

REGISTERED COMPANY NUMBER: 07814000 (England and Wales)
REGISTERED CHARITY NUMBER: 1145211

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025
FOR
BRECON AND DISTRICT MIND**

Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

BRECON AND DISTRICT MIND

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FOR THE YEAR ENDED 31 MARCH 2025**

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BRECON AND DISTRICT MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and Activities

Brecon & District Mind's purpose is to be 'Here to help you manage your mental health and wellbeing'. We offer mental health services, support and activities that benefit individuals across the region and invite people and partners to work together for our shared purpose.. Trustees confirm they have had regard to the Charity Commission's guidance on public benefit when planning activities.

Trustees adopted a new Strategic Plan 2024 to 2027 following engagement with staff, volunteers and beneficiaries and the priorities and Values below identified to guide the organisation.

Strategic Priorities

- " Financial Sustainability
- " Partnerships
- " Organisational Development
- " Digital Choice

Values

Connection
Kindness
Learning
Honesty

Brecon & District Mind ensures that people with lived experience play an influential role in governance, development and delivery of services. Shared decision making principles are embedded across the organisation.

Key Activities and Services

Activities delivered across 2024-25 include:

- " Brecon Wellbeing Centre, activities and drop in sessions
- " Individual Information, Support, Talking Therapies & Counselling services,
- " Outreach, Peer support and group activities, eg Bereavement, Support after Suicide (Postvention).
- " Children and Young People wellbeing project at Brecon High School
- " Green Minds gardening and nature based activities
- " Mums Matter Perinatal courses and Social Groups
- " Community events and fundraising activities
- " Valuing Volunteers Project

OBJECTIVES AND ACTIVITIES

Volunteer Involvement

Volunteers play a significant role across Brecon & District Mind. Their lived experience forms a central component of service design and delivery, including:

- " Monthly volunteer forums and volunteer celebration events.
- " Awareness Raising & Fundraising involvement
- " Co delivery of activities
- " Counselling and Work Experience Placements

Throughout the year 36 individual volunteers delivered at least 941 volunteering hours. We are working with volunteers next year to improve ways to record and measure volunteering hours as part of our plan to achieve the Investors in Volunteers Quality Mark in Autumn 2025.

ACHIEVEMENTS AND PERFORMANCE

Quality and Governance

" Mind Quality Mark (MQM) accreditation successfully awarded in March 2025.

" New governing document and membership structure adopted October 2024.

Organisational Development: People & Culture

" Trustee Eva Roshan appointed People & Culture Lead.

" People & Culture Subcommittee established September 2024.

" Aims include workforce wellbeing, strengthening identity and values, improving communication and building an appreciative environment.

" WCVA Volunteering in Wales Fund grant awarded for a 12 month Valuing Volunteers project.

" Volunteer Project Coordinator appointed Sept 2024.

" Commitment to Values Based Leadership and embedding the values of Kindness, Learning, Honesty and Connection.

" Regular strength based reflective practice implemented for staff and volunteers

" Staff and trustees attended wellbeing and training activities.

" Monthly email newsletter launched.

BRECON AND DISTRICT MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

ACHIEVEMENTS AND PERFORMANCE

Services & Projects

Overall, Brecon & District Mind has supported 853 people

Brecon Wellbeing Centre

Located in the heart of Brecon Town Centre our community venue hosts our office, the lounge area and 'warm hub', an activities room, well equipped kitchen and rooms for counselling and individual support. Supported by core funding from Powys teaching Health Board and the Moondance Foundation to revitalise the Wellbeing Centre, increase availability of support without appointment and broaden activity programmes. This year over 258 sessions were delivered, and attended by 137 people.

A generous donation has been received from the Moondance Foundation to revitalise the Wellbeing Centre, increase availability of individual in person support without appointment and broaden activity programmes.

Outreach Support

Weekly sessions based in Community venues in Hay & Talgarth and the Bronllys Walk & Swim club help our support be closer to home for some people living in the area around Brecon. Over the year, over 100 sessions were delivered attended by around 40 people.

'as a non-driver, its within walking distance for me and the support is very good'

'Keeps me well, gives me a routine.. company... support... socialising'

'Its encouraged me to get out of the house and meet new people'.

'Meeting up with other people who are dealing with their own issues - there is no pressure to share. Gail has put me in touch with other help'

Individual Support, Counselling and Talking Therapies

Our team of Wellbeing Practitioners support people aged 16 plus with 'what matters'. The Wellbeing Team is funded by a number of sources including Powys County Council's Housing Support Grant (HSG / Supporting People), Lottery Funding, Mind's Cost of Living Grant, We are also a partner in the 'Powys In Work Support Service', offering individual wellbeing support, CBT based 'Supported Self Help' and Counselling. We have been successful hosting volunteer Trainee Counsellors to be able to complete their qualifications locally and are trialling the expansion of Counselling to include paid for services in response to requests and to give people more choice. The Counselling team is supported by a new Counselling Coordinator. In 2025 we aim to join the British Association of Counselling & Psychotherapy (BACP) as a member in recognition of the high standards of our Counselling service.

89 individuals have received over 600 counselling sessions.

Green Minds

We offer opportunities for people to reconnect with themselves and to nature as well as develop practical and meaningful skills. Our approach is to learn and grow together and walk alongside those on a journey to improve and maintain their wellbeing, and we offer safe, healing environments that provide respite from life's daily challenges.

There are opportunities to volunteer as a gardener on our Social & Therapeutic Horticulture project at Brecon Cathedral, participate in one of our eco-therapy programmes, join one of our Branching Out local walks in nature or get involved in craft-making. The Green Minds team provide support to allow people to take manageable steps to build their confidence, skills and bring more peace and happiness into their lives. The project also run regular workshops and events. This has included plant sales and rural craft workshops.

Over the year we have delivered 82 sessions, attended by over 50 beneficiaries. Some have progressed into volunteer roles supporting sessions at Brecon Cathedral Gardens and Watton Allotment.

Children and Young People (CYP) Project

ACHIEVEMENTS AND PERFORMANCE

In partnership with Brecon High School, the wellbeing project has developed significantly from April 2024, offering wellbeing workshops, lunchtime wellbeing walks and awareness raising assemblies.

Outcomes:

- " 70 learners took part in 6 week wellbeing groups.
- " 60% showed increased wellbeing scores.
- " 7-10 learners attended mindful walks.
- " Multiple groups engaged across the summer holidays.

Achievements:

- " Increased pupil voice
- " Trusting relationships with staff
- " Pupils self referring for support
- " Improved understanding of sleep, stress and emotional regulation

Quotes and case studies:

Learners Feedback

- "It's time to be calm and get away from lessons to help mental health"
- "Thank you for everything I have really enjoyed these sessions, they've really helped me"
- "I've learned ways to be calm when anxious"
- "It has made me more confident in myself"
- "Relaxes me for a bit and gives various ways of support"

Mums Matter Course & Social Group

Funded by The Big Lottery Fund People & Places grant, The project launched in September 2023 and ran until 1st May 2025; during which time we have delivered 7 courses with a total of 125 sessions attended by 87 different people for the Mums Matter programme and 90 sessions attended by 110 different people for the social group. These all have been held at the Subud Hall in Brecon. We have also provided 68 individual mums with 1:1 support sessions.

Feedback from those attending the Mums Matter course and Mums Social peer support group has been overwhelmingly positive and as a team we are very proud of the work undertaken in this project. Mums have identified the importance and benefits of this Mums Matter support within our local community, here are a few comments Mums have shared with us: -

- "Making friends and being able to discuss things freely without judgement"
- "Connecting with other mums understanding how our lives have changed - not being alone on the journey"
- "To meet new mums and to know I'm not alone"
- "It has taught me a lot and helped with my emotions"

Blended CBT

Led by Ponthafren and alongside Mid & North Powys Mind we are part of a Powys-wide service offering support from a practitioner alongside the SilverCloud online CBT support programme. Outcome data shows that when receiving support from a worker alongside SilverCloud, more people complete the course and people have improved Outcome scores.

Sennybridge & Brecon Leg Club

They moved their weekly sessions to the Wellbeing Centre in January 2025. The group aligns with our social model of support and sessions held in the Wellbeing Centre improves local awareness of our support.

Bereavement & Postvention

BRECON AND DISTRICT MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

ACHIEVEMENTS AND PERFORMANCE

In partnership with Mid & North Powys Mind we have secured funding to offer Bereavement Counselling and a monthly support group. We also work with Powys' Postvention working group.

Pottery & Art in Mind

Weekly Pottery for Wellbeing in Crickhowell supports people through art and creativity.

Community Activities

The Activities Coordinator and Community Fundraiser (appointed May 2024) expanded the number of activities and events offered including:

" Sunday Lunch pilot

" "Buxton Movers" project with Happy Feet Runners at Brecon Athletic Club

" Mental Elf Festive Fun Run (cancelled due to Storm Darragh)

" Wellbeing Activities, led by volunteers including Crafternoon, Poetry, Music and Welsh learners group.

" Pilot support groups, Hearing Voices group with Early Intervention in Psychosis Service & a BiPolar Support group with BiPolar UK

Digital and Communications

We developed and launched a new website on Mental Health Awareness Day in October 2024 with improved navigation and events calendar.

Partnerships

Mental Health Providers Network. We receive core funding from Powys teaching Health Board and we regularly meet with them, other local Mental Health Providers and Powys County Council to collaborate together across Powys.

Minds in Powys We work closely with Mid & North Powys Mind & Ystradgynlais Mind to identify common needs and opportunities across the county.

One Mind in Wales We regularly collaborate with Mind Cymru and other Local Minds across Wales linking local insights to national plans and vice versa. The network is an important source of information, support and influence that brings benefits to our work in the local area.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

FINANCIAL REVIEW

Financial review

The charity had a small deficit of £526 for the year. Trustees focus on the delivery of restricted-funded projects and the stabilisation of costs, while working towards rebuilding the Charity's unrestricted reserves. Building these reserves remains a key priority in line with the reserves policy to ensure the long-term sustainability of the charity during a period of ongoing financial uncertainty.

Income

Total income for the year was £424,393, compared with £456,611 in the previous year. There was a decrease in grant income of approximately £30,000.

The majority of Brecon & District Mind's income continues to be from core funding from Powys Teaching Health Board and the contract with Powys County Council's Housing Support Grant, due to be retendered in 2025, reflecting the charity's strong long term partnerships and delivery of commissioned services.

Expenditure

Total expenditure for the year was £424,919, a significant reduction from £516,568 in the previous year.

The main area of saving was staffing costs, which reduced to £247,572 from £364,511, representing a decrease of £116,939. Which was due in part to projects ending due to the introduction of the new mental health support line '111 option 2' and national Mind's grant to deliver Active Monitoring (now called Supported Self Help). Trustees have made difficult decisions while ensuring that core services and restricted projects continued to be delivered effectively.

Future Financial Sustainability

Trustees recognise the charity's reliance on a small number of statutory funding sources and have plans to diversify income streams. These plans include expanding community fundraising and developing paid-for services for local employers, community groups and individuals, such as counselling services and training, which are often requested.

These initiatives are intended to strengthen unrestricted income and support the charity's financial resilience in future years.

Reserves policy

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 average fixed commitments for the ensuing 9 months, amounting to approximately £300,000 which would provide the foundations for the future stability of the organization.

The level of free reserves at 31 March 2025 amounted to £155,093 (2024: £84,084)

Going concern

Trustees consider the charity a going concern based on confirmed funding and operational plans for 2025-26.

Financial Risks

Key risks include income volatility, cost pressures and reliance on grant funding. Mitigation includes diversification of income, financial oversight monitoring via Finance Committee and regular by trustees.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

PLANS FOR FUTURE PERIODS (2025-26)

" Year 2 of the organisational strategy to be implemented

" Operational Plan to guide delivery and development

" Trustees are addressing a projected deficit budget through strengthened fundraising, community engagement and earned income

" Continued development of marketing and digital communications

" Trustee training programme to be introduced following training audit

" Investors in Volunteers assessment planned for October 2025

" Volunteer and trustee recruitment evenings to run annually

" Team days for trustees, staff and volunteers to continue. In April 2025, celebrations recognised cultural change, MQM award and positive improvements in shared values and wellbeing

" Implementation of the Equality, Diversity and Inclusion (EDI) Action Plan, overseen by Trustee Lead Stephanie Davies

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document and Governance Review

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

A Governance Review was conducted during the year, resulting in a new governing document approved at an Extraordinary General Meeting in October 2024. Our new Influence and Participation Policy now enables beneficiaries and volunteers to take part and influence throughout the year rather than only at the Annual General Meeting.

Governance and Subcommittees

The Board operates with two subcommittees, the People and Culture Subcommittee established in September 2024. This group includes Trustee Lead Eva Roshan, the CEO, the Community Development Manager and volunteer representative Sean O'Boyle. The Finance Committee meets quarterly and includes Trustee Lead Crad Lowe, the CEO, Finance Officer and External Accountants.

Trustee Recruitment, Induction and Training

Trustees are recruited through planned recruitment campaigns, advertised locally and in partnership with Mind Cymru. Prospective trustees complete a structured application process that includes an interview and appropriate due-diligence checks. Candidates are provided with key information, including the Trustee Role Description, and are invited to attend a Board meeting prior to a formal vote of the Trustees to co-opt them during the year.

Once appointed, the Co-Chairs lead a comprehensive induction process, which includes access to essential training and resources to support trustees in fulfilling their duties effectively.

Organisational Management

From April 2024 an interim management structure operated successfully. Key contracted support included:

" Interim Projects and Development Manager

" Outsourced Virtual Finance Manager (Beyond Profit)

" Freelance HR Officer (Cymryd Rhan)

From December 2024, a new part-time Community and Development Manager strengthened our management capacity alongside the CEO.

BRECON AND DISTRICT MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

07814000 (England and Wales)

Registered Charity number

1145211

Registered office

Ty Croeso St David'S House
48 Free Street
Brecon
Powys
LD3 7BN

Trustees

Mr David Canning Consultant
Ms Stephanie Davies Operations Manager (appointed 19.11.24)
Ms Amie Louise Evans Nursery Manager (appointed 25.2.25)
Mr Caradoc Fitzgerald Lowe Joiner
Ms Claire Moore Self Employed
Ms Eva Melissa Roshan Writer

Company Secretary

Mrs Sally Catherine Morris

Independent Examiner

Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Approved by order of the board of trustees on 16th Dec 2025 and signed on its behalf by:



Mr Caradoc Fitzgerald Lowe - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BRECON AND DISTRICT MIND

Independent examiner's report to the trustees of Brecon And District Mind ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

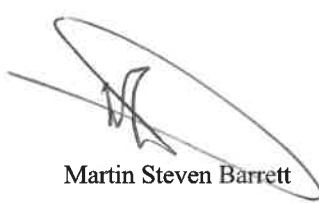
Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Martin Steven Barrett

Williams Denton Cyf
Chartered Certified Accountants
Glaslyn
Ffordd y Parc
Parc Menai
Bangor
Gwynedd
LL57 4FE

Date: 19/12/2025

BRECON AND DISTRICT MIND**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

		Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies		23,556	7,659	31,215	36,635
Charitable activities					
GENERAL		266,239	124,174	390,413	417,983
Investment income	2	2,765	-	2,765	1,993
Total		292,560	131,833	424,393	456,611
EXPENDITURE ON					
Raising funds		9,529	-	9,529	5,113
Charitable activities					
GENERAL		212,022	203,368	415,390	511,455
Total		221,551	203,368	424,919	516,568
NET INCOME/(EXPENDITURE)		71,009	(71,535)	(526)	(59,957)
RECONCILIATION OF FUNDS					
Total funds brought forward		84,084	94,581	178,665	238,622
TOTAL FUNDS CARRIED FORWARD		155,093	23,046	178,139	178,665

The notes form part of these financial statements

BRECON AND DISTRICT MIND**BALANCE SHEET
31 MARCH 2025**

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	6	6,391	-	6,391	11,100
CURRENT ASSETS					
Debtors	7	5,999	-	5,999	8,969
Cash at bank		158,736	23,044	181,780	178,852
		<u>164,735</u>	<u>23,044</u>	<u>187,779</u>	<u>187,821</u>
CREDITORS					
Amounts falling due within one year	8	(16,031)	-	(16,031)	(20,256)
NET CURRENT ASSETS		<u>148,704</u>	<u>23,044</u>	<u>171,748</u>	<u>167,565</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>155,095</u>	<u>23,044</u>	<u>178,139</u>	<u>178,665</u>
NET ASSETS		<u>155,095</u>	<u>23,044</u>	<u>178,139</u>	<u>178,665</u>
FUNDS	9				
Unrestricted funds				155,095	84,084
Restricted funds				23,044	94,581
TOTAL FUNDS				<u>178,139</u>	<u>178,665</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

BRECON AND DISTRICT MIND

BALANCE SHEET - continued
31 MARCH 2025

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

The financial statements were approved by the Board of Trustees and authorised for issue on 16th Dec 2025 and were signed on its behalf by:



Mr Caradoc Fitzgerald Lowe - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 20% on reducing balance
Motor vehicles	- 20% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

2. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	<u>2,765</u>	<u>1,993</u>

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Auditors' remuneration	3,752	3,498
Depreciation - owned assets	1,598	1,297
Surplus/(deficit) on disposal of fixed assets	<u>(3,044)</u>	<u>1,178</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	36,515	120	36,635
Charitable activities			
GENERAL	195,939	222,044	417,983
Investment income	<u>1,993</u>	<u>-</u>	<u>1,993</u>
Total	<u>234,447</u>	<u>222,164</u>	<u>456,611</u>
EXPENDITURE ON			
Raising funds	5,113	-	5,113
Charitable activities			
GENERAL	<u>271,712</u>	<u>239,743</u>	<u>511,455</u>
Total	<u>276,825</u>	<u>239,743</u>	<u>516,568</u>
NET INCOME/(EXPENDITURE)	(42,378)	(17,579)	(59,957)
Transfers between funds	<u>(7,171)</u>	<u>7,171</u>	<u>-</u>
Net movement in funds	(49,549)	(10,408)	(59,957)

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	133,633	104,989	238,622
TOTAL FUNDS CARRIED FORWARD	<u>84,084</u>	<u>94,581</u>	<u>178,665</u>

6. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Motor vehicles £	Totals £
COST				
At 1 April 2024	13,000	22,947	9,495	45,442
Disposals	-	-	(9,495)	(9,495)
At 31 March 2025	<u>13,000</u>	<u>22,947</u>	<u>-</u>	<u>35,947</u>
DEPRECIATION				
At 1 April 2024	13,000	14,958	6,384	34,342
Charge for year	-	1,598	-	1,598
Eliminated on disposal	-	-	(6,384)	(6,384)
At 31 March 2025	<u>13,000</u>	<u>16,556</u>	<u>-</u>	<u>29,556</u>
NET BOOK VALUE				
At 31 March 2025	<u>-</u>	<u>6,391</u>	<u>-</u>	<u>6,391</u>
At 31 March 2024	<u>-</u>	<u>7,989</u>	<u>3,111</u>	<u>11,100</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	5,700	5,567
Prepayments	299	1,582
	<u>5,999</u>	<u>7,149</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	7,608	12,046
Other creditors	4,543	2,059
Accruals and deferred income	3,880	6,151
	<u>16,031</u>	<u>20,256</u>

9. MOVEMENT IN FUNDS

	At 1.4.24	Net movement in funds	At 31.3.25
	£	£	£
Unrestricted funds			
General fund	84,084	71,011	155,095
Restricted funds			
Friends of Brecon Mind	2,941	(2,500)	441
Mums Matter	23,862	(12,422)	11,440
My Generation	2,652	(2,652)	-
Green Minds	9,407	(7,457)	1,950
Children and Young People Fund	20,200	(16,684)	3,516
Crisis Prevention	469	(469)	-
Counselling	4,544	(4,544)	-
Engagement Project	9,930	(9,034)	896
Cost of Living - mental wellbeing	8,349	(5,360)	2,989
VWG	11,250	(11,250)	-
Postvention	977	(103)	874
Buxton Movers	-	938	938
	<u>94,581</u>	<u>(71,537)</u>	<u>23,044</u>
TOTAL FUNDS	<u>178,665</u>	<u>(526)</u>	<u>178,139</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

9. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	292,561	(221,550)	71,011
Restricted funds			
Friends of Brecon Mind	-	(2,500)	(2,500)
Art Project	6,257	(6,257)	-
Mums Matter	49,814	(62,236)	(12,422)
My Generation	-	(2,652)	(2,652)
Green Minds	20,221	(27,678)	(7,457)
Children and Young People Fund	1,000	(17,684)	(16,684)
Crisis Prevention	-	(469)	(469)
Counselling	12,422	(16,966)	(4,544)
Engagement Project	1	(9,035)	(9,034)
Cost of Living - mental wellbeing	-	(5,360)	(5,360)
VWG	11,248	(22,498)	(11,250)
Postvention	-	(103)	(103)
MNPM - Bereavement	8,931	(8,931)	-
Ponthafren	13,874	(13,874)	-
Buxton Movers	2,000	(1,062)	938
IWSS			
	6,064	(6,064)	-
	131,832	(203,369)	(71,537)
TOTAL FUNDS	424,393	(424,919)	(526)

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	133,633	(42,378)	(7,171)	84,084
Restricted funds				
Friends of Brecon Mind	2,821	120	-	2,941
Art Project	4,302	(4,302)	-	-
Mums Matter	16,494	7,368	-	23,862
Dr Sowerby Vehicle	11,094	(1,835)	(9,259)	-
Active Monitoring	13,161	(13,161)	-	-
Social Prescribing	9,022	(9,022)	-	-
Dad's Research	647	(647)	-	-
My Generation	7,209	(4,557)	-	2,652
Green Minds	20,594	(11,187)	-	9,407
Children and Young People Fund	1,133	19,067	-	20,200
Digital Work	559	(559)	-	-
Crisis Prevention	4,921	(4,452)	-	469
Counselling	7,501	(2,957)	-	4,544
Community Listeners	5,531	(5,531)	-	-
Engagement Project	-	9,930	-	9,930
Cost of Living - mental wellbeing	-	(8,081)	16,430	8,349
VWG	-	11,250	-	11,250
Postvention	-	977	-	977
	<u>104,989</u>	<u>(17,579)</u>	<u>7,171</u>	<u>94,581</u>
TOTAL FUNDS	<u>238,622</u>	<u>(59,957)</u>	<u>-</u>	<u>178,665</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

9. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	234,447	(276,825)	(42,378)
Restricted funds			
Friends of Brecon Mind	120	-	120
Art Project	3,139	(7,441)	(4,302)
Volunteering			
	2,500	(2,500)	-
Mums Matter	49,180	(41,812)	7,368
Dr Sowerby Vehicle	30	(1,865)	(1,835)
Active Monitoring	47,158	(60,319)	(13,161)
Social Prescribing	20,131	(29,153)	(9,022)
Dad's Research	-	(647)	(647)
My Generation	-	(4,557)	(4,557)
Green Minds	12,561	(23,748)	(11,187)
Children and Young People Fund	21,000	(1,933)	19,067
Digital Work	-	(559)	(559)
Crisis Prevention	23,010	(27,462)	(4,452)
Counselling	4,153	(7,110)	(2,957)
Community Matters	5,155	(5,155)	-
Community Listeners	-	(5,531)	(5,531)
Engagement Project	9,930	-	9,930
Cost of Living - mental wellbeing	11,820	(19,901)	(8,081)
VWG	11,250	-	11,250
Postvention	1,027	(50)	977
	<u>222,164</u>	<u>(239,743)</u>	<u>(17,579)</u>
TOTAL FUNDS	<u><u>456,611</u></u>	<u><u>(516,568)</u></u>	<u><u>(59,957)</u></u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
General fund	133,633	28,633	(7,171)	155,095
Restricted funds				
Friends of Brecon Mind	2,821	(2,380)	-	441
Art Project	4,302	(4,302)	-	-
Mums Matter	16,494	(5,054)	-	11,440
Dr Sowerby Vehicle	11,094	(1,835)	(9,259)	-
Active Monitoring	13,161	(13,161)	-	-
Social Prescribing	9,022	(9,022)	-	-
Dad's Research	647	(647)	-	-
My Generation	7,209	(7,209)	-	-
Green Minds	20,594	(18,644)	-	1,950
Children and Young People Fund	1,133	2,383	-	3,516
Digital Work	559	(559)	-	-
Crisis Prevention	4,921	(4,921)	-	-
Counselling	7,501	(7,501)	-	-
Community Listeners	5,531	(5,531)	-	-
Engagement Project	-	896	-	896
Cost of Living - mental wellbeing	-	(13,441)	16,430	2,989
Postvention	-	874	-	874
Buxton Movers	-	938	-	938
	<u>104,989</u>	<u>(89,116)</u>	<u>7,171</u>	<u>23,044</u>
TOTAL FUNDS	<u>238,622</u>	<u>(60,483)</u>	<u>-</u>	<u>178,139</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	527,008	(498,375)	28,633
Restricted funds			
Friends of Brecon Mind	120	(2,500)	(2,380)
Art Project	9,396	(13,698)	(4,302)
Volunteering			
	2,500	(2,500)	-
Mums Matter	98,994	(104,048)	(5,054)
Dr Sowerby Vehicle	30	(1,865)	(1,835)
Active Monitoring	47,158	(60,319)	(13,161)
Social Prescribing	20,131	(29,153)	(9,022)
Dad's Research	-	(647)	(647)
My Generation	-	(7,209)	(7,209)
Green Minds	32,782	(51,426)	(18,644)
Children and Young People Fund	22,000	(19,617)	2,383
Digital Work	-	(559)	(559)
Crisis Prevention	23,010	(27,931)	(4,921)
Counselling	16,575	(24,076)	(7,501)
Community Matters	5,155	(5,155)	-
Community Listeners	-	(5,531)	(5,531)
Engagement Project	9,931	(9,035)	896
Cost of Living - mental wellbeing	11,820	(25,261)	(13,441)
VWG	22,498	(22,498)	-
Postvention	1,027	(153)	874
MNPM - Bereavement	8,931	(8,931)	-
Ponthafren	13,874	(13,874)	-
Buxton Movers	2,000	(1,062)	938
IWSS			
	6,064	(6,064)	-
	353,996	(443,112)	(89,116)
TOTAL FUNDS	881,004	(941,487)	(60,483)

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.