

Charity registration number 1145211

Company registration number 07814000 (England and Wales)

BRECON AND DISTRICT MIND

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023



BRECON AND DISTRICT MIND

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BRECON AND DISTRICT MIND

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

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 2023.

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"

Objectives, strategies and activities

Objectives for 2022-2023

Brecon and District Mind's overall Purpose is "Here when you need us to help you manage your mental health and wellbeing" for local people in the surrounding area. The Trustees meet regularly with the Chief Executive Officer to review how services are being delivered and to ensure the purpose is being met with the resources available. Scrutiny and support are focused not only on the short term but also, on the medium to long term as part of Charity Commission requirements around effective and proactive governance, accountability and ensuring that the Charity is operating within the relevant legislation.

1. Recruit new Chief Executive Officer and Family & CYP Development Manager
2. Sustainability of services and the organisation
3. Understanding and meeting the needs in the communities we support
4. Opportunities for partnership to meet our objectives.

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TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

Achievement of these objectives:

Board of Trustees' Strategies:

1. Develop a more sustainable financial model fit for purpose and the future through the creation of a finance subcommittee.
2. Introduce a change management process to review the operational roles and structure within the organisation. This will be achieved through the creation of a People and Funding subcommittee to implement and monitor the new arrangements.
3. We will continue to hold staff workshops to understand what people need when they approach us for support to learn how and where to improve the services and activities we offer.
4. We intend to explore a range of networks and opportunities including Mind networks at national, Wales and Powys levels, Powys Mental Health Providers and other third sector providers and organisations in the surrounding areas.
5. We will explore digital solutions to help with the efficient delivery of services based around what matters to our members and beneficiaries.
6. We will improve communication at all levels to ensure that the right messages are conveyed and that voices are heard.

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 Rhondda Cynon Taf.

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 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.

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.

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 Health Board provide us with the core funding to enable the organisation to function and deliver our community wellbeing centre & outreach services and the Twilight Sanctuary / Out of Hours services.

The Welsh Government Supporting People Programme via Powys County Council 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

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homelessness, social isolation, and Family Support

Powys County Council for their core 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 for Active Monitoring (recently renamed Supported Self Help).

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

Brecon Town Council for their financial support of Green Minds.

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

Social Value Forum –for funding the Community Listeners Project.

Friends of Brecon & District Mind have been unable to meet, however, there is potential that the Friends will continue with their events & fundraising activities in 2023.

Local Fundraising and community support in the past has contributed significantly to our funds and we look forward to that continuing next year.

Fundraising remains a priority and we are working with a Fundraising Consultant to make grant applications, particularly for our successful projects and services to be able to continue. We realise that we need to continue to diversify our funding streams to be sustainable in the future.

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 experiencing mental health challenges and 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

Our Volunteer Coordinator has built our team of volunteers. At 31st March we had 20 active volunteers. Unfortunately the funding for the Volunteer Coordinator has ended, we have made plans that current volunteers are supported within the service they are active in.

In early 2023, we welcomed counselling students to be able to complete their therapeutic practice hours and realigned the counselling team to review the referral, assessment and allocation of counselling referrals. This has increased our counselling capacity by 20%.

Achievements and performance

The financial year 2022 to 2023 has been one of the most challenging in the history of Brecon and District Mind. The ongoing impacts and effects of the Covid-19 Pandemic along with global economic uncertainty around the cost of living crisis and the war in eastern Europe have all contributed to a difficult and testing environment within which to operate, not only for us but all in the charitable sector,

The withdrawal of funding from key projects and services has had a major impact on how services are structured and delivered. This has resulted in difficult decisions to ensure that Brecon and District Mind is able to continue to provide essential and sustainable support to members and beneficiaries. Whilst acknowledging this has been a difficult twelve months, we continue to receive very positive feedback from those who use our services about how our dedicated and hard working staff have helped and supported those in communities to manage their mental health and wellbeing.

Key Activities

In line with our Purpose, the focus and priority are always to ensure that we are there to help and support those people in the Brecon and District surrounding areas to manage their mental health and wellbeing. The re-introduction and resumption of services following the Covid-19 pandemic has been a key objective to ensure that services are designed around what matters to the people who need our help and support. Popular services such as My Generation, the Pottery Group and a new short-term funded programme around supporting Children and Young People and training for listening skills all commenced within the year. Other important facilities such as the Twilight Sanctuary Service (re-commissioned as the Out of Hours service in January 2023) along with Active Monitoring (re-named to Supported Self Help) continued to provide key services to our beneficiaries. In October 2022, as part of our commitment to the Welsh language and delivering the 'Active Offer', staff were encouraged to introduce more Welsh phrases and greetings into everyday conversations and communications. Also, to improve access to counsellors, a pilot was started in January 2023 where a lead counsellor was identified, and the use of supervised part-qualified students counsellors has led to a significant reduction in waiting times.

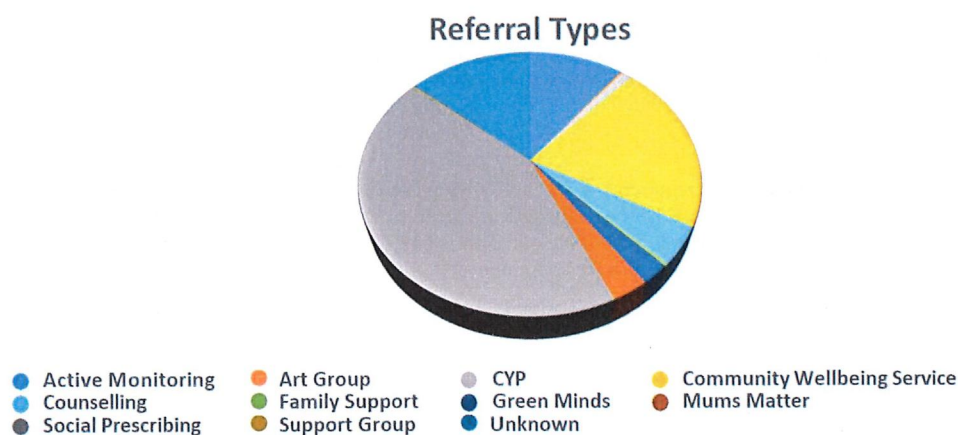
BRECON AND DISTRICT MIND

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

Who used and benefitted from our services.

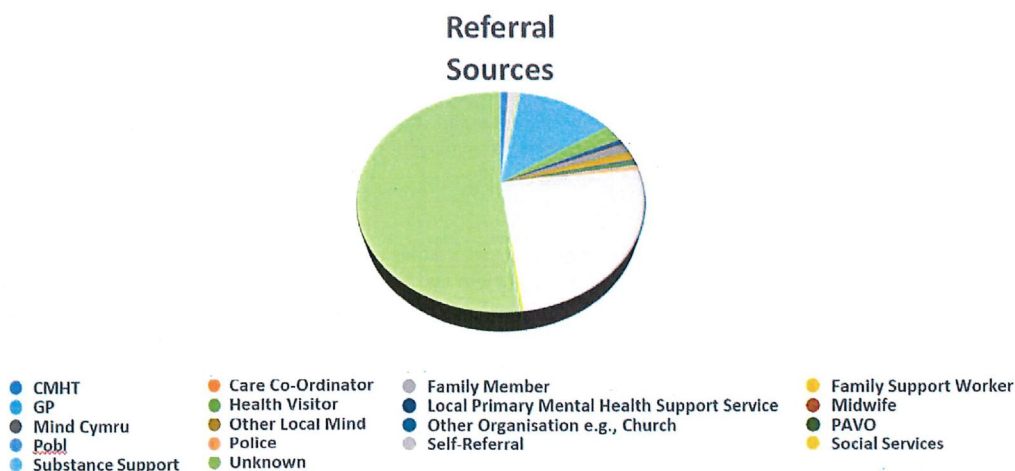
Our records indicate that 1,712 people interacted with the service during the period April 2022 to March 2023 (a 5% increase on the previous year) across 6,771 individual activity sessions and 9,337 attendances at those sessions (a 4% increase on the previous year). Even though attendance numbers are up, the number of activity sessions was down 13.5% on the previous year again highlighting the challenge of declining funding and delivering services with reduced resources. It is a testament to the commitment and dedication of the staff and volunteers involved who have managed to meet this increased demand despite the difficult conditions in place for which the Trustees are continually grateful.

Referrals



As the chart illustrates, the majority of referrals were received into the Social Prescribing Service (43%), the Community Wellbeing Service (21%) and the Active Monitoring Service (11%) alongside others including Counselling, the Mums Matter programme, Green Minds and Children and Young People (CYP) projects.

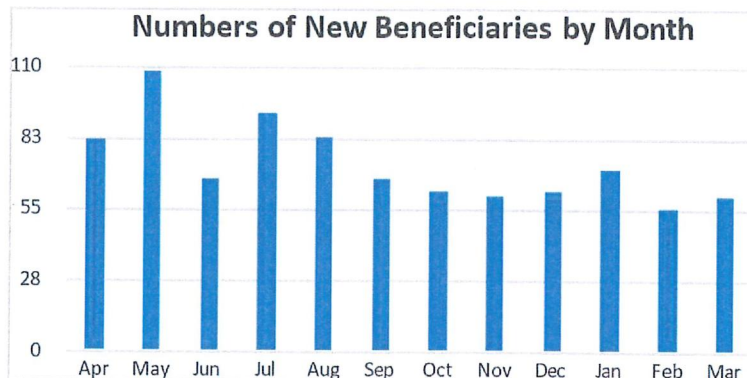
Where it has been possible to capture the source of how people come to us, self-referrals account for 25% of the demands received followed by referrals from GP's (13%) and Health Visitors (3%). Other channels include family member referrals, and other public sector bodies such as the Community Mental Health Team, the Police and Mind Cymru.



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Where it has been possible to capture the source of how people come to us, self-referrals account for 25% of the demands received followed by referrals from GP's (13%) and Health Visitors (3%). Other channels include family member referrals, and other public sector bodies such as the Community Mental Health Team, the Police and Mind Cymru.



As part of our Purpose, Brecon and District Mind is always there to welcome and accept new people who will benefit from the services offered. A total of 868 new people accessed services during the year, an average of 72 new people per month.

84% of people reported improved wellbeing outcomes across the organisation.

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 telephone 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 are also well-established weekly pottery groups in Crickhowell

The daily drop-ins at Ty Croeso are a valued source of peer support and include creative sessions in art and poetry. There are also groups that focus on particular areas such as depression and anxiety, hearing voices and coping with suicide.

Green Minds:

The weekly gardening group at Brecon Cathedral and range of EcoTherapy sessions were delivered throughout the year. The allotment group have continue to meet. There is full access and raised beds for growing produce which is sold at Ty Croeso to raise funds.

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. The course runs for groups of Mums 2 hours each week, with 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. The weekly Mum's Social Group for further support for Mum's after their initial 8-week course is thriving.

100% had the same or increased mental wellbeing.

100% had significantly reduced Anxiety (GAD7 Score) and Depression (PHQ9 Score).

100% would recommend Mums Matter to others.

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Social Prescribing:

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. The successful pilot is currently funded short term. The service has developed strong links with our local GP surgeries and is our highest source of professional's referrals.

Outcome scores show an improvement in the client's Wellbeing score to be up by 10 points. The average feedback score from clients was 10 out of 10. 100% said they would recommend the service to others. 100% reported that they felt better supported.

Twilight Sanctuary / Out of Hours Support:

The Twilight Sanctuary at Ty Croeso in Brecon provided support 4 evenings a week, in October Powys teaching Health Board reviewed the pilot and from January 2023 the service changed to telephone-only support on the same evenings plus Saturday afternoons until September 2023. There are plans to roll out 111 option 2 service and the teaching Health Board are reviewing Crisis Care support in Powys.

Learning and Development

Brecon and District Mind has an important ethos around continuous improvement and is always seeking new and more efficient ways of working. As a person-centred organisation, it is vital that the people who use our services feel listened to and that we can fully understand what matters to them and their individual circumstances. To further improve on these skills and to encourage the use of more active listening in community spaces, taster training sessions and mentoring have taken place throughout the year, using powerful collaborative communication techniques delivered by expert trainers. Training was also delivered in January by a representative from Swansea University, exploring the power of capturing outcomes and people's progress through a co-productive approach of diverse storytelling and dialogue methods. This will help reveal the real human stories behind the data and how services can radically improve people's lives. Throughout the year, work has also started on understanding why people contact us and the demands they place in the first instance.

This activity naturally led on to review how our systems respond through the use of forms, the IT utilised, how data and information is captured and entered, the performance measures used and where value is created for both beneficiaries and staff.

Our Staff

The staff who work for Brecon and District Mind are the lifeblood and driving force behind the success of the organisation and the Trustees as always are extremely grateful for the hard work and effort they put in to deliver services. It has been a difficult year for the staff with uncertainty surrounding the future of some projects due to funding challenges and the prospect of a new organisational structure and changes in personnel which Trustees fully understand can create a level of insecurity and concern. Even though at times it has been difficult, staff have continued to deliver services to a high standard and activities such as the Eco Therapy Team event and other wellbeing events arranged throughout the year have been enjoyed by all who participated.

In July 2022, we welcomed a new CEO, Marie Davies following the departure of Val Walker and sincere thanks are extended to Val for all the dedicated service and leadership she provided during her tenure as CEO and wish her a long and happy retirement.

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, information and invites for those who might be in need of our support. Data on these posts are tracked and reported on at Trustee Board meetings.

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Financial review

As this year's accounts show, the period April 2022 to March 2023 proved to be very challenging in terms of securing continued and new forms of funding. Support and monies received during and after the Covid-19 pandemic had started to decline, putting additional strain on resources and reserves. A budget surgery in August 2022 and the implementation of new financial reports and closer monitoring highlighted an urgent need to look at the sustainability of current organisational structures and existing non-core funded projects going forward.

This led to the creation of the People and Finance sub-committee, and with additional support from national Mind looked at options and solutions required to meet ongoing obligations and service commitments.

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. Trustees felt that we needed to adopt a more dynamic reserves policy, which would be more in line with current models, to enable the organisation to investigate and secure alternative, more sustainable funding streams including a minimum amount of £100,000 reserves for 2023/24 financial year (equivalent to 3 months planned expenditure). 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 £300,000 which would provide the foundations for the future financial stability of the organisation.

The level of free reserves at 31 March 2023 amounted to £126,131.

Plans for future periods

Aims and key objectives for future periods

We will complete the review of our staffing structure to deliver the support within the resources available to us. National Mind's Mind Quality Mark (MQM) review in April 2023 which we are looking forward to the result of to give an indication of our performance, what we do well and where we need to improve. We expect improvement actions to emerge, especially at a time of great change, and will work through these with the support of national Mind.

Priorities for the next year will be

Delivering on commitments made. While adapting to significant organisational change we will continue to deliver quality services.

Infrastructure to support the organisation, investing in systems and processes required to deliver support, reviewing a range of policies and continuing to develop in digital developments and training for staff.

The sustainability of the organisation, including fundraising and financial information and forecasting for each service

Planning for the future development of updated strategic plans that will help us navigate the current climate and increasing local needs.

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 (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

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.

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

The year saw the arrival of some new faces joining the Board as well as the departure of some long standing and very experienced Trustees. To bolster numbers a recruitment campaign commenced in September 2022, and we were delighted to accept applications from Eva Roshan and Claire Moore and also welcome back former Trustees, Heather Maling and Anna Knox. We were also saddened that two former Board Chairs decided to formally retire from the Board in February, Sally Bates and Shaun O'Boyle after many years of support and service. Even though they are no longer Trustees, both Sally and Shaun have expressed that they will still be involved with Brecon and District Mind in some capacity going forward. As Shaun was also our Company Secretary, the Trustees were extremely pleased and grateful to welcome back Zoe Porter into the role where her experience and knowledge will be invaluable going forward. Thanks were also extended to former Trustee Ryan Coleman for his time on the Board during the year. Other notable Trustee activities included a skills and development audit, the preparation and running of the Annual General Meeting in November 2022, reviewing current arrangements around organisational risks, and participation in sub committees around decisions and actions on people, funding, resourcing, and restructuring.

Organisational structure

The governing body is a Board of Trustees/Directors (referred to within this report as Trustees) to whom the CEO reports to. 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 Community Wellbeing Centre, Ty Croeso, is in Brecon and we deliver local support via weekly outreach sessions in Talgarth, Hay-on-Wye and pottery in Crickhowell. We closed our Brecon project centre on the Ffrwdgrech Industrial Estate at the end of March 2023 as part of plans to reduce our costs.

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. During the last months of the financial year proposals to introduce a new staffing structure are underway.

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.

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TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

Relationships with related parties

National Mind and Mind Cymru

We are a network partner with National Mind and, as such, we have access to support, advice and information from them and contribute our local insights to national networks. We have a Network Relations Lead 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 services that they sponsor, such as the Mums Matter peri-natal service and Active Monitoring/Supported Self Help.

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 Members and service users.

Powys Association of Voluntary Organisations (PAVO), including Community Connectors

The Mental Health Provider Network,

Powys teaching Health Board, including Local Mental Health, CMHT The Community Mental Health Teams and Child & Adolescent Mental Health Services CAMHS

Powys County Council, including the Housing Support Team, Social Services and the Childrens Emotional Health.

GP Cluster, Red Kite CIC,

Local Primary Care,

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.

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TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

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 and service users
(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
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!

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TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

Reference and Administrative Details

Trustees :

S Bates (Resigned 21 March 2023)

D Canning

C Lowe

S O'Boyle (resigned 16 March 2023)

R Coleman (resigned 18 April 2023)

H Maling (appointed 20 December 2022)

C Moore (appointed 22 November 2022)

E Roshan (appointed 20 December 2022)

A Knox (appointed 17 January 2023)

Secretary:

S O'Boyle (resigned 16 March 2023)

Z Porter (appointed 16 March 2023)

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 Davids House

48 Free Street

Brecon

Powys

LD3 7BN

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TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

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 the Mind Quality Mark.

Management Systems

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

We have further developed Xero financial software which has helped to increase efficiency of the budgeting process and financial reporting.

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.

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TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

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.

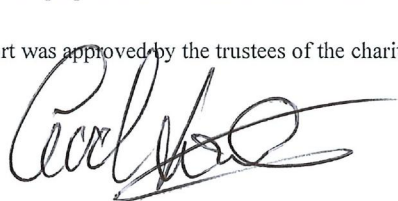
Small companies provision statement

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 23/10/23 and signed on its behalf by:

Crad Lowe

Co-Chair and Treasurer



BRECON AND DISTRICT MIND

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRECON AND DISTRICT MIND

I report to the trustees on my examination of the financial statements of Brecon And District Mind (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity'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 FCCA FCA, 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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.



Mitchell Meredith Ltd

M L Barnes FCCA FCA

St Davids House
48 Free Street
Brecon
Powys
LD3 7BN
UK

Dated: 23/10/23

BRECON AND DISTRICT MIND

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
<u>Income from:</u>					
Donations	3	61,475	4,077	65,552	57,574
Charitable activities	4	129,325	282,317	411,642	523,108
Investments	5	712	-	712	37
Total income		<u>191,512</u>	<u>286,394</u>	<u>477,906</u>	<u>580,719</u>
<u>Expenditure on:</u>					
Raising funds	6	<u>1,709</u>	<u>-</u>	<u>1,709</u>	<u>1,240</u>
Charitable activities	7	<u>193,824</u>	<u>445,757</u>	<u>639,581</u>	<u>528,493</u>
Total expenditure		<u>195,533</u>	<u>445,757</u>	<u>641,290</u>	<u>529,733</u>
Net (expenditure)/income for the year/ Net movement in funds		(4,021)	(159,363)	(163,384)	50,986
Fund balances at 1 April 2022		<u>137,654</u>	<u>264,352</u>	<u>402,006</u>	<u>351,020</u>
Fund balances at 31 March 2023		<u><u>133,633</u></u>	<u><u>104,989</u></u>	<u><u>238,622</u></u>	<u><u>402,006</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

BRECON AND DISTRICT MIND

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	13		15,053		18,816
Current assets					
Debtors	14	44,665		35,034	
Cash at bank and in hand		202,219		371,842	
		<u>246,884</u>		<u>406,876</u>	
Creditors: amounts falling due within one year	15	<u>(23,315)</u>		<u>(23,686)</u>	
Net current assets			223,569		383,190
Total assets less current liabilities			<u>238,622</u>		<u>402,006</u>
Income funds					
Restricted funds	17		104,989		264,352
Unrestricted funds			133,633		137,654
			<u>238,622</u>		<u>402,006</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 23/10/23

.....
C Lowe
Trustee

Company registration number 07814000

BRECON AND DISTRICT MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Brecon And District Mind is a private company limited by guarantee incorporated in England and Wales. The registered office is Ty Croeso, St David's House, 48 Free Street, Brecon, Powys, LD3 7BN.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

BRECON AND DISTRICT MIND

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold property improvements	Over term of the lease
Furniture and equipment	20% reducing balance
Motor vehicles	20% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

BRECON AND DISTRICT MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations

	Unrestricted funds	Restricted funds	Total	Total
	2023	2023	2023	2022
	£	£	£	£
Donations and gifts	10,887	1,184	12,071	22,551
Grants	50,584	-	50,584	33,670
Membership fees	4	120	124	338
Fundraising	-	2,773	2,773	1,015
	<u>61,475</u>	<u>4,077</u>	<u>65,552</u>	<u>57,574</u>

BRECON AND DISTRICT MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

3 Donations

	Unrestricted funds	Restricted funds	Total	Total
	2023	2023	2023	2022
	£	£	£	£
Grants				
Lloyds Foundation	35,584	-	35,584	33,670
Garfield Weston	15,000	-	15,000	-
	<u>50,584</u>	<u>-</u>	<u>50,584</u>	<u>33,670</u>

4 Charitable activities

	Total 2023	Total 2022
	£	£
Grants		
Morel Trust	-	1,000
Powys Local Health Board	164,191	165,936
Powys CC	68,062	95,788
PAVO	19,987	4,286
Mind Cymru	82,100	110,319
Mid Powys Mind	11,809	9,206
National Lottery	-	62,252
Moondance Foundation	-	40,000
Postcode Community Lottery	-	17,641
Redkite Health Solutions	60,392	12,213
Val Walker	-	467
Brecon Town Council	-	4,000
Coop Local Community Fund	1,891	-
Adam Hallas	710	-
Brecknock Art Trust	2,500	-
	<u>411,642</u>	<u>523,108</u>
Analysis by fund		
Unrestricted funds	129,325	144,776
Restricted funds	282,317	378,332
	<u>411,642</u>	<u>523,108</u>

BRECON AND DISTRICT MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

5 Investments

	Unrestricted funds	Unrestricted funds
	2023 £	2022 £
Interest receivable	712	37
	<u>712</u>	<u>37</u>

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2023 £	2022 £
Fundraising and publicity		
Other fundraising costs	1,709	1,240
	<u>1,709</u>	<u>1,240</u>

7 Charitable activities

	Total 2023 £	Total 2022 £
Staff costs	494,438	410,164
Direct costs	54,572	34,776
	<u>549,010</u>	<u>444,940</u>
Share of support costs (see note 8)	82,626	75,927
Share of governance costs (see note 8)	7,945	7,626
	<u>639,581</u>	<u>528,493</u>
Analysis by fund		
Unrestricted funds	193,824	230,941
Restricted funds	445,757	297,552
	<u>639,581</u>	<u>528,493</u>

BRECON AND DISTRICT MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

8 Support costs

	Support costs	Governance costs	2023	2022
	£	£	£	£
Staff costs	-	4,200	4,200	4,200
Depreciation	3,764	-	3,764	4,235
Establishment costs	39,427	-	39,427	35,233
Office expenses	20,391	-	20,391	16,748
Printing, postage and stationery	5,189	-	5,189	4,804
Repairs	1,686	-	1,686	4,150
Sundry costs	1,487	-	1,487	1,772
Travel costs	1,678	-	1,678	2,788
Advertising	1,171	-	1,171	2,586
Subscriptions	1,567	-	1,567	215
Consultancy costs	3,465	-	3,465	1,766
Staff Training	2,801	-	2,801	1,630
Independent examiner fee	-	3,326	3,326	3,024
Bank charges	-	419	419	402
	<u>82,626</u>	<u>7,945</u>	<u>90,571</u>	<u>83,553</u>
Analysed between				
Charitable activities	<u>82,626</u>	<u>7,945</u>	<u>90,571</u>	<u>83,553</u>

9 Net movement in funds

	2023	2022
	£	£
Net movement in funds is stated after charging/(crediting)		
Depreciation of owned tangible fixed assets	<u>3,764</u>	<u>4,235</u>

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

11 Employees

The average monthly number of employees during the year was:

	2023	2022
	Number	Number
Employees	<u>30</u>	<u>27</u>

BRECON AND DISTRICT MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

11 Employees

Employment costs	2023 £	2022 £
Wages and salaries	465,009	384,185
Social security costs	26,128	21,505
Other pension costs	7,501	8,674
	<u>498,638</u>	<u>414,364</u>

The total employee benefits of key management personnel of the charity were £127,846 (2022 - £113,850)

There were no employees whose annual remuneration was more than £60,000.

12 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

13 Tangible fixed assets

	Leasehold property improvements £	Furniture and equipment £	Motor vehicles £	Total £
Cost				
At 1 April 2022	13,000	24,826	9,495	47,321
At 31 March 2023	<u>13,000</u>	<u>24,826</u>	<u>9,495</u>	<u>47,321</u>
Depreciation and impairment				
At 1 April 2022	13,000	10,870	4,634	28,504
Depreciation charged in the year	-	2,792	972	3,764
At 31 March 2023	<u>13,000</u>	<u>13,662</u>	<u>5,606</u>	<u>32,268</u>
Carrying amount				
At 31 March 2023	<u>-</u>	<u>11,164</u>	<u>3,889</u>	<u>15,053</u>
At 31 March 2022	<u>-</u>	<u>13,956</u>	<u>4,860</u>	<u>18,816</u>

14 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Trade debtors	44,292	34,219
Prepayments and accrued income	373	815
	<u>44,665</u>	<u>35,034</u>

BRECON AND DISTRICT MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

15 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	-	7,560
Trade creditors	14,022	8,387
Accruals and deferred income	9,293	7,739
	<u>23,315</u>	<u>23,686</u>

16 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £7,501 (2022 - £8,674).

17 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2022 £	Movement in funds		Balance at 31 March 2023 £
		Incoming resources £	Resources expended £	
Friends of Brecon Mind	2,701	120	-	2,821
Art Project	12,172	3,724	(11,594)	4,302
Volunteering	-	7,681	(7,681)	-
Powys CC - Supporting People	11,610	50,000	(61,610)	-
Mums Matter	60,808	-	(44,314)	16,494
Dr Sowerby Vehicle	13,518	-	(2,424)	11,094
Active Monitoring	45,564	63,720	(96,123)	13,161
Social Prescribing	8,514	60,392	(59,884)	9,022
Dad's Research	4,237	-	(3,590)	647
My Generation	13,296	-	(6,087)	7,209
Green Minds	39,781	2,622	(21,809)	20,594
Children and Young People Fund	31,698	950	(31,515)	1,133
Digital Work	664	-	(105)	559
Crisis Prevention	773	59,075	(54,927)	4,921
Counselling	9,810	8,873	(11,182)	7,501
Bereavement Support	9,206	9,250	(18,456)	-
Community Listeners	-	19,987	(14,456)	5,531
	<u>264,352</u>	<u>286,394</u>	<u>(445,757)</u>	<u>104,989</u>

BRECON AND DISTRICT MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

17 Restricted funds

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.

Volunteering, represents funding from Powys CC towards recruiting 20 new volunteers, raising £5,000 through community events and supporting 200 new people in groups or activities.

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 and Red Kite Health Solutions 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.

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

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

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.

Community Listeners - represents funding from PAVO to a programme to build a network of people who are able to give skilled, strength based, empowering listening support within their communities.

BRECON AND DISTRICT MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

17 Restricted funds

	Balance at 1 April 2021	Movement in funds		Balance at 31 March 2022
	£	Incoming resources £	Resources expended £	£
Friends of Brecon 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
	<u>179,281</u>	<u>388,723</u>	<u>(303,652)</u>	<u>264,352</u>

18 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:				
Tangible assets	7,502	7,551	15,053	18,816
Current assets/(liabilities)	126,131	97,438	223,569	383,190
	<u>133,633</u>	<u>104,989</u>	<u>238,622</u>	<u>402,006</u>

19 Operating lease commitments

	2023 £	2022 £
Within one year	19,382	19,381
Between two and five years	3,230	22,611
	<u>22,612</u>	<u>41,992</u>

Made up of rental commitments which are due to end in May 2024

BRECON AND DISTRICT MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

20 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

