

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 2024



**MITCHELL ASSOCIATES**  
CHARTERED ACCOUNTANTS

# **BRECON AND DISTRICT MIND**

## **CONTENTS**

---

	<b>Page</b>
Trustees' report	1 - 9
Independent examiner's report	10
Statement of financial activities	11
Balance sheet	12
Notes to the financial statements	13 - 26

# **BRECON AND DISTRICT MIND**

## **TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024**

---

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 2024.

### **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 our purpose: "Here when you need us to help you manage your mental health and wellbeing"

- A range of services and opportunities that support people with mild to moderate mental health problems or emotional distress to receive support including peer support and connections, information and signposting, workshops and training and listening-based services.
- Supporting and enabling service users to recognise and build on their strengths, identify their personalised goals 'what matters' to them and provide support and guidance as needed to find ways to work towards them.
- Encouraging people with an interest in mental health, including people with lived experience and their families, contribute to the planning, development, delivery and monitoring of Brecon and District Mind's activities and local and national mental health services.
- Liaising and working in partnership with other organisations and teams within and outside the area of mental health.
- Developing and strengthening links within the local community, listening to identify local needs & opportunities and make plans together so that people living & working in the area live well.
- 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.

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

##### **Objectives for 2023-24**

At the start of the financial year, Brecon & District Mind were undergoing significant structural changes due to a reduction in available funds. The objectives set by the Trustees this year were to complete the restructure and ensure stability of remaining services.

#### ***Fundraising disclosures***

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.

# BRECON AND DISTRICT MIND

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

### FOR THE YEAR ENDED 31 MARCH 2024

---

#### *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*

Volunteer feedback has contributed to a successful funding bid to WCVA's Volunteering in Wales funding to deliver a 'Valuing Volunteers' project that will improve volunteering experience at Brecon & District Mind.

In early 2023, we welcomed Counselling and Psychotherapy trainees to be able to complete their therapeutic practice hours and increased our counselling service capacity.

#### **Achievements and performance**

This year the organisation has focused on stability and improvements to meet the Mind Quality Mark.

#### **Key Activities**

Our records indicate that we supported 925 people across 5353 individual activity sessions and 7665 attendances at those sessions. Compared to last year, these numbers are a decrease. This was expected due to the end of the funding for the Social Prescribing Project, which accounted for the majority of GP referrals, and the Active Monitoring Project with Mind Cymru. The vast majority of our enquiries and referrals are self-referrals.

#### **Activities**

**Strategic development and lived experience engagement.** Workshops were held with Trustees, Staff, Volunteers, Members and Service Users to influence the direction and priorities of the charity to feed into a 2024-27 strategic plan. Forum meetings with service users were held by the CEO to share information and receive feedback.

#### **Services and Support**

Throughout the year we have continued to deliver a range of support services and opportunities as well as introduce new services in partnership with other organisations.

**Drop in information and peer support** at our Community Wellbeing Centre in Brecon town centre, continuing to open 5 days a week from 1-4pm, including poetry, art and wellbeing groups.

Individual person-centred support helping people with 'what matters' to them.

Counselling services. This year we hosted student counsellors and psychotherapist placements to complete their qualifications and provide more counselling. 100% of counselling clients' outcomes showed an improvement in their wellbeing.

Green Minds nature wellbeing garden at Brecon Cathedral & allotment groups, 6 week courses and workshops for wellbeing in outdoor spaces.

Weekly outreach support groups in Hay on Wye & Talgarth and weekly swim and walk group in Bronllys in partnership with the Community Mental Health Team based at Ty Illtyd.

Supported Self Help (formerly known as Active Monitoring) a 6 week guided programme as part of Mind Cymru's project across Wales.

Pottery sessions at Peak in Crickhowell

Mums Matter courses and Mums social group & creche. This year we secured funding from the National Lottery Community fund to support the project for a further 18 months.

# **BRECON AND DISTRICT MIND**

## **TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024**

---

Peer support group for people bereaved by suicide and bereavement counselling in partnership with Minds in Powys. We also worked with Powys teaching Health Board's Postvention team as part of a county wide project.

The Sanctuary service reduced to telephone-only support in January however included support on Saturdays so that support from Brecon & District Mind was available 7 days a week until the end of September 2024 as the new Wales-wide 111 option 2 service was launched.

Joined with Minds in Powys (Mid & North Powys Mind and Mind Ystradgynlais) to deliver the new Powys In Work Support Service, offering individual wellbeing support, Supported Self Help and Counselling.

Joined a consortium with Ponthafren and Mid & North Powys Mind to deliver Blended CBT (Cognitive Behavioural Therapy) support alongside the online Silvercloud system on behalf of Powys teaching Health Board.

### **Annual Survey results**

90% of people scored their experience as 8/10 or higher (60% scored 10/10)

81% of people said 'Very Likely' or 'Definitely' to recommending Brecon & District Mind

21 people said they would like to get more involved with Brecon and District Mind

### Themes of improvement

- \* better communication – cancelled appointments
- \* better advertisement
- \* more talks
- \* internal communication

### What do we do well

'Time to listen and offer advice' 'The Mums Matter Course' 'Brought me out of a very dark place, helped me learn how to cope'  
'Always there to help' 'The Mums social group is so lovely, staff are amazing make you feel welcome and so approachable'  
'Really good counselling' 'Been very reliable and punctual with very nice telephone manner'

### How could we be better

Good advertising to notify people of the services available / Make access easier, self referral maybe, instant support, talking to the same person / Offer clearer communication. I often didn't know what was going on

What would you like to see on offer

Acupuncture / Support for Dad's / Group therapy / More social events / More mindful activities / I don't feel it needs to offer more than it does / Check ins every 1-2 months to monitor and remind people / Eco therapy that aren't during working hours / Appointments in Hay / Nothing different

### Comments

I was apprehensive but talking with someone really helped me when I was at my lowest. I know that I could contact them if I needed to.

Mind and everyone involved in my recovery have literally saved my life , the medical approach wasn't what I needed , it was very black and white . Mind offers a holistic approach , I have had 2 great counsellors , wellbeing and rang sanctuary service on numerous occasions as well as attending groups . I still have a long way to go but I have hope now .

Amazing people working and giving support but I think more resources needed and more flexible times for appointment, out of work hours appointments as it makes it difficult to leave work for an appointment plus you then have to tell your boss etc

### **Business Continuity**

From December to March, a number key personnel were absent and Business Continuity Plan was followed to ensure that the most vital commitments were made.

# **BRECON AND DISTRICT MIND**

## **TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)**

### **FOR THE YEAR ENDED 31 MARCH 2024**

---

#### **Financial review**

As this year's accounts show, the costs of the organisation exceeded our income. During the year the financial systems and processes were reviewed and Trustees engaged charity finance experts Beyond Profit's services.

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

The trustees minimum amount of reserves levels is set at £100,000. 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 2024 amounted to £74,973.

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

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

Priorities for the next year will be

Completing improvements to support the organisation and achieving the Mind Quality Mark including governance, leadership and digital skills and cyber security.

Improvements to communications, including new website and e-newsletter.

Including more people in our organization that share the same values and purpose, including lived experience involvement, community fundraising and improving the experience of volunteers.

Delivering a new project in partnership with Brecon High School providing workshops and activities that promote mental wellbeing.

Launching a 3 year strategic plan 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.

##### ***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.

# **BRECON AND DISTRICT MIND**

## **TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024**

---

### ***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 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.

The Co-Chairs of Trustees have 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.

A new committee was developed this year including Co-chairs, Treasurer, CEO and Operations Manager to provide ongoing oversight and support throughout the challenging period of change and development.

### **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 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.

We have a memorandum of understanding with Mid & North Powys Mind and Mind Ystradgynlais as 'Minds in Powys' to enable us to partner regionally and meet the needs of the whole County.

#### **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), 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.

Brecon Beacons National Park Authority

Brecon Cathedral

# **BRECON AND DISTRICT MIND**

## **TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)**

### **FOR THE YEAR ENDED 31 MARCH 2024**

---

#### *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 and other Local Minds
6. People not understanding our Purpose or having clarity of our role(s)
7. Right attitudes / opinions are not expressed in line with our values and principles
8. Safeguarding
9. Legal responsibilities / making an impact
10. What we offer is not what our members / service users want!



# **BRECON AND DISTRICT MIND**

## **TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024**

---

### **Reference and Administrative Details**

#### **Trustees :**

D Canning

C Lowe

H Maling (resigned 30 September 2024)

C Moore

E Roshan

A Knox (resigned 16 January 2024)

#### **Secretary:**

Z Porter (resigned 23 April 2024)

S Morris (appointed 23 April 2024)

#### **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 Associates Limited

Chartered Accountants

St Davids House

48 Free Street

Brecon

Powys

LD3 7BN

# **BRECON AND DISTRICT MIND**

## **TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)**

**FOR THE YEAR ENDED 31 MARCH 2024**

---

### **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 Associates continues to support with payroll, accounting and pension auto-enrolment.

# **BRECON AND DISTRICT MIND**

## **TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024**

---

### **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 17/12/24 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 2024.

#### 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 ACA BFP, 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 Associates Ltd**

**J P Mitchell ACA BFP**

St Davids House

48 Free Street

Brecon

Powys

LD3 7BN

UK



Dated: 17/12/24

# BRECON AND DISTRICT MIND

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
<b>Income from:</b>					
Donations	3	27,445	9,188	36,633	65,552
Charitable activities	4	205,009	212,977	417,986	411,642
Investments	5	1,993	-	1,993	712
<b>Total income</b>		<b>234,447</b>	<b>222,165</b>	<b>456,612</b>	<b>477,906</b>
<b>Expenditure on:</b>					
Raising funds	6	5,113	-	5,113	1,709
Charitable activities	7	270,534	239,744	510,278	639,581
Other	12	1,178	-	1,178	-
<b>Total expenditure</b>		<b>276,825</b>	<b>239,744</b>	<b>516,569</b>	<b>641,290</b>
<b>Net outgoing resources before transfers</b>		<b>(42,378)</b>	<b>(17,579)</b>	<b>(59,957)</b>	<b>(163,384)</b>
Gross transfers between funds		(7,171)	7,171	-	-
<b>Net expenditure for the year/ Net movement in funds</b>		<b>(49,549)</b>	<b>(10,408)</b>	<b>(59,957)</b>	<b>(163,384)</b>
Fund balances at 1 April 2023		133,633	104,989	238,622	402,006
<b>Fund balances at 31 March 2024</b>		<b>84,084</b>	<b>94,581</b>	<b>178,665</b>	<b>238,622</b>

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 2024

	Notes	2024 £	£	2023 £	£
<b>Fixed assets</b>					
Tangible assets	14		11,101		15,053
<b>Current assets</b>					
Debtors	15	8,972		44,665	
Cash at bank and in hand		178,850		202,219	
		187,822		246,884	
<b>Creditors: amounts falling due within one year</b>	16	(20,258)		(23,315)	
Net current assets			167,564		223,569
<b>Total assets less current liabilities</b>			178,665		238,622
<b>Income funds</b>					
Restricted funds	18		94,581		104,989
Unrestricted funds			84,084		133,633
			178,665		238,622

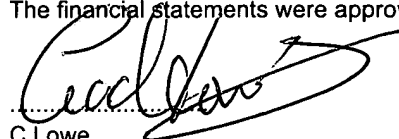
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024.

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 17/12/24



C Lowe  
Trustee

Company registration number 07814000

# BRECON AND DISTRICT MIND

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 MARCH 2024

---

#### 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 2024

---

### 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 2024

---

#### 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.

# BRECON AND DISTRICT MIND

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

---

### 3 Donations

	Unrestricted funds	Restricted funds	Total	Total
	2024 £	2024 £	2024 £	2023 £
Donations and gifts	12,405	4,933	17,338	12,071
Grants	15,000	-	15,000	50,584
Membership fees	-	120	120	124
Fundraising	40	4,135	4,175	2,773
	<u>27,445</u>	<u>9,188</u>	<u>36,633</u>	<u>65,552</u>

# BRECON AND DISTRICT MIND

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 MARCH 2024

---

#### 3 Donations

	Unrestricted funds	Restricted funds	Total	Total
	2024 £	2024 £	2024 £	2023 £
<b>Grants</b>				
Lloyds Foundation	-	-	-	35,584
Garfield Weston	-	-	-	15,000
Postcode Community Lottery	15,000	-	15,000	-
	<u>15,000</u>	<u>-</u>	<u>15,000</u>	<u>50,584</u>

# BRECON AND DISTRICT MIND

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

### 4 Charitable activities

	Total 2024 £	Total 2023 £
<b>Grants</b>		
Morel Trust	1,000	-
Powys Local Health Board	134,302	164,191
Powys CC	62,981	68,062
PAVO	-	19,987
Mind Cymru	48,978	82,100
Mid Powys Mind	26,146	11,809
National Lottery	48,673	-
National Grid	5,155	-
Redkite Health Solutions	20,131	60,392
CLA Charitable Trust	3,500	-
Brecon Town Council	4,000	-
Coop Local Community Fund	-	1,891
Adam Hallas	-	710
Oakdale Trust	1,000	-
Rank Foundation	2,500	-
WCVA	11,250	-
BBNP	1,323	-
Di Walker Foundation	21,000	-
Ponthafren	5,617	-
Magic Little Grant	500	-
Brecknock Art Trust	-	2,500
	<u>417,986</u>	<u>411,642</u>
<b>Analysis by fund</b>		
Unrestricted funds	205,009	129,325
Restricted funds	212,977	282,317
	<u>417,986</u>	<u>411,642</u>

### 5 Investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	<u>1,993</u>	<u>712</u>

# BRECON AND DISTRICT MIND

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

### 6 Raising funds

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Fundraising and publicity		
Other fundraising costs	5,113	1,709
	<u>5,113</u>	<u>1,709</u>

### 7 Charitable activities

	Total	Total
	2024	2023
	£	£
Staff costs	364,511	494,438
Direct costs	55,799	54,572
	<u>420,310</u>	<u>549,010</u>
Share of support costs (see note 8)	80,637	82,626
Share of governance costs (see note 8)	9,331	7,945
	<u>510,278</u>	<u>639,581</u>
<b>Analysis by fund</b>		
Unrestricted funds	270,534	193,824
Restricted funds	239,744	445,757
	<u>510,278</u>	<u>639,581</u>

# BRECON AND DISTRICT MIND

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

### 8 Support costs

	Support costs	Governance costs	2024	2023
	£	£	£	£
Staff costs	-	5,560	5,560	4,200
Depreciation	2,773	-	2,773	3,764
Establishment costs	35,846	-	35,846	39,427
Office expenses	26,092	-	26,092	20,391
Printing, postage and stationery	3,782	-	3,782	5,189
Repairs	300	-	300	1,686
Sundry costs	1,435	-	1,435	1,487
Travel costs	620	-	620	1,678
Advertising	1,222	-	1,222	1,171
Subscriptions	48	-	48	1,567
Consultancy costs	6,723	-	6,723	3,465
Staff Training	1,796	-	1,796	2,801
Independent examiner fee	-	3,498	3,498	3,326
Bank charges	-	273	273	419
	<u>80,637</u>	<u>9,331</u>	<u>89,968</u>	<u>90,571</u>
Analysed between				
Charitable activities	<u>80,637</u>	<u>9,331</u>	<u>89,968</u>	<u>90,571</u>

### 9 Net movement in funds

	2024	2023
	£	£
Net movement in funds is stated after charging/(crediting)		
Depreciation of owned tangible fixed assets	2,773	3,764
Loss on disposal of tangible fixed assets	<u>1,178</u>	<u>-</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:

	2024	2023
	Number	Number
Employees	<u>22</u>	<u>30</u>

# BRECON AND DISTRICT MIND

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

### 11 Employees

Employment costs	2024 £	2023 £
Wages and salaries	347,545	465,009
Social security costs	16,727	26,128
Other pension costs	5,799	7,501
	<u>370,071</u>	<u>498,638</u>

The total employee benefits of key management personnel of the charity were £109,030 (2023 - £127,846)

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

### 12 Other

	Unrestricted funds	Total
	2024 £	2023 £
Net loss on disposal of tangible fixed assets	1,178	-
	<u>1,178</u>	<u>-</u>

### 13 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.

# BRECON AND DISTRICT MIND

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

### 14 Tangible fixed assets

	Leasehold property improvements	Furniture and equipment	Motor vehicles	Total
	£	£	£	£
<b>Cost</b>				
At 1 April 2023	13,000	24,826	9,495	47,321
Disposals	-	(1,879)	-	(1,879)
At 31 March 2024	13,000	22,947	9,495	45,442
<b>Depreciation and impairment</b>				
At 1 April 2023	13,000	13,661	5,608	32,269
Depreciation charged in the year	-	1,997	776	2,773
Eliminated in respect of disposals	-	(701)	-	(701)
At 31 March 2024	13,000	14,957	6,384	34,341
<b>Carrying amount</b>				
At 31 March 2024	-	7,990	3,111	11,101
At 31 March 2023	-	11,164	3,889	15,053

### 15 Debtors

	2024 £	2023 £
<b>Amounts falling due within one year:</b>		
Trade debtors	5,567	44,292
Prepayments and accrued income	3,405	373
	8,972	44,665

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

	2024 £	2023 £
Trade creditors	12,045	14,022
Accruals and deferred income	8,213	9,293
	20,258	23,315

### 17 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 £5,799 (2023 - £7,501).



# BRECON AND DISTRICT MIND

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 MARCH 2024

#### 18 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:

	Movement in funds			
	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers
	£	£	£	£
Friends of Brecon Mind	2,821	120	-	-
Art Project	4,302	3,139	(7,441)	-
Volunteering	-	2,500	(2,500)	-
Mums Matter	16,494	49,180	(41,812)	-
Dr Sowerby Vehicle	11,094	30	(1,865)	(9,259)
Active Monitoring	13,161	47,158	(60,319)	-
Social Prescribing	9,022	20,131	(29,153)	-
Dad's Research	647	-	(647)	-
My Generation	7,209	-	(4,557)	-
Green Minds	20,594	12,561	(23,748)	-
Children and Young People Fund	1,133	21,000	(1,933)	-
Digital Work	559	-	(559)	-
Crisis Prevention	4,921	23,010	(27,462)	-
Counselling	7,501	4,153	(7,110)	-
Community Matters	-	5,155	(5,155)	-
Community Listeners	5,531	-	(5,531)	-
Engagement Project	-	9,930	-	-
Cost of Living - mental wellbeing	-	11,820	(19,901)	16,430
VWG	-	11,250	-	-
Postvention	-	1,027	(50)	-
	<u>104,989</u>	<u>222,164</u>	<u>(239,743)</u>	<u>7,171</u>
				<u>94,581</u>

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 service users in groups or activities.

Mind Mums Matter represents funding from Comic Relief via National Mind towards a 2 year peri-natal service. As well as funding from Magic Little Stars.

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

# BRECON AND DISTRICT MIND

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

---

### 18 Restricted funds

Supported Self Help (previously Active Monitoring) represents funding from Mind, 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.

Community Matters represents funding from National Grid Community Matters Fund towards towards the costs of operating a warm bank in our community building.

Cost of Living - Mental wellbeing represents funding from Mind

VWG - represents funding from WCVA towards staff costs, staff training, equipment costs, as well as some volunteer expenses.

IWSS represents funding from Mid & North Powys Mind towards counselling and room hire costs.

Postvention represents funding from Powys Teaching Health Board.

# BRECON AND DISTRICT MIND

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 MARCH 2024

#### 18 Restricted funds

	Movement in funds			
	Balance at 1 April 2022	Incoming resources	Resources expended	Balance at 31 March 2023
	£	£	£	£
Friends of Brecon Mind	2,701	120	-	2,821
Art Project	12,172	3,724	(11,594)	4,302
Volunteering	-	7,681	(7,681)	-
	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
Community Matters	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>

#### 19 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total	Total
	2024	2024	2024	2023
	£	£	£	£
Fund balances at 31 March 2024 are represented by:				
Tangible assets	9,111	1,990	11,101	15,053
Current assets/(liabilities)	74,973	92,591	167,564	223,569
	<u>84,084</u>	<u>94,581</u>	<u>178,665</u>	<u>238,622</u>

#### 20 Operating lease commitments

	2024	2023
	£	£
Within one year	3,230	19,382
Between two and five years	-	3,230
	<u>3,230</u>	<u>22,612</u>

# **BRECON AND DISTRICT MIND**

## **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024**

---

### **20 Operating lease commitments**

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

### **21 Related party transactions**

There were no disclosable related party transactions during the year (2023 - none).