

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 2022

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 2022.

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.

Our Purpose is very important to everyone who is engaged in the organisation in whatever capacity:

“Here when you need us to help you manage your mental health and wellbeing”

Brecon And District Mind

Trustees' Report

Objectives, strategies and activities

Objectives for 2021-2022

1. Keep as many of our activities running as possible despite COVID.
2. Ensure the well being of staff and service users during COVID.
3. Increase support in the community for people in distress and having suicidal thoughts.
4. Increase support within the community for young people and engage with local schools.
5. Ensure we react to funding opportunities in order to secure financial stability.
6. Increase our Membership.

Achievement of these objectives:

These are set out under the appropriate heading below.

Board of Trustees' Strategies:

1. Enable the change of use of space with its offices to allow as many activities as possible to take place. Ensure the legal & H&S requirements of COVID lockdown were planned for and executed.
2. Ensure staff were kept safe within the office environment and where appropriate they were able through the appropriate use of IT to work from home.
3. Run a Pilot scheme for a Twilight Service funded by the Powys Health Board.
4. Engage with local schools by running a Children's and Young People pilot with funds from Moondance.
5. Continue to use our outsourced Funding partner Funding Assist with support from a Trustee led Funding Sub-committee whose remit is to renew the Funding strategy to bring in corporate sponsorship, encourage more local buy-in to fundraising activities and explore other ways of raising funds.
6. Form a Trustee led Sub-committee to explore ways of attracting new Members; including social events, briefings, social media presence etc

Activities

Our locality and its challenges:

The area Brecon & District Mind serves is in south Powys, which is the largest and most rural county of Wales. Known for its beauty and the Brecon Beacons, one of the first areas of Britain to be given National Park status. The population of Powys (c. 134,000) however is far lower when compared to the most populous counties of Wales like Cardiff or the Rhondda.

Funding from the Welsh Government is based on population which means Powys Teaching Health Board faces financial difficulties in providing services themselves or funding to other Service Providers.

Due to the size of Powys and its sparse population, it is challenging for services to be delivered consistently across the area. There are pockets of social deprivation existing next to wealthier communities which makes it hard to focus services appropriately.

Irregular and expensive public transport create further barriers for rurally isolated individuals, particularly when combined with poverty, anxiety, agoraphobia and physical health problems in some cases.

Social isolation is of major concern for many elderly and disabled people in our communities and contributes to the deterioration of mental health.

In recent years, Brecon and District Mind has become a significant organisation for supporting mental health in the local community providing a wide range of services, learning opportunities, activities and support in an area of ever-increasing demand. Even now as the pandemic eases, we are seeing the aftermath and ripple effects on levels of anxiety, depression, isolation and issues around bereavement and relationship breakdown.

Brecon And District Mind

Trustees' Report

It is, therefore, necessary to ensure we continue to provide services that are meeting the changing needs of the local community. Many people experienced mental health issues for the first time during this period. As cuts challenge the statutory provisions for mental health, it has fallen to the voluntary sector to provide more support but not necessarily with more resources.

Our new Initiatives:

Children and Young People's Service.

Twilight Sanctuary Service - Crisis Prevention.

Our services and projects supporting our community:

- Community Well-Being service
- Counselling Service
- Active monitoring - six-week guided self-help course
- 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
- Children & Young People service, including Whole School Approach.

Some of our range of well-being activities suspended due to Covid restarted.

- Arts and crafts
- Gardening - Allotment project
- Pottery
- Complementary therapy

Our community bus kindly donated to us enables people without transport to take part in these wellbeing activities.

Brecon And District Mind

Trustees' Report

Fundraising disclosures

Fundraising and our Funders:

We are indebted to our funders and fundraisers.

We would like to acknowledge everyone who has made it financially possible for us to deliver our services to our service users.

Powys Teaching Hospital Board provide us with the critical funding to enable the organisation to function and deliver our critical services.

Powys County Council Supporting People Programme has enabled us in partnership with Mid & North Powys Mind to deliver support to people experiencing homelessness and consequently Mental Health issues. We have been able to maintain our extended opening hours in the Community Well-Being Centre and provide floating support for homelessness, social isolation and Family Support

Powys County Council for their critical funding financial support and their grant to the volunteer project.

Red Kite GP Cluster has funded our Social Prescribing Project which is making such a difference in getting people in need of Mental Health support to the right service quickly.

Mind Cymru financial support for Active Monitoring is vital to delivering that service.

Lloyds Foundation Enhanced Programme grant has enabled us to fund the manager of the Wellbeing service.

The National Lottery has enabled the Mum's Matter project to continue and invest further support for Counselling.

Moondance provided funds for Green Minds Eco-therapy and the Children's and Young People Project.

PAVO supports the delivery of Active Monitoring for the Children's and Young People Project.

Brecon Town Council for their financial support of Green Minds.

Postcode Community Lottery for their financial support of Green Minds.

Mid & North Powys Mind for their funding of Bereavement Support.

Friends of Brecon & District Mind have been unable to meet through COVID. However, we are hopeful that the Friends will continue with their events & fundraising activities in 2022/2023.

Local Fundraising in the past has contributed significantly to our funds and we look forward to that continuing through 2022/2023.

Funding still remains our central strategic priority and we continue to work with our Fundraising Consultant to make grant applications. We realise that we need to continue to diversify our funding streams to be sustainable in the future. To this end, we have initiated a Trustee led Funding Sub-committee whose remit is to renew the Funding Strategy to bring in corporate sponsorship, encourage more local buy-in to fundraising activities and explore other ways of raising funds.

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.

Use of volunteers

As Covid restrictions have eased and with the appointment of a Volunteer Coordinator we have been building a team of Volunteers. At 31st March we had 17 active volunteers. We are hopeful that the new Volunteer Coordinator post will attract and support volunteers to contribute to all areas of Brecon & District Mind. Many of the Volunteers have received our support and so are joining our team to give back to something they care about.

Brecon And District Mind

Trustees' Report

Achievements and performance

The last 12 months proved to be extremely challenging due to the pandemic and the lifting and reintroduction of restrictions. We 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; Children's and Young People Service and Twilight Service in order to offer more services to the local community.

Key Activities

Wellbeing Service:

The Wellbeing Service at Brecon and District Mind offers quick access to one of our trained practitioners in line with our purpose "Here when you need us to help you manage your mental health and well-being."

In our 1:1 sessions, face to face or by Zoom/Phone we can talk through "What Matters" and together establish a pathway for support. This may be through our own services or signposting to relevant support organisation. Support is ongoing as long as the help is needed.

Weekly outreach groups in Hay and Talgarth take place in local community spaces. We offer a Wellbeing Service and group activities such as walking, creative and alternative therapies and mindfulness. There is also a well-established weekly pottery group in Crickhowell.

The daily drop-ins at Ty Croeso have resumed as well as other group activities. These include creative sessions in art and pottery. There are also groups that focus on particular areas such as depression and anxiety, hearing voices and coping with suicide.

The allotment group have continued to meet when possible, throughout the restrictions. There is full access and raised beds for growing produce which is sold at Ty Croeso to raise funds.

Achievements – supported 359 people through 3,276 sessions

Funders – Powys Teaching Health Board – Core

Powys County Council-Housing related support.

Lloyds Foundation – Community Wellbeing Manager

Counselling:

Brecon Mind provides a subsidised, affordable counselling service to local people. We make every effort to provide service users with help at the time they need it but the increase in demand during COVID has given us some resource challenges.

Achievements – supported 143 people 822 sessions

Funders – Powys Teaching Health Board, National Lottery and Charitable donations

Twilight Sanctuary Service- Crisis Prevention:

We are aware that more people than ever are struggling with life's difficulties and pressures. When life gets too difficult it can be hard to contain the feelings and emotions that arise. This can lead to thoughts of self-harm and/or suicide. The Twilight Sanctuary service provides comfort and support from experienced and qualified crisis support practitioners and helps to prevent the need for people to use statutory services such as A&E or the Police.

Achievements - supported 32 people through 131 sessions

Funders – Powys Teaching Health Board and Donations

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Trustees' Report

Active Monitoring

Our free service called 'Active Monitoring' provides referred participants with a 6 week programme. There are a number of different pathways; Anxiety, Depression, Low self-esteem, Stress, Feeling alone and Managing anger. We offer listening support, self-help exercises and goal setting. This service is provided to people who present with lower-level mental health needs, and can be provided quickly (within a week). This often helps an individual's condition from worsening. In many cases (75%) individuals find that they need no further support after experiencing this form of help.

Achievements - supported 534 people through 2,156 sessions

Funders - Mind Cymru

Children and Young People's Work in Schools

We continue to build on the pilot working with children and young people within high schools in South Powys. The demand for such a service has grown over the years.

We recently undertook a needs assessment in conjunction with local comprehensive schools which found that the most pressing need was for 1:1 mental health support for children. This is something that we've now responded to by piloting a new young person's 'Active Monitoring' service, to answer that demand.

Using the Mind UK model, a 'Whole School' approach, we will continue to work with both pupils and teachers to tackle mental health priorities within each school, including providing assemblies, mental health group work, 1:1 support, and teacher support, so that each school has a robust framework and mechanism to address mental welfare in an appropriate way. We have also introduced a buddying system, whereby 6th form students act as mental health advocates to provide points of contact for pupils to come and talk to them to be signposted for support. Children can also access support externally from school, via our Active Monitoring service, specifically for Children and Young People.

Achievements - supported 38 individuals through 146 sessions (this does not include whole school/classroom plenary sessions)

Funders - PAVO - Active Monitoring and Moondance

Mums Matter

Mums Matter is a National Mind programme that was created by Mums, for Mums with babies up to 2 years old to help them to adjust to motherhood. Brecon and District Mind have been delivering it for nearly 4 years. It is an 8-week face to face course that runs for groups, 2 hours each week, and which also provides childcare. There is a strong emphasis on peer support and being able to have honest conversations about the inevitable challenges that come with being a mum - tiredness, perhaps a loss of identity, anxiety, guilt and loneliness.

A Mum's Social Group has been set up for further support for Mum's after their initial 8-week course.

Achievements - supported 52 individuals through 242 sessions

Funders - National Lottery

Mum's Social Group- supported 44 people through 86 sessions

Dad's Group

Our Dad's Group is an offshoot of Mum's Matter and was developed in partnership with Powys Teaching Health Board, as a research project to focus on the mental health needs of new or prospective fathers (with children up to the age of 4). This has become an active 'Dad's Group', a new and exciting initiative for the Family Support Team. Our Facilitator is a father of two and a Wellbeing Practitioner at Brecon and District Mind. The support he offers is informal and is first and foremost a space to share experiences and tips, learn and get any help or advice needed, via a Facebook group and 1:1 support on Zoom or face to face.

Achievements - supported 14 people through 78 sessions

Funders - Powys Teaching Health Board

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Family Support

Mums Matter has been highly successful, leading to the development of a further new service, our 'Family Support Service' that provides mental health support for children where there is mental health in the family. This also integrates with Mums Matter in recognition of the impact that post-natal depression can have on the whole family. The 1:1 confidential support by our Family Support Practitioner and our Wellbeing Team varies depending on what help is needed. This may be just to talk and be listened to, gain relevant information, support, be signposted or to be referred to other supporting services for additional help within Brecon and District Mind or to other external services.

Achievements - included with Wellbeing figures

Funders - Powys County Council Supporting People Programme

Green Minds

Green Minds continues to thrive. Most recently our therapeutic gardening project has been working in partnership with Brecon Cathedral during the 'A 1000 Years of Calm' community project, supported by the Heritage Lottery Fund. It's been such a fantastic experience for us and our gardening group members to be involved with the project and grow our garden spaces within the Cathedral grounds. Our garden is now flourishing and open to the public, as is the new heritage trail, featuring 15 items to look out for with QR codes linking you to some of the fascinating history and heritage on our doorstep.

Achievements - supported 43 people through 98 sessions

Funders - Lottery Fund, Brecon Town council, Moondance and Postcode Community Lottery

We delivered an 8-week Autumn/Winter project called 'Making Well' partnered by the Fathom Trust, and in partnership with Bangor and Cardiff Universities, bringing together local crafts people, social prescribing link workers and volunteers from the local community. The Fathom Trust aims to promote health and healing, especially for people experiencing psychological distress by using traditional craft making, conservation, and contemplation to foster healthy social and cognitive development.

Social Prescribing

In partnership with Red Kite Health Solutions CIC, a collaboration of the four GP surgeries in South Powys we deliver a Social Prescribing project, where referrals from GP surgeries are made directly to our Link Workers. They listen to what matters and respond with relevant support and information from the community and internal services so that people are getting the right support and the right time.

Achievements - supported 181 people through 831 sessions

Funders - Mind Cymru and Red Kite Health Solutions CIC

Quotes from Service Users

"I am thankful daily for the work I did with you in our 1-1 meetings and over the phone. Over the past couple of years, I feel like a different person has emerged! A person able to deal with the inevitable difficulties the pandemic has thrown up along with life's little quirks. I feel a confidence in life that I have not felt previously, in fact I do actually feel now, in the true sense of the word, hope for many healthy years to come. I just had to share these thoughts with you Mary and thank you so much for helping me find myself" Counselling Client

"I love being by the water, I find it really therapeutic and it relaxes me." Green Minds Participant

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Trustees' Report

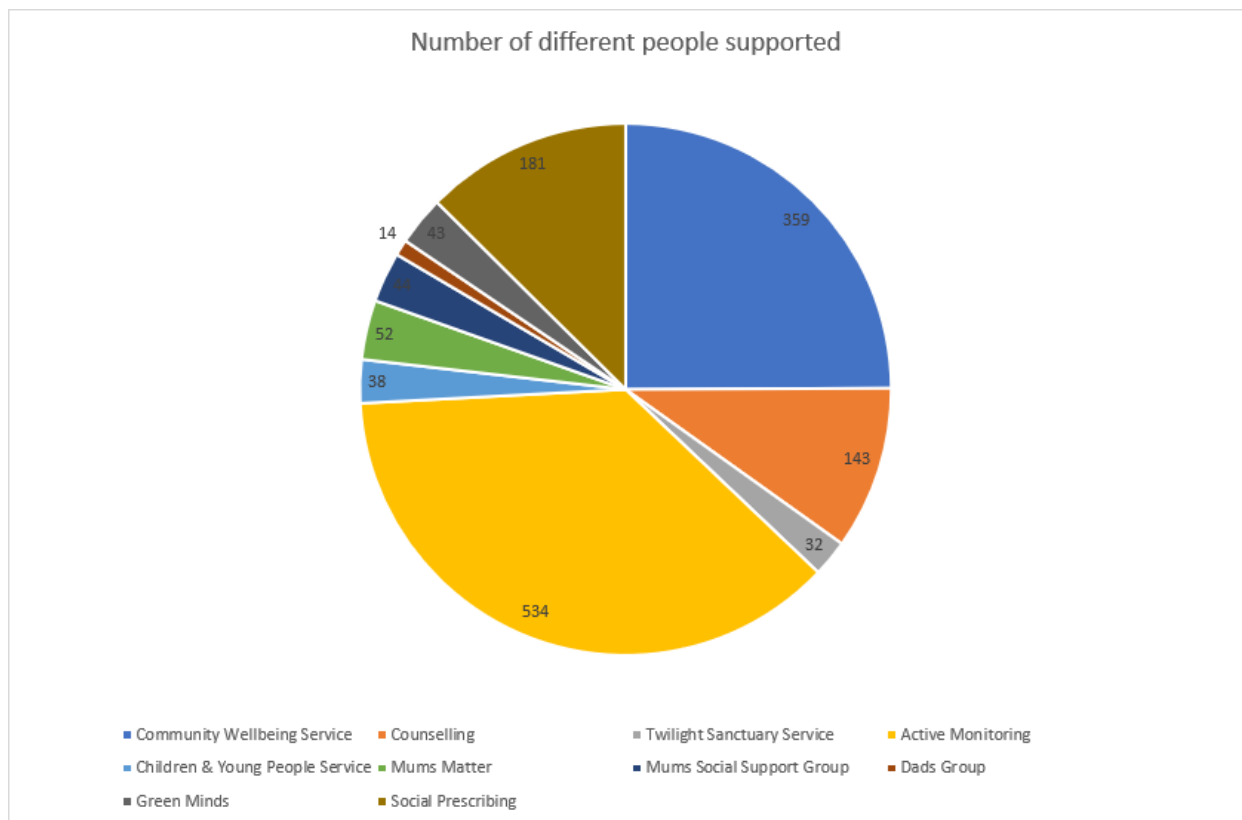
People we have supported through 2021/2022- the picture in numbers:

Total People Supported across all Activities and Services.

- 1,134 different service users attended activities
- 7,551 support sessions were delivered

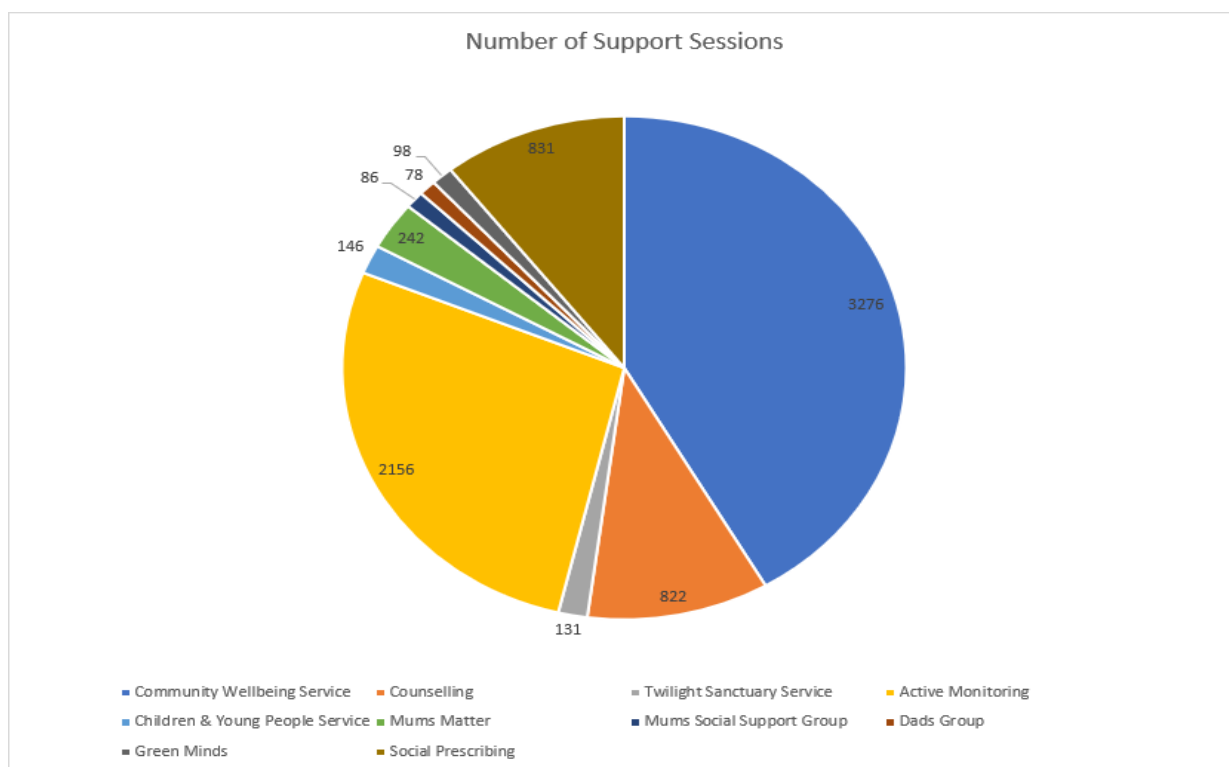
Number of group sessions delivered:

- 317 group sessions (with 2 or more clients)
- Around 50% of the 317 were either the group drop-in chat service or the Hay/Talgarth walk and talk activity group
- 98 Green Mind sessions were delivered
- The rest were a mixture, (mostly Mums Matter and Family Support)



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Our Staff

We play to our strengths and have a wonderful and committed staff and growing team of volunteers, and in partnership with others, have created tailored services that accommodate the unique characteristics and needs of our local communities.

Our staff have done a fantastic job meeting our increased activity during and after COVID and especially when work routines have changed from office based to online support and back to office base. Brecon & District Mind kept most of its services running throughout this period.

We continue to monitor our resources and the capacity risk identified earlier of being able to live up to our purpose “Here when you need us to help you manage your mental health and wellbeing”, if demand trends continue at this level

Mental Health Education & Promotion

During COVID, although we were unable to organize public face-to face events, we still continued to raise awareness of mental health issues through Social Media presence.

Social Media:

The Trustees are aware of how important social media is in advertising our services to those who might need them. There are regular posts to social media containing news, tips and features for those who might be experiencing Mental Health issues. Data on these posts are tracked and reported on at Trustee Board meetings.

Our current statistics are:

Facebook followers - 1,200

Twitter followers - 506

Instagram - 262

Ty Croeso Community Wellbeing 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.

Brecon And District Mind

Trustees' Report

Financial review

During another year of change and increased activities, the financial performance of Brecon and District Mind remains strong but delivered an overall surplus of £50,986

The trustees have continued with the plan to build up reserves and at 31st March 2022, these stood at a total of £402,006. 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.

This year we had a review of our Finance procedures and systems and introduced new software to manage our financial information and reporting.

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 £397,300, which would provide the foundations for the future financial stability of the organisation.

The level of free reserves at 31 March 2022 amounted to £128,319, being approximately 3 months expenditure.

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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 continues to rise significantly through the pandemic as people struggle with 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.

Trustees will be recruiting for two senior positions: CEO & Manager for Children & Young People.

We will develop a refreshed fundraising strategy to ensure we have the resources to deliver our current services and also look to develop further opportunities to contribute to Mental Health & Wellbeing of people in our communities. There continues to be uncertainty regarding funding from Powys Teaching Health Board and Powys County Council. Developments to further integrate Health & Social care teams are ongoing, 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.

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 families, children and young people and find partners to help us achieve these aims.

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

- We continue to do what our service users require to improve their wellbeing.
- Recruitment and Induction of Senior Staff
- Recruitment of Trustees
- Following the pandemic, regrouping the teams and organisation, reaching out to our service users, partners and community to refresh our plans, focusing on wellbeing and what matters.
- Preparing for local service Tenders and influencing service specifications where possible.
- Develop and implement a fundraising strategy including Community Fundraising with the aim of increasing unrestricted income and diversifying income sources.

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.

Our Memorandum and Articles of Association were reviewed and updated in November 2021.

Brecon And District Mind

Trustees' Report

Recruitment and appointment of trustees

We aim for an annual intake of Trustees as appropriate depending on annual retirement by rotation and skills needed. Our recruitment and selection process are aimed at attracting people who share our values of **“Openness, Caring, Honesty, Commitment and Empathy”**. We endeavour to represent the community and age range we serve and typically recruit through adverts posted on social media and at all local volunteer websites/noticeboards.

Trustees are appointed through an application and selection process. Potential Trustees attend at least two Board meetings as observers in order for both parties to explore the suitability of the opportunity.

New Trustees are given an Induction Pack and training, funded by the organisation as appropriate to their needs. Courses are available through Mind or PAVO (Powys Association of Voluntary Organisations). The initial year is generally one of induction which may be after appointment and a period of attending board meetings.

We believe the optimum number of Trustees is nine. For the latter part of 2021/22 we had five Trustees.

Trustees may be elected at the AGM or appointed in which case they must stand for re-election at the next AGM.

This year we have appointed our Treasurer Crad Lowe, whose knowledge and expertise has led the review of finance systems. Sally Bates took on the role as Chair this year. Shaun O’Boyle is the Vice Chair and towards the end of the year, Acting Chair.

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. The Trustees provide the CEO with strategic and policy support.

The Chair of Trustees has regular formal supervision meetings with the CEO to review any issues relating to personal development and training, identify stress factors, explore areas where support is needed and to show encouragement, value and reassurance.

The CEO is responsible for running the service for people experiencing mental health issues in the largely rural area of South Powys.

The main centre, Ty Croeso, is in Brecon, with a project centre at Ty Pen y Fan on the Ffrwdgrech Industrial Estate and outreach facilities in Talgarth, Hay-on-Wye and Crickhowell.

The CEO manages the day-to-day running of the organisation through a Senior Management Team consisting of three managers; the Community Wellbeing Manager, the Children and Young Persons & Family Services Manager and the Finance and Administration Manager. Currently there is a staff team of 29 to deliver or support our services.

As the organisation develops the CEO continually reviews the roles of all staff and builds on the infrastructure needed to underpin the activities required by our service users.

The Board of Trustees meet monthly to review the activities and affairs of the organisation and oversee the strategic and general management. Decisions are made through discussion and consensus.

Brecon And District Mind

Trustees' Report

Relationships with related parties

National Mind and Mind Cymru

We are a business partner with National Mind and, as such, we have access to support, advice and information from them. We have a Network Relations Need Manager whose support has proved very beneficial to us over the year. We have ready access to National Mind's Knowledge Base and may use their publications and material in our own campaigns.

This partnership allows us to run licensed services that they sponsor, such as the Mums Matter peri-natal service and Active Monitoring.

We take part in One Mind in Wales meetings where we are able to link our Local insights into the Welsh & UK framework. Our participation enables us to receive intelligence and advice on what is happening and what developments are being planned nationally. Our insights and data can be shared in this forum.

Other Organisations

We continue to work with a range of other local organisations that enable us to provide the best service for our service users.

Powys Association of Voluntary Organisations (PAVO),

The Mental Health Provider Network,

Powys County Council,

Powys Health Board,

Community Connectors and Localities;

GP Cluster, Red Kite CIC,

Local Primary Care,

The Community Mental Health Teams (CMHT)

Child & Adolescent Mental Health Services (CAMHS),

Calan DVS, Kaleidoscope,

Pobl,

Brecon Advice Centre,

Brecon Town Council

The Job Centre,

The Brecon Beacons National Park and Wildlife Trusts,

Brecon Cathedral,

Minds in Powys this is a partnership agreement with Mid and North Powys Mind & Ystradgynlais Mind. This enables us to develop cross Powys services, make collaborate funding bids and seek Powys wide opportunities.

Brecon And District Mind

Trustees' Report

Major risks and management of those risks

The Trustees have a process in place for identifying Risks to the organisation. The Risk Register logs the risks to the organisation that need to be monitored. A traffic light system is in place to indicate the severity of the risk with red being the severest. The Risk Register is a Board Meeting Agenda item and is reviewed every month.

Our Risk Management Principles are:

1. We will share our actions and plans
2. We will talk about and highlight our worries and concerns
3. Managing risk is everybody's responsibility
4. We will have a clear pathway from reporting to action
5. Each risk will have the right owner
6. We will effectively monitor the pathways of action at the right time
7. We will focus our energy on the high impact / high probability risks
8. It's OK to learn from our mistakes and adapt
9. We will support positive risk taking for the benefit of our members (finding ways to say yes!)

Currently the perceived Top Risks are:

1. Withdrawal of funding
2. Reputation (e.g. poor service, project longevity)
3. The lack of or the retention of the right staff
4. Capacity impacts (e.g. Covid)
5. Relationship with National Mind
6. A lack of members / service users / referrals / customers
7. People not understanding our Purpose or having clarity of our role(s)
8. Right attitudes / opinions are not expressed in line with our values and principles
9. Safeguarding
10. Legal responsibilities / making an impact
11. What we offer is not what our members / service users want!

Brecon And District Mind

Trustees' Report

Reference and Administrative Details

| | |
|------------------------------|--|
| Trustees: | S Bates D Canning C Lowe S O'Boyle R Coleman |
| Secretary: | S O'Boyle |
| 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 Scottish Widows Monmouthshire Building Society |
| Independent Examiner: | Mitchell Meredith Limited Chartered Accountants St David's 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.

Administration

External Certification:

We continue to strive for organisational excellence by adhering to standards such as

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

Management Systems

This year we have reviewed and invested further into the systems that strengthen the services & support we offer.

We have implemented XERO financial software which has helped to increase efficiency of the budgeting process and financial reporting.

We have also implemented a new HR system, Breathe which has enabled the HR function to be more streamlined.

We have also made changes to our contact management database, Lamplight, to give us statistical information about our services.

All these improvements have enabled the Trustees and Management to make data driven decisions.

All our databases that contain personal and sensitive information to comply with Data Protection law.

Brecon and District Mind are members of the Health Assured Employee Assistance Programme which offers independent workplace support for staff.

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

Brecon And District Mind

Trustees' Report

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 28 October 2022 and signed on its behalf by:

S O'Boyle
Company Secretary and Trustee

Brecon And District Mind

Independent Examiner's Report to the trustees of Brecon And District Mind ('the Company')

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

Responsibilities and basis of report

As the charity's trustees of 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 the Company'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 FCCA ACA
Chartered Accountants
Mitchell Meredith Limited

St David's House
48 Free Street
Brecon
Powys
LD3 7BN

Date: 28 October 2022

Brecon And District Mind

Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

| | Note | Unrestricted £ | Restricted £ | Total 2022 £ | Total 2021 £ |
|------------------------------------|------|-------------------|-----------------|--------------------|--------------------|
| Income and Endowments from: | | | | | |
| Donations and legacies | 3 | 53,283 | 4,291 | 57,574 | 65,203 |
| Charitable activities | 5 | 144,776 | 378,332 | 523,108 | 473,932 |
| Investment income | 6 | 37 | - | 37 | 405 |
| Total Income | | 198,096 | 382,623 | 580,719 | 539,540 |
| Expenditure on: | | | | | |
| Raising funds | 7 | (1,240) | - | (1,240) | (975) |
| Charitable activities | 8 | (230,941) | (297,552) | (528,493) | (398,218) |
| Total Expenditure | | (232,181) | (297,552) | (529,733) | (399,193) |
| Net (expenditure)/income | | (34,085) | 85,071 | 50,986 | 140,347 |
| Net movement in funds | | (34,085) | 85,071 | 50,986 | 140,347 |
| Reconciliation of funds | | | | | |
| Total funds brought forward | | 171,739 | 179,281 | 351,020 | 210,673 |
| Total funds carried forward | 19 | 137,654 | 264,352 | 402,006 | 351,020 |

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 2022

| | Note | 2022 £ | 2021 £ |
|---|------|-----------|-----------|
| Fixed assets | | | |
| Tangible assets | 15 | 18,817 | 19,181 |
| Current assets | | | |
| Debtors | 16 | 35,033 | 13,772 |
| Cash at bank and in hand | | 371,842 | 335,290 |
| | | 406,875 | 349,062 |
| Creditors: Amounts falling due within one year | 17 | (23,686) | (17,223) |
| Net current assets | | 383,189 | 331,839 |
| Net assets | | 402,006 | 351,020 |
| Funds of the charity: | | | |
| Restricted | | 264,352 | 179,281 |
| Unrestricted income funds | | | |
| Unrestricted | | 137,654 | 171,739 |
| Total funds | 19 | 402,006 | 351,020 |

For the financial year ending 31 March 2022 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 financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 19 to 34 were approved by the trustees, and authorised for issue on 28 October 2022 and signed on their behalf by:

S O'Boyle
Company Secretary and Trustee

The notes on pages 21 to 34 form an integral part of these financial statements.

Brecon And District Mind

Notes to the Financial Statements for the Year Ended 31 March 2022

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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

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 2022

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 2022

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:

| Asset class | Depreciation method and rate |
|---------------------------------------|-------------------------------------|
| 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 2022

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 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 £ | Total 2022 £ | Total 2021 £ |
|----------------------------|----------------------------|-----------------|--------------------|--------------------|
| Donations | 18,598 | 3,953 | 22,551 | 23,978 |
| Membership fees | - | 338 | 338 | 144 |
| Fundraising activities | 1,015 | - | 1,015 | 1,650 |
| Grants receivable (note 4) | 33,670 | - | 33,670 | 39,431 |
| | 53,283 | 4,291 | 57,574 | 65,203 |

Brecon And District Mind

Notes to the Financial Statements for the Year Ended 31 March 2022

4 Grants Receivable

| | Unrestricted Funds £ | Restricted Funds £ | Total Funds 2022 £ | Total Funds 2021 £ |
|----------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| Morel Trust | - | 1,000 | 1,000 | 1,000 |
| Powys Local Health Board | 142,531 | 23,405 | 165,936 | 147,614 |
| Powys CC | 2,245 | 93,543 | 95,788 | 74,822 |
| Pavo | - | 4,286 | 4,286 | 8,620 |
| Lloyds Foundation | 33,670 | | 33,670 | 39,431 |
| CFIW Powys Church Act | - | - | - | 29,882 |
| Mind Cymru | - | 110,319 | 110,319 | 75,753 |
| Mid Powys Mind | | 9,206 | 9,206 | 2,893 |
| Edward Gostling Trust | - | - | - | 5,000 |
| BBNP | - | - | - | 5,000 |
| Heritage Lottery | - | - | - | 2,600 |
| Brecknock Art Trust | | - | - | 2,000 |
| Audrey Tyler Trust | - | - | - | 5,000 |
| Garfield Weston | - | - | - | 7,500 |
| National Lottery | - | 62,252 | 62,252 | 106,248 |
| Moondance Foundation | - | 40,000 | 40,000 | - |
| Postcode Community Lottery | - | 17,641 | 17,641 | - |
| Redkite Health Solutions | - | 12,213 | 12,213 | - |
| Val Walker | - | 467 | 467 | - |
| Brecon Town Council | - | 4,000 | 4,000 | - |
| | <hr/> 178,446 | <hr/> 378,332 | <hr/> 556,778 | <hr/> 513,363 |

5 Income from charitable activities

| | Unrestricted funds £ | Restricted £ | Total 2022 £ | Total 2021 £ |
|------------------------------|----------------------------|-----------------|--------------------|--------------------|
| Grants receivable see note 4 | 144,776 | 378,332 | 523,108 | 473,932 |

Brecon And District Mind

Notes to the Financial Statements for the Year Ended 31 March 2022

6 Investment income

| | Unrestricted funds £ | Total 2022 £ | Total 2021 £ |
|---|----------------------------|--------------------|--------------------|
| Interest receivable and similar income; | | | |
| Interest receivable on bank deposits | 37 | 37 | 405 |

7 Expenditure on raising funds

| | Note | Unrestricted funds £ | Total 2022 £ | Total 2021 £ |
|------------------------|------|----------------------------|--------------------|--------------------|
| Fundraising activities | | 1,240 | 1,240 | 975 |

8 Expenditure on charitable activities

| | Note | Unrestricted funds £ | Restricted £ | Total 2022 £ | Total 2021 £ |
|-------------------------|------|----------------------------|-----------------|--------------------|--------------------|
| Direct costs | | 2,160 | 32,616 | 34,776 | 14,085 |
| Staff costs | | 187,839 | 223,955 | 411,794 | 299,278 |
| Allocated support costs | 9 | 34,009 | 40,288 | 74,297 | 77,270 |
| Governance costs | 9 | 6,933 | 693 | 7,626 | 7,585 |
| | | 230,941 | 297,552 | 528,493 | 398,218 |

Brecon And District Mind

Notes to the Financial Statements for the Year Ended 31 March 2022

9 Analysis of governance and support costs

Governance costs

| | Unrestricted funds £ | Restricted £ | Total 2022 £ | Total 2021 £ |
|---------------------------|----------------------------|-----------------|--------------------|--------------------|
| Independent examiner fees | 2,331 | 693 | 3,024 | 2,964 |
| Staff costs | 4,200 | - | 4,200 | 4,200 |
| Allocated support costs | 402 | - | 402 | 421 |
| | <u>6,933</u> | <u>693</u> | <u>7,626</u> | <u>7,585</u> |

Analysis of support costs

| | Charitable Activity £ | Governance £ | Total 2022 £ | Total 2021 £ |
|---------------------------------|-----------------------------|-----------------|--------------------|--------------------|
| Establishment costs | 35,233 | - | 35,233 | 35,665 |
| Office expenses | 16,748 | - | 16,748 | 16,085 |
| Printing postage and stationery | 4,804 | - | 4,804 | 4,502 |
| Repairs | 4,150 | - | 4,150 | 5,564 |
| Sundry costs | 1,772 | - | 1,772 | 1,305 |
| Subscriptions | 215 | - | 215 | 712 |
| Travel costs | 2,788 | - | 2,788 | 1,515 |
| Advertising | 2,588 | - | 2,588 | 683 |
| Consultancy costs | 1,765 | - | 1,765 | 6,959 |
| Bank charges | - | 402 | 402 | 421 |
| Legal Fees | - | - | - | 2,000 |
| Depreciation | 4,234 | - | 4,234 | 3,255 |
| | <u>74,297</u> | <u>402</u> | <u>74,699</u> | <u>78,666</u> |

Brecon And District Mind

Notes to the Financial Statements for the Year Ended 31 March 2022

10 Net incoming/outgoing resources

Net incoming resources for the year include:

| | 2022 £ | 2021 £ |
|------------------------------|-----------|-----------|
| Depreciation of fixed assets | 4,234 | 3,255 |

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:

| | 2022 £ | 2021 £ |
|--|----------------|----------------|
| Staff costs during the year were: | | |
| Wages and salaries | 384,185 | 275,967 |
| Social security costs | 21,505 | 12,225 |
| Pension costs | 8,674 | 11,432 |
| Staff training | 1,630 | 3,854 |
| | <u>415,994</u> | <u>303,478</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:

| | 2022 No | 2021 No |
|-----------|------------|------------|
| Employees | 27 | 24 |

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 £113,850 (2021 - £97,209).

Brecon And District Mind

Notes to the Financial Statements for the Year Ended 31 March 2022

13 Independent examiner's remuneration

| | 2022 £ | 2021 £ |
|---|-----------|-----------|
| Examination of the financial statements | 3,024 | 2,964 |

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 £ |
|-----------------------|--|---------------------------------|---------------------|------------|
| Cost | | | | |
| At 1 April 2021 | 13,000 | 20,956 | 9,495 | 43,451 |
| Additions | - | 3,870 | - | 3,870 |
| At 31 March 2022 | 13,000 | 24,826 | 9,495 | 47,321 |
| Depreciation | | | | |
| At 1 April 2021 | 13,000 | 7,852 | 3,418 | 24,270 |
| Charge for the year | - | 3,018 | 1,216 | 4,234 |
| At 31 March 2022 | 13,000 | 10,870 | 4,634 | 28,504 |
| Net book value | | | | |
| At 31 March 2022 | - | 13,956 | 4,861 | 18,817 |
| At 31 March 2021 | - | 13,104 | 6,077 | 19,181 |

Brecon And District Mind

Notes to the Financial Statements for the Year Ended 31 March 2022

16 Debtors

| | 2022 £ | 2021 £ |
|---------------|---------------|---------------|
| Trade debtors | 34,218 | 13,333 |
| Prepayments | 815 | 439 |
| | <u>35,033</u> | <u>13,772</u> |

17 Creditors: amounts falling due within one year

| | 2022 £ | 2021 £ |
|------------------------------------|---------------|---------------|
| Trade creditors | 8,387 | 5,305 |
| Other taxation and social security | 7,560 | 4,673 |
| Other creditors | 140 | 1,100 |
| Accruals | 7,599 | 6,145 |
| | <u>23,686</u> | <u>17,223</u> |

18 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 £8,674 (2021 - £11,432).

Brecon And District Mind

Notes to the Financial Statements for the Year Ended 31 March 2022

19 Funds

| | Balance at 1 April 2021 £ | Incoming resources £ | Resources expended £ | Balance at 31 March 2022 £ |
|-------------------------------------|---------------------------------|----------------------------|----------------------------|----------------------------------|
| Unrestricted funds | | | | |
| <i>General</i> | | | | |
| Unrestricted Income | 171,739 | 198,096 | (232,181) | 137,654 |
| Restricted funds | | | | |
| Friends of Brecon and District Mind | 2,462 | 338 | (99) | 2,701 |
| Art Project | 12,161 | 1,000 | (989) | 12,172 |
| Volunteering | - | 2,319 | (2,319) | - |
| Powys CC - Supporting People | - | 63,826 | (52,216) | 11,610 |
| Mums Matter | 44,212 | 56,124 | (39,528) | 60,808 |
| Dr Sowerby Vehicle | 14,743 | 200 | (1,425) | 13,518 |
| Active Monitoring | 13,016 | 75,700 | (43,152) | 45,564 |
| Social Prescribing | - | 35,082 | (26,568) | 8,514 |
| Dad's Research | 13,191 | - | (8,954) | 4,237 |
| My Generation | 13,411 | - | (115) | 13,296 |
| Green Minds | 25,472 | 32,652 | (18,343) | 39,781 |
| Children and Young People fund | 3,219 | 58,267 | (29,788) | 31,698 |
| Digital Work | 11,165 | 1,200 | (11,701) | 664 |
| Crisis Prevention | 8,122 | 37,532 | (44,881) | 773 |
| Counselling | 18,107 | 15,277 | (23,574) | 9,810 |
| Bereavement Support | - | 9,206 | - | 9,206 |
| Total restricted funds | 179,281 | 388,723 | (303,652) | 264,352 |
| Total funds | 351,020 | 586,819 | (535,833) | 402,006 |

Brecon And District Mind

Notes to the Financial Statements for the Year Ended 31 March 2022

| | Balance at 1 April 2020 £ | Incoming resources £ | Resources expended £ | Transfers £ | Balance at 31 March 2021 £ |
|-------------------------------------|---------------------------------|----------------------------|----------------------------|----------------|----------------------------------|
| Unrestricted funds | | | | | |
| <i>General</i> | | | | | |
| Unrestricted Income | 114,582 | 278,553 | (231,847) | 10,451 | 171,739 |
| Restricted | | | | | |
| 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) | - |
| PAVO | - | 300 | (300) | - | - |
| Children and Young People fund | 9,989 | 7,970 | (14,740) | - | 3,219 |
| Digital Work | - | 20,382 | (9,217) | - | 11,165 |
| Crisis Prevention | - | 15,000 | (6,878) | - | 8,122 |
| Counselling | - | 36,377 | (18,270) | - | 18,107 |
| Total restricted funds | 96,091 | 260,987 | (167,346) | (10,451) | 179,281 |
| Total funds | 210,673 | 539,540 | (399,193) | - | 351,020 |

Brecon And District Mind

Notes to the Financial Statements for the Year Ended 31 March 2022

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.

Bereavement Support represents funding from Mid and North Powys Mind towards a support group for those who have been bereaved or impacted by suicide loss.

Brecon And District Mind

Notes to the Financial Statements for the Year Ended 31 March 2022

20 Analysis of net assets between funds

| | Unrestricted | | |
|-----------------------|--------------|------------|-------------------|
| | General | Restricted | Total funds at 31 |
| | £ | £ | March 2022 |
| | | | £ |
| Tangible fixed assets | 9,335 | 9,482 | 18,817 |
| Current assets | 152,005 | 254,870 | 406,875 |
| Current liabilities | (23,686) | - | (23,686) |
| Total net assets | 137,654 | 264,352 | 402,006 |