

REGISTERED COMPANY NUMBER: 08521406 (England and Wales)
REGISTERED CHARITY NUMBER: 1157041

**Report of the Trustees and
Financial Statements
for the Year Ended 31 March 2022
for
Mind Pembrokeshire Limited**

Ashmole and Co.
Chartered Certified Accountants and Statutory
Auditors
Williamston House
7 Goat Street
Haverfordwest
Pembrokeshire
SA61 1PX



Mind Pembrokeshire Limited

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for the Year Ended 31 March 2022**

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Mind Pembrokeshire Limited

**Reference and Administrative Details
for the Year Ended 31 March 2022**

TRUSTEES

Mr R H Rastall - Acting Treasurer
Mr S Fletcher - Chairman
Mr S Portwood
Mrs A C Williams (resigned 8.3.22)
Mrs H F A Francis (appointed 21.4.21)
Mr D H Lloyd (appointed 21.4.21)
Mrs K A Madden (appointed 21.4.21)

COMPANY SECRETARY

Ms T Price

REGISTERED OFFICE

2 Perrots Road
Haverfordwest
Pembrokeshire
SA61 2HD

**REGISTERED COMPANY
NUMBER**

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AUDITORS

Ashmole and Co.
Chartered Certified Accountants and Statutory
Auditors
Williamston House
7 Goat Street
Haverfordwest
Pembrokeshire
SA61 1PX

BANKERS

Unity Trust Bank
9 Brindley Place
Birmingham
B1 2HB

**Report of the Trustees
for the Year Ended 31 March 2022**

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 2022. 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).

**Report of the Trustees
for the Year Ended 31 March 2022**

OBJECTIVES AND ACTIVITIES

Mind Pembrokeshire Limited works for a better life for everyone with direct or indirect experience of mental health problems. We promote a positive attitude to mental, emotional and physical wellbeing.

We do this by:

- Listening to the views, needs and ambitions of service users and carers which influences everything we do.
- Providing a range of high quality, easily accessible, person centred services with knowledgeable, motivated staff and committed volunteers.
- By raising awareness and promoting understanding with up to date information we will create a better informed West Wales thus reducing discrimination.
- Working to support people in their recovery, to build resilience and to maintain wellbeing.

SIGNIFICANT ACTIVITIES

Below are the activities undertaken in order to carry out the Charity's aim for the public benefit. This section also includes some of the impacts and achievements. The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

COVID-19 has once again played a big part in all our lives, despite this Mind Pembrokeshire is proud to have continued to provide support digitally, face to face, by appointment and for some of the year our drop ins have functioned as we like, with people being able to access face to face support when they need it.

Active Monitoring

What is Active Monitoring and how does it work?

Active Monitoring is based on Cognitive Behavioural Therapy - so it helps people to be more in control of their thoughts and feelings. It is a 6-week guided self-help program, and is aimed at people with mild to moderate mental health problems. The aims of the service are to develop a personal tool kit of resources for clients to improve and maintain their mental wellbeing. It is a remote service, so is delivered over the telephone, or ZOOM, and it is free.

It uses recognised measures to enable clients to see how they are doing.

The GAD 7 questionnaire around anxiety, the PHQ9 questionnaire around low mood and the Warwick -Edinburgh Mental wellbeing scale (WEMWBS), which is around general wellbeing.

In this year in Pembrokeshire we have had 779 referrals into our service.

94% of the people accessing the service had improved anxiety scores after the intervention.

95% of the people accessing the service had improved depression scores after the intervention.

97% of the people accessing the service had improved wellbeing scores after the intervention.

In 2022/2023 we plan to continue our successful Adult Active Monitoring Service remotely but also add the option of having it face to face.

Following the ongoing success of our Adult Active Monitoring Service, we are very keen to pilot a Children and Young Persons Active Monitoring Service. This will be using the same model that we use in our Adult Active Monitoring Service, but the differences are:

It's very much young person led. A trusted adult must attend the assessment session with them and then the young person can choose whether their trusted adult is involved in their five wellbeing sessions. This trusted adult must be the same person throughout all the sessions.

These sessions will all be face to face.

Carers Support Service

Mind Pembrokeshire Ltd supports the principles that underpin the Pembrokeshire Carers Strategy which says that:

- Carers will be treated with dignity and respect
- Carers will have access to the services they need to support them in their caring role
- Carers will be able to have a life of their own
- Carers will not be forced into financial hardship by their caring role
- Carers will be supported to stay mentally and physically well

**Report of the Trustees
for the Year Ended 31 March 2022**

- Children and young people will be protected from inappropriate caring roles.

The Mind Carers' Project provides support for Carers' who care for someone living with poor mental health.

The service is aimed to be tailored to Carers' needs using a person centred approach therefore the appropriate advice, information and support can then be given.

We improve Carers' mental health and wellbeing through activities such as arts and crafts, coffee mornings, group lunches, wellbeing walks, beach days, yoga and meditation.

The social aspect of these activities are vital to the carer, helping to build friendships, reduce isolation, and increase confidence and feelings of worth.

78 Carers are supported through the project.

30 Carers come to the monthly lunches.

25 + Carers regularly attend the weekly Arts & Crafts activities

25+ Carers come to the wellbeing walks and other outside activities.

All the Carers that access the Carers Project social groups and activities had improved wellbeing and feel supported and less lonely.

We provide activities based on carers feedback and interests, it has been requested that we do more outside activities, so

We will continue to fight for Carers and their rights as well as provide the support they tell us they need.

We have one member of staff who works part time on this service and a volunteer in the Carers Project. The volunteer provides transport for those carers who would be unable to attend activities and events without that support.

For 2022/2023

Early Intervention and Employment Specialist Service

In partnership with our Hywel Dda University Health Board colleagues in the Early Intervention Psychosis Team, this service provides adolescents and young adults between 14-25 years of age who are experiencing a first episode of psychosis support to return to employment, training or education.

In this year we supported 22 young people directly and by signposting to an appropriate organisation. Support offered is tailored to the individual. Below is some of the work undertaken.

Support with Job Centre Meetings

CV Advice and Support to complete.

Support to apply for jobs

Interview preparation

Support with work place tasters

Mediation and negotiation with employers.

Benefits Advice

Helping others to understand the challenges the young person faces.

Breaking down barriers.

Reducing stigma and discrimination

Evening Service - Sanctuary/ Hospitality

The Sanctuary is an out of hours drop-in service providing support to those who are experiencing, or at risk of experiencing, a mental health crisis. In 2021/22, the Sanctuary was open Friday, Saturday and Sunday evenings between 6pm and 2am.

In 2021/22, the Sanctuary received 128 contacts from 46 individuals.

In 2022/23, we aim to increase awareness of this service and in turn, see higher use of the Sanctuary.

The Hospitality Bed provides a safe space for individuals experiencing a mental health crisis to stay overnight, supported by the Mind Pembrokeshire team. The Hospitality bed is available from 10pm to 10am. Unlike the Sanctuary, the Hospitality Bed service can only be accessed through a referral from the Crisis Team and is to be used as an alternative to a hospital admission.

In 2021/22, the Hospitality Bed had 9 referrals.

**Report of the Trustees
for the Year Ended 31 March 2022**

Housing Project

In this year despite the pandemic we have continued to provide our housing support under the Supported Living Framework.

The project continues to provide a flexible peripatetic service offering low to medium level support. The support enables individuals to live independently within their own tenancy agreement. Individuals have received support to maintain their tenancies as well as improve their quality of life and enhance their opportunities. The number of hours and the complexity of individuals needs have increased dramatically as has the way referrals are made. The priority is that people remain independent, in their own homes leading satisfying lives and very importantly out of hospital.

We continue to manage a bungalow in Milford Haven and a house in Pembroke where 11 people live supported by Mind Pembrokeshire.

We have provided support to 40 people in the community.

Housing Matters / Materion Tai

This new service started on the 5th January 2022, providing three drop in sessions per week in our new centre in Meyrick St, Pembroke Dock. The service aims to support people with issues which pose a threat to their tenancies and mental wellbeing.

Additional support is available and is provided by the early intervention crisis/tenancy support team to prevent homelessness and stabilise their housing situation by offering short term intensive staff support for a maximum of eight weeks regarding their housing, debt, benefit issues and mental health crisis.

Between January and March 2022, 30 individuals accessed this support service.

Intergeneration

My Generation, Intergeneration is a free 8 week programme of 2 hours a week, delivered via Zoom, connecting the over 50s and 18-25 year olds in the community to improve resilience and wellbeing together. It is grant-funded and delivered in West Wales by local Minds in Pembrokeshire and Carmarthenshire and builds on the successful programme 'My Generation' run by Mind Cymru in partnership with Age Cymru and local Minds, which focused on people over 50.

Over the 8 weeks, small groups of participants take part in focused psycho-educational modules exploring a different topic each week, such as helpful and unhelpful thinking, stress and relaxation, and a variety of wellbeing activities such as music appreciation, discussions around outdoor activities and quizzes. Delivery over Zoom enables us to help combat the social exclusion experienced particularly by older people in the move to online working and communications.

Our first course began in March 2021 and between March 2021 and March 2022, we ran the course 4 times with a total of 26 participants. Success of the programme was measured using the Warwick-Edinburgh Mental Wellbeing Scales (WEMWBS), the UCLA Three Item Loneliness Scale and the collection of soft data through participants' feedback. 100% of participants showed an increase in wellbeing, often significant, whilst there was less impact on loneliness. The soft data supported the overall impact of the programme: Examples included 'It was very thought provoking and gave us a push in the directions we want to follow', 'We are able to take the information and live our lives better'.

Looking ahead, we would like to offer the programme in-person to help combat loneliness, and open it to everyone over the age of 16 in response to the interest in the programme from all ages.

Mums Matter

Aims to improve the mental health and wellbeing of new mothers by empowering them with knowledge and understanding of perinatal mental health and expanding their social networks.

Mums Matter is a structured six-week course consisting of 2 hour weekly sessions for mums who are feeling low, stressed, overwhelmed, anxious or having worrying thoughts and feelings; and are struggling with the transition to motherhood.

Mums Matter provides a safe space for mums to come together and share their experiences:

- o Dispelling the myths about the 'perfect mum'
- o Enabling mums to learn different tools to manage their everyday mental health and wellbeing
- o Supporting mums in nurturing themselves.

**Report of the Trustees
for the Year Ended 31 March 2022**

Facilitated by a Mind practitioner and a mum with lived experience.

In 2021/2022 over 250 one to one sessions were provided by our Mums Matter facilitators.

Partners for the Journey

Mental health can be affected by underlying worries and anxieties as well as by loneliness and a lack of support. Mind Pembrokeshire & Citizens Advice Pembrokeshire are working together to be able to provide the support and the practical advice that people need to resolve issues and to improve well-being.

At Mind Pembrokeshire we provide a range of therapeutic interventions that will improve the individuals mental and emotional wellbeing and build resilience. Citizens Advice Pembrokeshire can advise and support clients on a range of issues including welfare benefits, debt, housing, energy to include fuel poverty, employment, family, and relationship matters.

Number of referrals to the project	475
Total income gains for Clients	£89,506
Total amount of debt written off for Clients	£16,515

For 2022/2023 we aim to undertake outreach work by taking the project into community settings to raise awareness and bring the service to those clients that may otherwise not be able to access the project.

Resource Centre

The Resource Centre at 2 Perrots Road, Haverfordwest is the hub of Mind Pembrokeshire's activities. Open 365 days a year, we are here every day, for everyone. Our daily drop-in sessions provide an opportunity for socialising, a safe space for advice, guidance and reassurance and a chance to help people feel less isolated. In the afternoons, we offer a range of activities designed to promote positive wellbeing amongst our callers. From learning to play the ukulele to creating arts and crafts projects, jewellery making, quizzes and walking group, we encourage those who visit us to take part in wellbeing groups and activities helping them find those activities that lift their mood and boost their mental health.

Alongside the social aspect of our Centre, we also offer tailored 1-2-1 support for those who need it. Since the Covid-19 pandemic, we have seen an increase in demand for these appointments with isolation and anxiety being the most common problems. Our experienced team see individuals on Monday - Friday afternoons, listening to callers, signposting to other services (both internal and external, where appropriate) and providing reassurance, advice and guidance giving individuals the skills to self-manage their issues, with many of these skills focusing around the 5 ways to wellbeing.

6,632 contacts from 812 individuals / 6,632 contacts (averages 18.18 contacts per day, drop-in was also restricted to small groups of 8 in Q1 due to Covid-19 Restrictions)

Resource Centre Highlights:

92.5% of callers who visited said their mood had improved after visiting us.

Q2 saw us lift our final Covid-19 restrictions in the Centre and we lifted the limitations on numbers at the drop-in session. Callers began to feel less anxious around socialising. We were fortunate enough to be asked by the Town Council to be involved with their Willow Sculpture Engagement project and as part of this, callers enjoyed willow weaving workshops and then had visits to the Priory meadow where they planted new willow cuttings for future groups to be able to do more willow weaving.

We were asked by Postcards & Podcasts to be part of a short film they were creating as part of Pembrokeshire County Council's Emotional Mental Health and Wellbeing project around the 5 pillars of wellbeing. Our video centred around the 'Connect' aspect of that and members of the team spoke about the services we offer and how that relates to the 5 pillars.

**Report of the Trustees
for the Year Ended 31 March 2022**

Throughout the pandemic, many of our volunteer group felt that they needed to take a step back on volunteering and focus on maintaining their own positive mental health during these difficult times. We had an individual approach us towards the end of 2021 regarding volunteering who joined us and volunteers weekly on a Wednesday. They have been fabulous and we have been very grateful for all of their support. Please to say that this year, our volunteer is growing and we are looking forward to reporting lots of positive success on this in our next report.

In 2022/23, we would like to see the Resource Centre return to its full hive of activity, as it was pre-Covid. Seeing our callers socialising and taking part in all of the activities they enjoyed doing before. It would be great to see the return of music group also - something our callers talk about very fondly and are eagerly awaiting once it's safe to do so.

Roots to Recovery

Roots to Recovery is a new people-led project, which is all about enjoying the restorative powers and wellbeing benefits of spending time in Pembrokeshire's amazing outdoors and especially its National Park.

Roots to Recovery is delivered in partnership by Mind Pembrokeshire and Pembrokeshire Coast National Park Authority and is supported through the National Lottery Community Fund until September 2024. The project began in September 2021 and has been running six months to date.

Our activities are designed to be accessible, fun and relaxing, with the opportunity to learn new skills and meet new friends. The project hopes to identify potential barriers that individuals may face when wishing to take part in nature-based activities and providing inclusive opportunities that address these barriers, and by offering sessions at multiple locations across the county, showcasing what is available on people's doorstep, and removing the need to travel a distance before taking part.

We currently have 'Hubs' at two locations, the Mind Pembrokeshire Resource Centre has 'The Den' and TRI/Hafal provides us with a base in the South of the county - these are places to meet up, have a cuppa and chat, and start the day with friendly welcome for newcomers, and a chance for regulars to reconnect before heading out for the day.

Some examples of sessions delivered to date include:

Walks - to suit a range of mobility levels

Tree planting as part of a nature recovery programme in Haverfordwest and other practical conservation work

Litter picking/beach cleaning

Festive nature-based craft sessions

Work at community garden sites across the county

Volunteering in and around the National Park often teaming up with other volunteer groups

Visits to historical places, ancient sites and galleries

Weekly Gardening Group at Mind Pembrokeshire

To date the Roots to Recovery team has delivered a total of 50 activity sessions, benefiting 65 individuals, the majority of these attending multiple sessions.

Every session has been enjoyed and great feedback received for all, with 92% of participants reporting an improvement in their wellbeing following attending! Highlights include multiple tree planting sessions along the river in Haverfordwest, the group collectively planted around 1500 trees which will help protect the town against future flooding. Participants enjoyed learning new skills and gained confidence from this, along with working as a team to benefit nature and help safeguard our town in future years! We plan to visit our trees each year to see how they are doing; they were flourishing during the summer which was a joy for all to see!

Another highlight is the ongoing development of our Garden at Mind Pembrokeshire. The volunteer led gardening group meet each Tuesday and have completely transformed the plot of land, repairing fences, building oak raised beds and stone borders along with other structural improvements, and planting and caring for a huge variety of plants, flowers, fruits, vegetables and herbs! It's been a very promising start for the garden, and we look forward to seeing it take further shape as the growing season starts, and to tempt callers out from the centre to sit on our newly donated picnic bench and enjoy spending time in the sun with a cuppa!

**Report of the Trustees
for the Year Ended 31 March 2022**

As part of the project, we are developing a volunteer mentor programme for those who are able to support the activity of less able participants. To date we have recruited 8 project mentors, who have received some training relating to the role including Parkwise (a National Park introduction programme) and Mental Health Awareness Training (provided by West Wales Action on Mental Health). The role of mentor was identified as important in supporting a wider range of participants to get involved in Roots to Recovery, in some cases providing 'one to one support' or meeting participants at the bus station to support them to attend, or some may lead their own groups utilising their individual skill sets but more often providing an extra pair of hands and support to the group leader.

FINANCIAL REVIEW

Principal funding sources

Pembrokeshire County Council monies ensure we can continue to offer services to people through our Resource Centre. Our Adult Carers service is also funded by the County Council.

Funding received from Hywel Dda University Health Board, ensures the continued provision of our 365-day a year Resource centre service for all Pembrokeshire residents who have experience of mental ill health. The Early Intervention/Employment Support Service, Sanctuary/Hospitality evening and night time service, and Mums Matter, perinatal mental health services are Hywel Dda University Health Board Funded.

In this year Active Monitoring was funded by North and South Pembrokeshire GP Cluster as was Partners for the Journey. Welsh Government via Mind Cymru also funded Active Monitoring.

The Big Lottery via Pembrokeshire Coast National Park funded Roots to Recovery.

Supporting People fund our Housing Project: without this the supported housing projects and floating support could not be provided.

Despite the fact that many fundraising events were cancelled the charity is also fortunate to have some local individuals and businesses who support us financially.
We are grateful to everyone.

Reserves policy

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted free reserves not committed or invested in tangible fixed assets held by the charity should be approximately 3 months of expenditure. This would give the charity the flexibility to cover temporary timing differences of funding and/or a sudden decline in income and ensure that commitments to providing services in the form of contractual commitments to staff, premises and key stakeholders are met.

The present level of free reserves available to the charity amounts to £113,819. Based on the current year this would equate to nearly 1.8 months expenditure. The Trustees have taken a decision to where possible increase this period to up to 6 months of Reserves. The rationale for this is due to the level of uncertainty with funding and the financial climate in which we are working in we may need this to continue to provide services, whilst seeking funding externally.

FUTURE DEVELOPMENTS

The charity plans continuing the activities outlined above in the forthcoming years subject to satisfactory funding arrangements.

Priorities for 2022/2023 will be:

Please see individual services for their aspirations.

Mind Pembrokeshire also seeks to;

- Create additional opportunities for people to participate and get involved in planning, developing and delivering services
- Work to identify where there are gaps in service provision and try to meet that need
- Make the most of our strengths across Hywel Dda University Health Board. Improving opportunities for people with mental health needs, increasing our reach and sharing good practice and resources where we can
- Continue to monitor and evaluate our services and meet Minds Quality Mark standards whilst investigating other Quality Frameworks
- Look at ways of diversifying our funding streams - sustainable funding being a priority
- Continue to strengthen the Board of Trustees

**Report of the Trustees
for the Year Ended 31 March 2022**

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.

Mind Pembrokeshire Ltd is a registered charity, number 1157041 registered with the Charity Commission on 14 May 2014. The charity's governing document is its Constitution. The accounts comply with the governing document.

Charity Commission

The Trustees have regard for the Charity Commissions guidance on Public Benefit and ensure that the Charities purpose and activity is:

- * beneficial
- * can be evidenced
- * benefits a 'sufficient section' of the public.

Organisational structure

Mind Pembrokeshire Ltd is an independent local charity, which is affiliated to National Mind and Mind Cymru. We have adopted the Mind brand which means that we adhere to the corporate branding policy and Minds' Community Partnership Agreement, which enhances Local Minds' relationship with Mind. Work has started across the network to review and update the Community Partnership Agreement.

The charity has a Board of Trustees with up to 12 members that meets bi-monthly and is responsible for the strategic direction and policy of the charity. The Trustees also meet as task and finish groups when a specific piece of work needs to be undertaken. Trustees with both experience of the issues facing our community of interest, as well as a variety of professional backgrounds relevant to the work of the charity have worked hard to meet the Aims and Objectives and ensure prudence and compliance.

A scheme of delegation is in place and day to day responsibility for the provision of services or projects rests with the Chief Executive Officer, under the guidance and supervision of the Chairman. The Chief Executive Officer is responsible for ensuring the charity delivers identified services, with funding to match and that the key performance indicators are met. Ongoing personal support and development for staff and volunteers is undertaken. This enhances their skills and good working practices and encourages positive personal and professional development.

Each Co-ordinator or Manager has responsibility for the day-to-day operational management of their project, including budgeting as well as individual supervision of their staff team and or volunteers.

Recruitment and appointment of new trustees

As a membership organisation its Members vote for its Trustees at the Annual General Meeting. Mind Pembrokeshire Ltd is a Company Limited by Guarantee, number 8521406. Trustees will be elected for a three (3) year term, following which they can be re elected.

Due to the nature of the work undertaken by the organisation, the Trustees seek to ensure that the needs of the community it serves are appropriately reflected through the diversity of the Trustee body. To enhance the potential pool of Trustees the charity uses its networks, user and carer groups to identify those who would be willing to become members and use their experience to assist the charity as a Trustee.

Trustees with skills in health, social care and training and development are represented on the Board as well as those with direct and indirect experience of mental health issues and carers. In an effort to maintain this broad skill mix Trustees are requested to provide an updated personal profile annually and where skills or experience is lacking we try to recruit accordingly. In the event of a particular skill being lost due to retirements or resignations, individuals are approached to offer themselves for election to the Trustee Board. We are beginning to look at a Board Renewal Strategy as well as succession Planning for senior Staff. Recruiting Trustees is becoming increasingly difficult across the Sector. Mind Pembrokeshire Ltd takes a proactive approach, which we hope will mitigate against the risk of not having an effective Board.

**Report of the Trustees
for the Year Ended 31 March 2022**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

Trustees are familiar with the practical work of the charity and continue to support the aims and objectives by taking part in many of the 'get togethers' and workshops. We have continued to strengthen this with Trustees meeting with beneficiaries in our Resource centre to get first hand knowledge of the challenges faced and what we can do to help.

New Trustees have an induction covering roles and responsibilities and are offered an established Trustee as a Mentor. The Mentor meets with the new Trustee/ Trustees before meetings and answers any questions or queries from the supporting papers, they also help with understanding 'meeting etiquette'. Any additional training will be identified at their induction as well as through ongoing training needs analysis Trustees access the Charity Commission Newsletter as well as copies of Mind publications and Reports. Trustees receive our local CVC, PAVS newsletter and are also encouraged to access WCVAs website. We have continued to send Trustees information on external training opportunities, which they take advantage of. We are also investigating online training for Trustees and are seeking Mind's support to source this.

Meeting schedule

Trustees have met virtually 6 times in the last year for their full meetings as well as undertaking specific task oriented work, which has included reviewing risk assessments and the welfare of our teams.

**Report of the Trustees
for the Year Ended 31 March 2022**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Related parties

We have continued to develop strong links with the local planning processes, this raises the profile of the organisation and the needs of the callers and carers to the centre. Where the expertise of other services or organisations is required, we signpost or refer on. The following includes organisations we have worked with in this year:

- National Park
- Community Mental Health Team
- GP Surgeries and Primary Care Teams
- Housing Associations
- Bro Cerwyn
- Adlerian Society
- Advocacy West Wales
- Citizens Advice Pembrokeshire
- Drug and Alcohol Services.
- Department of Work and Pensions
- Elliots Hill
- FRAME Pembrokeshire
- Dyfed Powys Police
- Hywel Dda University Health Board
- Llanelli Mind
- Mind Aberystwyth
- Mind Carmarthen
- Mind Cymru
- National Mind
- PATCH
- Pembrokeshire Care Society
- Pembrokeshire County Council
- Pembrokeshire People First
- Pembrokeshire College
- Pembrokeshire Association of Voluntary Services
- PRP
- St Caradog - In patient Unit
- West Wales Action for Mental Health
- Workways Plus

This list is not exhaustive but shows our commitment to working alongside anyone who can support our callers, members and service users.

We are pleased to report that with Minds support we have continued to work alongside our local mind partners, Llanelli Mind, Mind Aberystwyth and Mind Carmarthen. This strengthens our relationships, increases our reach and enable us to share good practice. The overall aim is to meet the ever-changing needs of people with mental health problems across Hywel Dda University Health Boards footprint as well as ensure their voices are heard.

Risk management

The Trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks. Elements of risk and its management have been identified as crucial in preventing vulnerability within the organisation. We continue to utilise AJ Gallagher, our insurers, and Minds support, which we get as part of our Community Partnership Agreement with Radar to advise the organisation on Employment Law. In addition Health and Safety including Risk Assessment processes continue to be prioritised and action taken when necessary. In this year a full health and safety review was undertaken by AJ Gallaher and an improvement plan, scrutinised by the Trustees has been implemented. Due to the the continued uncertainty around COVID-19 Pandemic the organisation has continued to review its Organisational and Operational Risk Assessments as well as its Business Continuity and Contingency Plans. We are confident that we continue to provide services to people, albeit in a variety of previously unidentified ways.

**Report of the Trustees
for the Year Ended 31 March 2022**

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Mind Pembrokeshire Limited for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- 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 proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, Ashmole and Co., will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 14 December 2022 and signed on its behalf by:

Mr D H Lloyd - Trustee



**Report of the Independent Auditors to the Trustees of
Mind Pembrokeshire Limited (Registered number: 08521406)**

Opinion

We have audited the financial statements of Mind Pembrokeshire Limited (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

**Report of the Independent Auditors to the Trustees of
Mind Pembrokeshire Limited (Registered number: 08521406)**

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- nature of the charity and the sector in which it operates.
- the legal and regulatory framework in which the charity operates, and in particular those laws and regulations that directly affect the financial statements or have a fundamental effect on operations eg Charities Act 2011, health and safety legislation.
- results of enquiries of management and those charged with governance
- any matters identified relating to
- the charity's policies and procedures for identifying, evaluating and complying with laws and regulations, and whether there were any known instances of non compliance.
- detecting and responding to the risks of fraud and whether there is any knowledge of actual, suspected or alleged fraud.
- the internal controls established to mitigate risks of fraud or non compliance with laws and regulations.

As a result of performing the above, we did not identify any key audit matters related to potential risk of fraud or non compliance with laws and regulations.

In addition to the above, our procedures included:

- reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with relevant laws and regulations
- enquires of management and those charged with governance concerning actual and potential litigation and claims
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud
- review of minutes of committee meetings
- written representations

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**Report of the Independent Auditors to the Trustees of
Mind Pembrokeshire Limited (Registered number: 08521406)**

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Ashmole and Co.
Chartered Certified Accountants and Statutory
Auditors
Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006
Williamston House
7 Goat Street
Haverfordwest
Pembrokeshire
SA61 1PX

14 December 2022

Mind Pembrokeshire Limited

Statement of Financial Activities
for the Year Ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	141,725	-	141,725	18,539
Charitable activities					
Resource centre		-	483,742	483,742	292,705
Carers		-	18,943	18,943	19,421
Supported housing		3,426	362,279	365,705	402,543
Other income		-	20,768	20,768	11,113
Total		<u>145,151</u>	<u>885,732</u>	<u>1,030,883</u>	<u>744,321</u>
EXPENDITURE ON					
Raising funds	4	5,910	-	5,910	4,266
Charitable activities					
Resource centre	5	-	407,234	407,234	285,146
Carers		-	15,745	15,745	13,623
Supported housing		25,917	314,337	340,254	243,729
Total		<u>31,827</u>	<u>737,316</u>	<u>769,143</u>	<u>546,764</u>
NET INCOME		113,324	148,416	261,740	197,557
RECONCILIATION OF FUNDS					
Total funds brought forward		201,668	528,811	730,479	532,922
TOTAL FUNDS CARRIED FORWARD		<u><u>314,992</u></u>	<u><u>677,227</u></u>	<u><u>992,219</u></u>	<u><u>730,479</u></u>

The notes form part of these financial statements

Balance Sheet
31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
FIXED ASSETS					
Tangible assets	13	201,173	241,981	443,154	244,048
CURRENT ASSETS					
Debtors	14	16,916	148,843	165,759	209,137
Cash at bank		119,394	368,282	487,676	506,598
		<u>136,310</u>	<u>517,125</u>	<u>653,435</u>	<u>715,735</u>
CREDITORS					
Amounts falling due within one year	15	(22,491)	(81,879)	(104,370)	(229,304)
NET CURRENT ASSETS		<u>113,819</u>	<u>435,246</u>	<u>549,065</u>	<u>486,431</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>314,992</u>	<u>677,227</u>	<u>992,219</u>	<u>730,479</u>
NET ASSETS		<u>314,992</u>	<u>677,227</u>	<u>992,219</u>	<u>730,479</u>
FUNDS	17				
Unrestricted funds				314,992	201,668
Restricted funds				<u>677,227</u>	<u>528,811</u>
TOTAL FUNDS				<u>992,219</u>	<u>730,479</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

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.

These financial statements have been audited under the requirements of Section 145 of the Charities Act 2011.

The notes form part of these financial statements

Balance Sheet - continued
31 March 2022

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 14 December 2022 and were signed on its behalf by:

Mr D H Lloyd - Trustee



Mind Pembrokeshire Limited

**Cash Flow Statement
for the Year Ended 31 March 2022**

	Notes	31.3.22 £	31.3.21 £
Cash flows from operating activities			
Cash generated from operations	19	172,662	182,193
Net cash provided by operating activities		172,662	182,193
Cash flows from investing activities			
Purchase of tangible fixed assets		(214,074)	(7,079)
Net cash used in investing activities		(214,074)	(7,079)
Change in cash and cash equivalents in the reporting period		(41,412)	175,114
Cash and cash equivalents at the beginning of the reporting period	20	505,425	330,311
Cash and cash equivalents at the end of the reporting period	20	464,013	505,425

The notes form part of these financial statements

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

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.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

The following specific policies are applied to particular categories of income:

Voluntary income received by way of grants, donations and gifts is included in full in the Statement of Financial Activity when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Grants related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Legacies are included when the charity is advised by the personal representatives of an estate that payment will be made or property transferred and the amount involved can be accurately quantified.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Investment income is included when receivable.

Resources expended

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.

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

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit and accountancy fees and costs linked to the strategic management of the charity.

Tangible fixed assets

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

Freehold property	- 2% on cost
Equipment and fixtures	- 25% on cost

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 2022

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31.3.22	31.3.21
	£	£
Management fee	18,829	1,913
Donations	122,896	16,626
	<u>141,725</u>	<u>18,539</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	31.3.22	31.3.21
		£	£
Grants	Resource centre	483,742	292,705
Grants	Carers	18,943	19,421
Grants	Supported housing	365,705	402,543
		<u>868,390</u>	<u>714,669</u>

4. RAISING FUNDS

Raising donations and legacies

	31.3.22	31.3.21
	£	£
Staff costs	3,438	2,524
Staff expenses	127	36
Office costs	770	458
Insurances and subscriptions	334	62
Depreciation	1,241	1,186
	<u>5,910</u>	<u>4,266</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6)	Support costs (see note 7)	Totals
	£	£	£
Resource centre	329,427	77,807	407,234
Carers	7,233	8,512	15,745
Supported housing	284,317	55,937	340,254
	<u>620,977</u>	<u>142,256</u>	<u>763,233</u>

Mind Pembrokeshire Limited

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

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.3.22	31.3.21
	£	£
Staff costs	461,785	290,383
Office rent and water rates	30,559	35,924
Pembs Housing Association	14,715	14,472
Light and heat	12,717	5,762
Repairs and maintenance	52,291	64,097
Cleaning	1,962	209
Television licence and rental	2,015	1,995
Refreshments	887	842
Activities	468	4,505
Staff travel and expenses	23,873	8,960
Volunteer expenses and training	-	40
Early intervention charge	19,705	11,497
	<u>620,977</u>	<u>438,686</u>

7. SUPPORT COSTS

	Management	Governance	Totals
	£	costs £	£
Resource centre	65,320	12,487	77,807
Carcers	6,638	1,874	8,512
Supported housing	45,322	10,615	55,937
	<u>117,280</u>	<u>24,976</u>	<u>142,256</u>

Costs allocation includes an element of judgement and the charity had had to consider the cost benefit of detailed calculations and record keeping. To ensure full cost recovery on projects the charity adopts a policy of allocating cost to the respective cost heading through the year. This allocation included support costs where they are directly attributable. Therefore the support costs shown are a best estimate of the costs that have been so allocated.

8. NET INCOME/(EXPENDITURE)

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

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	<u>14,968</u>	<u>9,218</u>

Mind Pembrokeshire Limited

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

9. AUDITORS' REMUNERATION

	31.3.22	31.3.21
	£	£
Fees payable to the charity's auditors for the audit of the charity's financial statements	2,160	2,067
Auditors' remuneration for non audit work	<u>1,800</u>	<u>1,750</u>

In addition, fees payable for the provision of payroll services amounted to £1,794 for the year ended 31st March 2022 (£1,244 for year ended 31st March 2021). fees payable for the provision of book keeping services amounted to £3,081 for the year ended 31st March 2022 (Nil 31st March 2021)

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

During the year ended 31 March 2022 trustees were paid travel expenses which totalled £0 (2021: £55).

11. STAFF COSTS

	31.3.22	31.3.21
	£	£
Wages and salaries	494,306	312,602
Social security costs	27,435	22,431
Other pension costs	8,802	5,836
	<u>530,543</u>	<u>340,869</u>

The average monthly number of employees during the year was as follows:

	31.3.22	31.3.21
In furtherance of charity's objects	26	18
Administration	2	2
	<u>28</u>	<u>20</u>

No employees received emoluments in excess of £60,000.

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - 31 MARCH 2021

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	18,539	-	18,539
Charitable activities			
Resource centre	-	292,705	292,705
Carers	-	19,421	19,421
Supported housing	-	402,543	402,543
Other income	-	11,113	11,113
Total	<u>18,539</u>	<u>725,782</u>	<u>744,321</u>

Mind Pembrokeshire Limited

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

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - 31 MARCH 2021 -
continued

	Unrestricted funds £	Restricted funds £	Total funds £
EXPENDITURE ON			
Raising funds	4,266	-	4,266
Charitable activities			
Resource centre	45,551	239,595	285,146
Carers	-	13,623	13,623
Supported housing	-	243,729	243,729
Total	<u>49,817</u>	<u>496,947</u>	<u>546,764</u>
NET INCOME/(EXPENDITURE)	(31,278)	228,835	197,557
RECONCILIATION OF FUNDS			
Total funds brought forward	232,946	299,976	532,922
TOTAL FUNDS CARRIED FORWARD	<u>201,668</u>	<u>528,811</u>	<u>730,479</u>

13. TANGIBLE FIXED ASSETS

	Freehold property £	Equipment and fixtures £	Totals £
COST			
At 1 April 2021	246,174	26,358	272,532
Additions	202,288	11,786	214,074
At 31 March 2022	<u>448,462</u>	<u>38,144</u>	<u>486,606</u>
DEPRECIATION			
At 1 April 2021	9,847	18,637	28,484
Charge for year	8,969	5,999	14,968
At 31 March 2022	<u>18,816</u>	<u>24,636</u>	<u>43,452</u>
NET BOOK VALUE			
At 31 March 2022	<u>429,646</u>	<u>13,508</u>	<u>443,154</u>
At 31 March 2021	<u>236,327</u>	<u>7,721</u>	<u>244,048</u>

The property was purchased in March 2020 by means of a Welsh Government grant.

Mind Pembrokeshire Limited

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

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Grant and other debtors	165,759	209,137

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Bank loans and overdrafts (see note 16)	23,663	1,173
Other creditors	-	4,800
Social security and other taxes	2,369	8,691
Accrued expenses	5,652	12,653
Deferred government grants	72,686	201,987
	104,370	229,304

16. LOANS

An analysis of the maturity of loans is given below:

	31.3.22	31.3.21
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	23,663	1,173

17. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
Unrestricted funds			
General fund	201,668	135,815	337,483
Supported Housing (U/R)	-	(22,491)	(22,491)
	201,668	113,324	314,992
Restricted funds			
Resource centre	76,245	102,669	178,914
Carers	10,346	3,270	13,616
Supported housing	207,066	47,400	254,466
Property purchase	235,154	(4,923)	230,231
	528,811	148,416	677,227
TOTAL FUNDS	730,479	261,740	992,219

Mind Pembrokeshire Limited

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

17. 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	141,725	(5,910)	135,815
Supported Housing (U/R)	3,426	(25,917)	(22,491)
	<u>145,151</u>	<u>(31,827)</u>	<u>113,324</u>
Restricted funds			
Resource centre	504,508	(401,839)	102,669
Carers	18,945	(15,675)	3,270
Supported housing	362,279	(314,879)	47,400
Property purchase	-	(4,923)	(4,923)
	<u>885,732</u>	<u>(737,316)</u>	<u>148,416</u>
TOTAL FUNDS	<u>1,030,883</u>	<u>(769,143)</u>	<u>261,740</u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	223,816	14,273	(36,421)	201,668
Property maintenance fund	9,130	(45,551)	36,421	-
	<u>232,946</u>	<u>(31,278)</u>	<u>-</u>	<u>201,668</u>
Restricted funds				
Resource centre	7,099	69,146	-	76,245
Carers	4,548	5,798	-	10,346
Supported housing	48,252	158,814	-	207,066
Property purchase	240,077	(4,923)	-	235,154
	<u>299,976</u>	<u>228,835</u>	<u>-</u>	<u>528,811</u>
TOTAL FUNDS	<u>532,922</u>	<u>197,557</u>	<u>-</u>	<u>730,479</u>

Mind Pembrokeshire Limited

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

17. 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	18,539	(4,266)	14,273
Property maintenance fund	-	(45,551)	(45,551)
	18,539	(49,817)	(31,278)
Restricted funds			
Resource centre	303,818	(234,672)	69,146
Carers	19,421	(13,623)	5,798
Supported housing	402,543	(243,729)	158,814
Property purchase	-	(4,923)	(4,923)
	725,782	(496,947)	228,835
TOTAL FUNDS	744,321	(546,764)	197,557

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

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	223,816	150,088	(36,421)	337,483
Property maintenance fund	9,130	(45,551)	36,421	-
Supported Housing (U/R)	-	(22,491)	-	(22,491)
	232,946	82,046	-	314,992
Restricted funds				
Resource centre	7,099	171,815	-	178,914
Carers	4,548	9,068	-	13,616
Supported housing	48,252	206,214	-	254,466
Property purchase	240,077	(9,846)	-	230,231
	299,976	377,251	-	677,227
TOTAL FUNDS	532,922	459,297	-	992,219

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

17. 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	160,264	(10,176)	150,088
Property maintenance fund	-	(45,551)	(45,551)
Supported Housing (U/R)	3,426	(25,917)	(22,491)
	<u>163,690</u>	<u>(81,644)</u>	<u>82,046</u>
Restricted funds			
Resource centre	808,326	(636,511)	171,815
Carers	38,366	(29,298)	9,068
Supported housing	764,822	(558,608)	206,214
Property purchase	-	(9,846)	(9,846)
	<u>1,611,514</u>	<u>(1,234,263)</u>	<u>377,251</u>
TOTAL FUNDS	<u>1,775,204</u>	<u>(1,315,907)</u>	<u>459,297</u>

The restricted property purchase fund relates to a grant received from the Welsh Government for the purchase of a property. Welsh Government has a legal charge over this property.

The restricted funds carried forward for the Resource Centre, Carers and Supported Housing are intended for the improvement and expansion of service delivery, as well as to enhance and build the capacity of the organisation. The Trustees intend to utilise restricted monies to ensure safe and adequate conditions for users of our services, staff, volunteers and members of the public. Trustees are mindful that growth needs effective governance and management, this will ensure the sustainability and future proofing of the organisation.

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st March 2022.

19. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.3.22 £	31.3.21 £
Net income for the reporting period (as per the Statement of Financial Activities)	261,740	197,557
Adjustments for:		
Depreciation charges	14,968	9,218
Decrease/(increase) in debtors	43,378	(178,779)
(Decrease)/increase in creditors	(147,424)	154,197
Net cash provided by operations	<u>172,662</u>	<u>182,193</u>

Mind Pembrokeshire Limited

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

20. ANALYSIS OF CASH AND CASH EQUIVALENTS

	31.3.22	31.3.21
	£	£
Notice deposits (less than 3 months)	487,676	506,598
Overdrafts included in bank loans and overdrafts falling due within one year	(23,663)	(1,173)
Total cash and cash equivalents	<u>464,013</u>	<u>505,425</u>

21. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.21	Cash flow	At 31.3.22
	£	£	£
Net cash			
Cash at bank	506,598	(18,922)	487,676
Bank overdrafts	(1,173)	(22,490)	(23,663)
	<u>505,425</u>	<u>(41,412)</u>	<u>464,013</u>
Total	<u>505,425</u>	<u>(41,412)</u>	<u>464,013</u>

Mind Pembrokeshire Limited

Detailed Statement of Financial Activities
for the Year Ended 31 March 2022

	31.3.22 £	31.3.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Management fee	18,829	1,913
Donations	122,896	16,626
	<u>141,725</u>	<u>18,539</u>
Charitable activities		
Grants	868,390	714,669
Other income		
Active monitoring management	20,768	11,113
	<u>1,030,883</u>	<u>744,321</u>
Total incoming resources		
EXPENDITURE		
Raising donations and legacies		
Wages	3,184	2,313
Social security	192	167
Pensions	62	44
Staff expenses	127	36
Office costs	770	458
Insurances and subscriptions	334	62
Plant and machinery	1,241	1,186
	<u>5,910</u>	<u>4,266</u>
Charitable activities		
Wages	430,242	266,300
Social security	23,868	19,111
Pensions	7,675	4,972
Office rent and water rates	30,559	35,924
Pembs Housing Association	14,715	14,472
Light and heat	12,717	5,762
Repairs and maintenance	52,291	64,097
Cleaning	1,962	209
Television licence and rental	2,015	1,995
Refreshments	887	842
Activities	468	4,505
Staff travel and expenses	23,873	8,960
Volunteer expenses and training	-	40
Early intervention charge	19,705	11,497
	<u>620,977</u>	<u>438,686</u>
Support costs		
Management		
Wages	47,053	33,569
Carried forward	47,053	33,569

This page does not form part of the statutory financial statements

Mind Pembrokeshire Limited

Detailed Statement of Financial Activities
for the Year Ended 31 March 2022

	31.3.22 £	31.3.21 £
Management		
Brought forward	47,053	33,569
Social security	2,551	2,407
Pensions	244	626
Staff expenses	1,842	194
Office costs	18,216	13,427
Staff training and recruitment	9,631	7,440
Insurances, affiliations and subscriptions	10,433	8,145
Promotional costs	1,531	8,611
Professional fees	13,202	3,246
Plant and machinery	12,577	7,354
	<hr/> 117,280	<hr/> 85,019
Governance costs		
Wages	13,827	10,420
Social security	824	746
Pensions	821	194
Auditors' remuneration	2,160	2,067
Auditors' remuneration for non audit work	1,800	1,750
Staff expenses	572	164
AGM and trustee expenses	-	415
Office costs	3,466	2,062
Bank charges	356	297
Depreciation of tangible fixed assets	1,150	678
	<hr/> 24,976	<hr/> 18,793
Total resources expended	<hr/> 769,143	<hr/> 546,764
Net income	<hr/> <hr/> 261,740	<hr/> <hr/> 197,557

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