<u>179,281</u>



## Brecon And District Mind

### Notes to the Financial Statements for the Year Ended 31 March 2021

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2021 £
<b>Total funds</b>	<u>210,673</u>	<u>539,540</u>	<u>(399,193)</u>	<u>-</u>	<u>351,020</u>

  

	Balance at 1 April 2019 £	Incoming resources £	Resources expended £	Balance at 31 March 2020 £
<b>Unrestricted funds</b>				
<i>General</i>				
Unrestricted Income	154,740	191,699	(231,857)	114,582
<b>Restricted funds</b>				
Premises Fund	6,050	-	(6,050)	-
Friends of Brecon and District Mind	668	1,783	(125)	2,326
Art Project	12,108	750	(3,580)	9,278
Peoples Health Trust	153	-	(31)	122
Mums Matter	11,896	30,312	(23,747)	18,461
Dr Sowerby Vehicle	20,000	-	(3,012)	16,988
Active Monitoring	-	1,735	(1,735)	-
Social Prescribing	2,839	30,908	(33,747)	-
Dad's Research	9,324	11,000	(12,446)	7,878
My Generation	-	17,494	(4,253)	13,241
Green Minds	-	18,267	(10,910)	7,357
Blended CBT	-	35,992	(25,541)	10,451
Children and Young People fund	-	9,989	-	9,989
<b>Total restricted funds</b>	<u>63,038</u>	<u>158,230</u>	<u>(125,177)</u>	<u>96,091</u>
<b>Total funds</b>	<u>217,778</u>	<u>349,929</u>	<u>(357,034)</u>	<u>210,673</u>

## **Brecon And District Mind**

### **Notes to the Financial Statements for the Year Ended 31 March 2021**

The specific purposes for which the funds are to be applied are as follows:

The Premises fund relates to money received from Tudor Trust and Church in Wales. These are restricted monies received for Ty Croeso and Ty Penylan.

The Friends of Brecon and District Mind relates to money raised and spent by the Friends for the benefit of the organisation. These funds can only be utilised as approved by the committee of The Friends of Brecon and District Mind.

The Arts project comprises funds received from the Creative Therapies to fund the operation of the arts project.

People's Health Trust grant contributes towards the costs of the stepping stones project.

Mind Mums Matter represents funding from Comic Relief via National Mind towards a 2 year peri-natal service.

Dr Sowerby represents funding received to purchase a vehicle to be used for various projects within Brecon and District Mind.

Active Monitoring represents funding from WCVA, Santander, Awards for All and Next Steps towards training, salaries, transport, volunteer expenses and overheads.

Social Prescribing represents funding from Welsh Government via Mind Cymru for a mental health specific social prescribing research project.

Dad's Research represents funding from Powys Local Health Board towards a peri-natal service.

My Generation represents funding from Mind, Community Foundation Wales and Percy Davies Institution to run a programme for people aged over 50, to reduce social isolation.

Green Minds represents funding from Powys Association of Voluntary Organisations - The Social Value Fund, Princes Trust and Mind for an eco therapy project.

Children and Young People represents funding from Community Foundation in Wales for the development of a children's and young peoples mental health service.

PAVO represents funding towards bereavement training for the staff.

Crisis Prevention represents funding from Powys County Council to assist with funding the Twilight Service offered.

Digital Work represents funding from Community Foundation Wales to assist with digital support throughout the COVID pandemic.

Counselling represents funding from the National Lottery to support with the COVID response therapy.

## Brecon And District Mind

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 21 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
Tangible fixed assets	9,951	9,230	19,181
Current assets	179,011	170,051	349,062
Current liabilities	(17,223)	-	(17,223)
Total net assets	<u>171,739</u>	<u>179,281</u>	<u>351,020</u>