

Mid & North Powys Mind

England & Wales - Charity number 1167840

Details

Other names MID POWYS MIND, Mid and North Powys Mind

Status Registered

Legal form Charitable company

Company number [10158044](#)

Registered 2016-06-24

Register [View on the Charity Commission register](#)

Contact

Address MID & NORTH POWYS MIND
The Dance Centre
Arlais Road
Llandrindod Wells
LD1 5HE

Phone 01597824411

Email Jo@mnpmind.org.uk

Website www.mnpmind.org.uk

Activities

Objects: TO PROMOTE AND PROTECT THE MENTAL HEALTH AND WELLBEING OF ALL PERSONS, PRIMARILY BUT NOT EXCLUSIVELY, RESIDING IN RADNORSHIRE AND NORTH BRECKNOCK:- BY ENABLING AND EMPOWERING EVERYONE EXPERIENCING MENTAL HEALTH PROBLEMS OR AT RISK OF DEVELOPING THEM, TO LIVE FULL LIVES AND MOVE FORWARD ON THEIR RECOVERY PATHWAY.- BY PROVIDING FACILITIES, SERVICES AND ACTIVITIES DESIGNED TO PROMOTE GOOD MENTAL HEALTH AND WELLBEING AND TO SUPPORT RECOVERY, LEARNING AND INDEPENDENCE.- BY INCREASING UNDERSTANDING OF MENTAL HEALTH, RAISING AWARENESS AND CHALLENGING STIGMA AND DISCRIMINATION.

Activities: Mid Powys Mind provides mental health and wellbeing services to people of all ages within the mid and north Powys area. Services include a Wellbeing Centre, youth service, outreach groups, peer support groups, one to one support, training courses, counselling, CBT, courses specifically for mums, information and signposting.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Recreation
- **Who:** People With Disabilities, The General Public/mankind

Geography

- Powys

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,358,690	£1,341,882	£426,370	22
2024-03-31	£683,128	£700,472	£409,563	22
2023-03-31	£580,284	£617,993	£426,908	23
2022-03-31	£630,432	£518,941	£464,617	16
2021-03-31	£557,317	£381,608	£353,126	19

Trustees

Name	Role	Appointed
Catherine Nunn	Chair	2022-10-11
Caroline Wilson		2022-11-08
David Horne		2025-12-16
Jeremy Andrews		2023-09-12
Kerry Hodges		2025-10-24
Melissa Townsend		2023-07-13
Noreen Ann O'Connor		2024-01-09

Mid & North Powys Mind

England & Wales - Charity number 1167840

Accounts

Mid and North Powys Mind

Financial Statements

For the Period ended 31st March 2025

Registered Charity No. 1167840

Company No. 10158044

Mid and North Powys Mind

Financial Statements

For the Period ended 31st March 2025

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Mid and North Powys Mind

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number	1167840
Registered Company Number	10158044
Registered Office	Crescent Chambers South Crescent Llandrindod Wells Powys LD1 5DH
Trustees	Caroline Wilson Catherine Nunn Melissa Townsend Jeremy Andrews Noreen O'Connor

Structure, Governance and Management

Mid and North Powys Mind is a registered charity and a company Limited by guarantee, governed by a Memorandum of Association dated 13th July 2023.

Director recruitment and appointment

Directors are responsible for the control and management of the Organisation. The Organisation seeks to ensure that the Board of Directors includes an appropriate range of skills and is also representative of different sections of the community. It also seeks to recruit and retain Directors who reflect and have knowledge of the issues surrounding mental health and the communities and area in which the Organisation operates.

The Associations Articles state:

- All Directors shall be members
- There shall be three categories of Director (Elected, Appointed and Co-opted)
- The total number of Directors shall be no less than three. The Directors may appoint further of their number by annual co-option providing that the co-optees do not exceed two. The total number of Directors is not subject to any maximum.

Process

All New Directors will be appointed through a process of application, short listing and interview by a small panel, followed by recommendation to the Board of Directors. All Directors are subject to satisfactory references. Occasionally existing Directors or staff members may put forward names of people about whom they have knowledge and think may be interested and suitable to be approached by representatives of the Board of Directors.

All Directors are expected to give their time and energy freely to the Organisation.

All potential Directors should be aware that the law disqualifies some individuals from acting as a charity Director.

Mission

Improving mental wellbeing for people in Mid & North Powys

Vision

Mid & North Powys Mind will continue to be known as a place to go for information and support for those with mental health needs, their families and friends. We will promote mental wellbeing in the wider community. We will respond to local, individual and community needs regarding these issues with up to date proven methods, working closely with other voluntary and statutory organisations.

We value individuality and work to raise awareness.

Achievements and Performance

Mid Powys Mind have run services for 35 years. We provide essential wellbeing services to people wishing to improve their mental health and wellbeing. Our service consists of:

- Recovery 1:1 Support
- Youth Services, including work in schools (ages 11-25)
- Wellbeing Centre
- Counselling
- Mums Matter perinatal support service
- Training
- Outreach Community Groups
- Silvercloud blended online CBT
- Supported Self-help (CBT)
- Peer support groups - we facilitate a range of groups including Tai Chi, Art, Craft, walk and talk groups
- Mindfulness
- EMDR
- Bereavement Service (age 4+)
- Get Active
- In-work Support Service Powys

Financial Review

Incoming resources in the period were £1,358,690 of this £1,341,882 related to project restricted activities.

Our funding for the year has been received from the following sources – Powys teaching Health Board, Powys County Council, National Mind, Henry Smith, Moondance Foundation, PCC Housing Support Grant, Welsh Government, transforming Towns, Welsh Government Community Facilities programme, PAVO, Shared Prosperity Fund, Tesco, Newydd, Children in Need, Community Ownership Fund, National Grid and ACIS. Along with donations from various individuals.

During the year Mid and North Powys Mind has been able to offer a vast range of activities and opportunities to all our clients and the wider community. All service developments are undertaken after financial risk management to ensure the Organisation maintains its level of reserves.

The Directors 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.

Reserves Policy

It is the policy of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately six months unrestricted expenditure (closure costs). Due to uncertainties over consistent future funding for Mid and North Powys Mind, together with annual shortfalls of specific funding for projects, additional sums have been retained to enable projects to continue to operate. This provides sufficient funds to cover management, administration and support costs.

Responsibility of Directors

Law applicable to charities in England and Wales requires the Directors to prepare accounts for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the accounts; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Directors and signed on their behalf by:

Chairperson:



Date: 28th November 2025

Independent Examiners Report to the Directors of Mid and North Powys Mind

I report on the accounts of Mid and North Powys Mind for the period ended 31st March 2025 which are set out on pages 9 to 16.

Respective responsibilities of Directors and examiner.

The Directors of Mid and North Powys Mind are responsible for the preparation of the accounts. The Directors consider that an audit is not required for this year under section 144 of The Charities Act 2011 ("the Charities Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a member of MAAT.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b)) of the Charities Act, and
- To state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the general Directions given by the Charity Commissioners.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out on the statement below.

Independent Examiners Statement

In connection with my examination, no material matters has come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I 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.

Mid Wales Accountants Ltd 28th November 2025

Mid and North Powys Mind
Statement of financial activities for the period to 31/03/25
Incorporating the Income and Expenditure Account

	Un- Un-Restricted	Restricted	Total funds	Total Funds	
Note	funds	funds	Mar 2025	Mar-24	
	£	£	£		
Incoming Resources from					
Grants Receivable	2a	80,006	1,251,203	1,331,209	655,214
Donation and Gifts	2b	5,619		5,619	16,259
Interest Receivable	2c	4,312		4,312	3,620
Fund Raising		17,550		17,550	8,035
Total income and endowments		<u>107,487</u>	<u>1,251,203</u>	<u>1,358,690</u>	<u>683,128</u>
Resources Expended					
Charitable Expenditure	3	133,709	1,208,173	1,341,882	700,472
Total Expenditure	3	<u>133,709</u>	<u>1,208,173</u>	<u>1,341,882</u>	<u>700,472</u>
Net income/(expenditure)	4	(26,222)	43,030	16,807	(17,345)
Transfers between funds		267,547	(267,547)	-	
Net movement in funds		<u>241,325</u>	<u>(224,517)</u>	<u>16,807</u>	<u>(17,345)</u>
Brought forward 1st April 2024	10	295,088	114,475	409,563	426,908
Carried forward 31st March 2025	10	<u>536,413</u>	<u>(110,043)</u>	<u>426,370</u>	<u>409,563</u>

There are no recognised gains or losses in the year, other than those included in the statement of financial activities.

All activities derive from continuing operations.

Mid and North Powys Mind

Balance Sheet as at 31st March 2025

	Note	Un-Restricted Funds	Restricted Funds	Total Mar-25 £	Total Mar-24
Fixed Assets					
The Dance Centre		128000		128,000	
Tangible Fixed Assets	6	<u>202</u>	-	<u>202</u>	<u>375</u>
Current Assets					
Prepayments	7	0		-	1,167
Bank		298,626		298,626	424,805
Cash in Hand		910		910	588
		<u>299,536</u>	-	<u>299,536</u>	426,560
Creditors - amounts falling due within one year	8	1,368	-	1,368	17,371
Net Current Assets		<u>298,168</u>	-	<u>298,168</u>	409,190
Net assets		<u>426,370</u>	-	<u>426,370</u>	<u>409,565</u>

Represented by:

Funds of the Charity

Un-Restricted Funds	350,032		350,032	90,959
Designated Funds	186,381		186,381	204,129
Restricted Funds		-110,043	(110,043)	114,475
	<u>536,413</u>	<u>(110,043)</u>	<u>426,370</u>	<u>409,563</u>

The financial statements were approved by the Board on 28th November 2025 and signed on their behalf by:-



Chairperson

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2025

1. Accounting policies

a) Accounting basis

The financial statements have been prepared under the historical cost convention and are in accordance with the Companies Act 2006, applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" (Charities SORP (FRS 102)) effective 1 January 2015. The adoption of the revised SORP has resulted in reclassification of some items and the comparatives have been amended accordingly without any effect on net incoming resources.

b) Incoming resources

i) Grants receivable

Grants made to finance the activities of the charity are credited to the income and expenditure account in the period to which they relate.

ii) Bank interest

Bank interest is included in the income and expenditure account on receipt.

iii) Other income

Sales of services are included in the income and expenditure account in the period to which they relate. Other income, including donations, gifts and covenants are included as they were received.

iv) Gifts and Intangible income

In addition to the above, the charity also receives help and support in the form of voluntary assistance in advising the public. This help and support is not included in the financial statements. However, its value to the Charity has been estimated and disclosed in the Directors' report.

v) Deferred income

Grants received in advance of the period in which the funder requires the expenditure to be applied will be reflected in deferred income within the balance sheet.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2025

1. Accounting policies (continued)

c) Resources expended

All expenditure is accounted for on an accrual's basis. All expenditure directly related to the provision of advice services is included within charitable expenditure. Other costs incurred have been allocated between fundraising and publicity and management and administration as appropriate. Where such costs relate to more than one functional cost category they have been split on an estimate of time or floor space basis, as appropriate.

d) Fixed assets and depreciation

Fixed assets are included at cost.

Depreciation is charged on the following basis on the costs of the assets over their estimated useful lives as follows: -

Value occupation equipment	-	25% written down
Resource centre improvements	-	25% written down
Resource centre equipment	-	25% written down
General equipment	-	25% written down

The depreciation policy has been reviewed in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities" (Charities SORP (FRS 102)) effective 1 January 2015 and no change has been made from the previous year.

e) Restricted funds

Income received for the restricted purposes is included in a separate restricted fund against which appropriate expenditure is allocated.

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Mid and North Powys Mind

Notes to the financial statements for the period to 31st Mar 2025

Silvercloud Blended CBT	32,365	32,365	
Welsh Government Bereavement	58,930	58,930	63572
Welsh Government In-workk Syupport Service	168,614	168,614	124145
Mind cost of living	1,977	1,977	
Transforming Towns	249,165	249,165	
LHB Postvention	1,278	1,278	
Housing Support Grant North	58,050	58,050	53000
Housing Support Grane South	25,542	25,542	23220
SPF	192,532	192,532	
Mind Cost of Living 24 - 26	7,619	7,619	
Youth Activities	100	100	
Pavo Youth Led grant	500	500	
Powys Health Board - Mums and Dads Matter	29,200	29,200	49658
Welsh Government Community Facilities	299,625	299,625	3415
Community Ownership Fund Subsidy		-	10000
Mental Elf		-	3926
Mums Matter Peer Support	2,724	2,724	3132
Counselling		-	6278
Tesco stronger starts - Mums Matter	1,125	1,125	
Tesco stronger starts - youth	1,000	1,000	
PAVO Numeracy 2	1,500	1,500	
PAVO Numeracy 3	2,963	2,963	
PAVO Numeracy	9,166	9,166	
ASCIS 2	9,000	9,000	
Children in Need	4,843	4,843	
Mind - LGMF Youth		-	12314
ASCIS	2,500	2,500	
Newydd	2,548	2,548	
Community Matters	4,852	4,852	
PCC Warm spaces	985	985	
Connected Communities		-	2500
Henry Smith	60,000	60,000	59900
ASCIS		-	11250
Mind TISF	22,500	22,500	
Total Income	<u><u>80,006</u></u>	<u><u>1,251,203</u></u>	<u><u>1,331,208</u></u>
b Donations & Gifts	5,619	5,619	16,259
Self Generated	17,550	17,550	8,035
c Income from investments	4,312	-	3,620

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2025

3 Total expenditure on

	Direct Charitable activities £	Projects £	Total Mar 2025 £	Total Mar 2024
Staff Salaries	93,382	373,530	466,912	458,572
Activites		240,314	240,314	171,437
Rent and Venue hire	2,727	24,547	27,274	31,147
Utilities		2,424	2,424	667
Office costs	1,208	10,869	12,077	11,080
Insurance	1,258	11,323	12,581	2,500
Telephone	125	1,122	1,247	1,757
Staff Travel & Expenses		16,347	16,347	16,583
Volenteer Expenses		8,762	8,762	0
Examination Fee		5,104	5,104	2,807
Staff and Training Provision		13,821	13,821	3,655
Depreciation		173	173	268
Property development		534,847	534,847	
Total	<u>98,700</u>	<u>1,243,183</u>	<u>1,341,882</u>	<u>700,472</u>

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2025

4 Net income/(expenditure)

	Mar-25	Mar-24
	£	£
This is stated after charging:		
Depreciation	173	268
Amortisation		
Auditors' remuneration		
Audit services	948	924
Consultancy work		
	<u> </u>	<u> </u>

5 Information regarding Directors and Employees

	Mar-25	Mar-24
	£	£
Wages and salaries	386,215	388,737
Social Security costs	36,026	33,974
Pension costs	44,671	36,286
	<u>466,912</u>	<u>458,997</u>

The average number of employees, analysed by function was:

	Mar-25	Mar-24
Management and administration of charity	23	23
	<u>23</u>	<u>23</u>

No employee received remuneration of more than £50,000.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2025

6 Fixed assets

	The Dance Centre	Valued Occupation Equipment	Resource Centre Improvements	Resource Centre Equipment	General Equipment	Total
			£	£		£
Cost						
At 01/04/24		135	16	1,046	2,870	4,067
Additions	128,000					128,000
Disposals						
At 31/03/25	<u>128,000</u>	<u>135</u>	<u>16</u>	<u>1,046</u>	<u>2,870</u>	<u>132,067</u>
Depreciation						
At 1/4/24		135	16	976	2,565	3,692
Charge for the year		0	0	70	103	173
Disposals						
At 31/03/25	<u>0</u>	<u>135</u>	<u>16</u>	<u>1,046</u>	<u>2,668</u>	<u>3,865</u>
NBV Mar 2025	<u>128,000</u>	<u>0</u>	<u>0</u>	<u>0</u>	<u>202</u>	<u>128,202</u>
NBV Mar 2024	<u>0</u>	<u>0</u>	<u>0</u>	<u>70</u>	<u>305</u>	<u>375</u>

7 Debtors

	31/3/25
	£
Prepayments	0
	<u>0</u>

8 Creditors - amounts falling due within one year

	31/3/25
	£
PAYE	-
Pension	-
Accruals	1,368
	<u>1,368</u>

Mid and North Powys Mind

Notes to the financial statements for the period 31st March 2025

9 Analysis of net assets between funds

	General Funds	Total Funds
Tangible Fixed Assets	128,202	128,202
Current Assets	299,536	299,536
Current Liabilities	(1,368)	(1,368)
Net Assets	426,370	426,370

10 Movement in funds

	At 1 April 2024	Incoming Resources	Outgoing Resources	Transfers	At 31 Mar 2025
Restricted Funds	68,556		51,417		17,139
Moondance		32,365	34,088		(1,723)
Blended CBT		58,930	58,930		-
WG Bereavement		1,977		1,977	-
Mind Cost of Living		168,614	190,702	23,414	(45,502)
WG IWSS		249,165	121,165	128,000	-
Transforming Town		1,278	1,278		-
LHB Postvention		-	58,050	13,500	(14,850)
Supporting People North		-	25,542		-
Supporting People South		192,532	144,060	98,156	(49,684)
SPF		7,619	6,075		1,544
Mind Cost of Living 24-26		2,013	100		2,113
Youth Activities		29,200	29,200		-
LHB Research		500	500		-
PAVO Youth Led		299,625	299,625		-
Community Facilities		8,350	8,350		-
COF Subsidy			75,656		(75,656)
Arts Council		7,098	2,724		6,955
MM Peer Support		1,125	1,500		(375)
Tesco stronger starts Mum		1,000	1,000		-
Tesco stronger starts Youth		8558	4815		3,743
Counselling		1,500	1,500		-
PAVO Numeracy 2		2,963	2,963		-
PAVO Numeracy 3		9,166	9,166		-
PAVO Numeracy		9,000	7,872		1,128
ASCIS 2		4,843	1,356		3,487
Children in need			1,497		(1,497)
WG Child Poverty		2,500		2,500	-
ASCIS		4,852	4,852		-
Community Matters		2,548	1,848		700
Newydd		985	985		-
PCC warm		19,900	60,000		19,937
Henry Smith		22,500	59,963		22,500
Mind TISF		114,475	1,251,203	267,547	(110,043)
Total Restricted Funds	114,475	1,251,203	1,208,173	267,547	(110,043)

Mid and North Powys Mind

Notes to the financial statements for the period 31st March 2025

Cont.					
10 Movement in funds	At 1 April	Incoming	Outgoing	Transfers	At 31 Mar
Restricted Funds	2024	Resources	Resources		2025
Unrestricted Funds	90,959	107,487	115,961	267,547	350,032
Designated Funds	204,129		17,748		186,381
Total unrestricted funds	<u>295,088</u>	<u>107,487</u>	<u>133,709</u>	<u>267,547</u>	<u>536,413</u>
Total funds	<u>409,563</u>	<u>1,358,689</u>	<u>1,341,882</u>		<u>426,370</u>

Mid & North Powys Mind

England & Wales - Charity number 1167840

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Mid and North Powys Mind

Financial Statements

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Registered Office Crescent Chambers
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Trustees

Catherine Nunn
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Noreen O'Connor

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Our funding for the year has been received from the following sources – Powys teaching Health Board, Powys County Council, Big Lottery, Lloyds Foundation, National Mind, Henry Smith, Moondance Foundation, PCC Housing Support Grant, WCVA, PAVO, Welsh Government, Postcode Community Lottery, Garfield Weston, Shared Prosperity Fund, Community Ownership Fund, National Grid and ACIS. Along with donations from various individuals.

During the year Mid and North Powys Mind has been able to offer a vast range of activities and opportunities to all our members and the wider community. All service developments are undertaken after financial risk management to ensure the Organisation maintains its level of reserves.

The Directors 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.

Reserves Policy

It is the policy of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately six months unrestricted expenditure (closure costs). Due to uncertainties over consistent future funding for Mid and North Powys Mind, together with annual shortfalls of specific funding for projects, additional sums have been retained to enable projects to continue to operate. This provides sufficient funds to cover management, administration and support costs.

Responsibility of Directors

Law applicable to charities in England and Wales requires the Directors to prepare accounts for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the accounts; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Directors and signed on their behalf by:

Chairperson:



Date: 17th July 2024

Independent Examiners Report to the Directors of Mid and North Powys Mind

I report on the accounts of Mid and North Powys Mind for the period ended 31st March 2024 which are set out on pages 9 to 16.

Respective responsibilities of Directors and examiner.

The Directors of Mid and North Powys Mind are responsible for the preparation of the accounts. The Directors consider that an audit is not required for this year under section 144 of The Charities Act 2011 ("the Charities Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a member of MAAT.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b)) of the Charities Act, and
- To state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the general Directions given by the Charity Commissioners.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out on the statement below.

Independent Examiners Statement

In connection with my examination, no material matters has come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I 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.

Mid Wales Accountants Ltd 17th July 2024

Mid and North Powys Mind
Statement of financial activities for the period to 31/03/24
Incorporating the Income and Expenditure Account

	Un- Un-Restricted	Restricted	Total funds	Total Funds	
Note	funds	funds	Mar 2024	Mar-23	
	£	£	£		
Incoming Resources from					
Grants Receivable	2a	82,585	572,629	655,214	563,091
Donation and Gifts	2b	16,259		16,259	9,369
Interest Receivable	2c	3,620		3,620	839
Fund Raising		8,035		8,035	6,985
Total income and endowments		<u>110,499</u>	<u>572,629</u>	<u>683,128</u>	<u>580,284</u>
Resources Expended					
Charitable Expenditure	3	18,315	682,157	700,472	617,993
	3				
Total Expenditure	3	<u>18,315</u>	<u>682,157</u>	<u>700,472</u>	<u>617,993</u>
Net income/(expenditure)	4	92,184	(109,528)	(17,345)	(37,709)
Transfers between funds		(137,805)	137,805	-	
Net movement in funds		<u>(45,621)</u>	<u>28,277</u>	<u>(17,345)</u>	<u>(37,709)</u>
Brought forward 1st April 2023	10	340,709	86,199	426,908	464,617
Carried forward 31st March 2024	10	<u>295,088</u>	<u>114,475</u>	<u>409,563</u>	<u>426,908</u>

There are no recognised gains or losses in the year, other than those included in the statement of financial activities.

All activities derive from continuing operations.

Mid and North Powys Mind

Balance Sheet as at 31st March 2024

	Note	Un-Restricted Funds	Restricted Funds	Total Mar-24 £	Total Mar-23
Fixed Assets					
Tangible Fixed Assets	6	375	-	375	643
Current Assets					
Prepayments	7	1,167		1,167	1,167
Bank		310,330	114,475	424,805	427,048
Cash in Hand		588		588	394
		312,085	114,475	426,560	428,609
Creditors - amounts falling due within one year	8	17,371	-	17,371	2,345
Net Current Assets		294,714	114,475	409,189	426,265
Net assets		295,089	114,475	409,563	426,908

Represented by:

Funds of the Charity

Un-Restricted Funds	90,959		90,959	136,580
Designated Funds	204,129		204,129	204,129
Restricted Funds		114,475	114,475	86,199
	295,088	114,475	409,563	426,908

The financial statements were approved by the Board on 17th July 2024 and signed on their behalf by:-



Chairperson

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2024

1. Accounting policies

a) Accounting basis

The financial statements have been prepared under the historical cost convention and are in accordance with the Companies Act 2006, applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" (Charities SORP (FRS 102)) effective 1 January 2015. The adoption of the revised SORP has resulted in reclassification of some items and the comparatives have been amended accordingly without any effect on net incoming resources.

b) Incoming resources

i) Grants receivable

Grants made to finance the activities of the charity are credited to the income and expenditure account in the period to which they relate.

ii) Bank interest

Bank interest is included in the income and expenditure account on receipt.

iii) Other income

Sales of services are included in the income and expenditure account in the period to which they relate. Other income, including donations, gifts and covenants are included as they were received.

iv) Gifts and Intangible income

In addition to the above, the charity also receives help and support in the form of voluntary assistance in advising the public. This help and support is not included in the financial statements. However, its value to the Charity has been estimated and disclosed in the Directors' report.

v) Deferred income

Grants received in advance of the period in which the funder requires the expenditure to be applied will be reflected in deferred income within the balance sheet.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2024

1. Accounting policies (continued)

c) Resources expended

All expenditure is accounted for on an accrual's basis. All expenditure directly related to the provision of advice services is included within charitable expenditure. Other costs incurred have been allocated between fundraising and publicity and management and administration as appropriate. Where such costs relate to more than one functional cost category they have been split on an estimate of time or floor space basis, as appropriate.

d) Fixed assets and depreciation

Fixed assets are included at cost.

Depreciation is charged on the following basis on the costs of the assets over their estimated useful lives as follows: -

Value occupation equipment	-	25% written down
Resource centre improvements	-	25% written down
Resource centre equipment	-	25% written down
General equipment	-	25% written down

The depreciation policy has been reviewed in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities" (Charities SORP (FRS 102)) effective 1 January 2015 and no change has been made from the previous year.

e) Restricted funds

Income received for the restricted purposes is included in a separate restricted fund against which appropriate expenditure is allocated.

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Mid and North Powys Mind

Notes to the financial statements for the period to 31st Mar 2024

	Unrestricted	Restricted	Mar 2024 Total	Mar 2023 Total
2	£	£	£	£
a Local Health Board	69,678		69,678	66574
Powys County Council - Core costs	8,981		8,981	8981
Moondance		77,126	77,126	
Garfield Weston		25,000	25,000	
WG Bereavement		63,572	63,572	63440
WG IWSS		124,145	124,145	
Henry Smith		59,900	59,900	59200
Blended CBT		35,400	35,400	35781
Housing Support Grant North		53,000	53,000	37500
Housing Support Grant South		23,220	23,220	20892
Mind Cost of Living			-	17792
Lottery		12,718	12,718	50393
MSCT				2430
Lloyds Bank		-	-	27250
SPF			-	
Active Monitoring		49,658	49,658	51876
Mental Elf	3,926		3,926	
Community Matters		3,415	3,415	
COF Subsidy		10,000	10,000	
Town council Pride			-	1600
MM Peer Support		3,133	3,133	1369
Counselling		6,278	6,278	
Pride & LGBTQ Donation				4125
Mind Time to Talk			-	1000
LGMF Mind Youth		12,314	12,314	53996
PAVO CRF			-	3282
PCC Youth			-	20000
Connected Communities		2,500	2,500	5000
ASCIS		11,250	11,250	11750
Postcode Lottery			-	18860
			-	
Total Income	<u>82,585</u>	<u>572,629</u>	<u>655,213</u>	<u>563,091</u>
b Donations & Gifts	16,259		16,259	9,369
Self Generated	8,035		8,035	6,985
c Income from investments	3,620	-	3,620	839

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2024

3 Total expenditure on

	Direct Charitable activities £	Projects £	Total Mar 2024 £	Total Mar 2023
Staff Salaries	91,714	366,858	458,572	400,267
Activites		171,437	171,437	104,504
Rent and Venue hire	3,114	28,033	31,147	22,812
Utilities		667	667	2,647
Office costs	1,108	9,972	11,080	13,068
Insurance	250	2,250	2,500	2,790
Telephone	175	1,582	1,757	3,989
Staff Travel & Expenses		16,583	16,583	27,177
Volenteer Expenses		-	-	18,985
Examination Fee		2,807	2,807	4,425
Legal and Consultancy		-	-	530
Staff and Training Provision		3,655	3,655	13,749
Sundries And Subscription		268	268	326
Depreciation		-	-	2,724
Total	<u>96,361</u>	<u>604,112</u>	<u>700,472</u>	<u>617,993</u>

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2024

4 Net income/(expenditure)

	Mar-24	Mar-23
	£	£
This is stated after charging:		
Depreciation	268	326
Amortisation		
Auditors' remuneration		
Audit services	924	900
Consultancy work		
	<u>924</u>	<u>900</u>

5 Information regarding Directors and Employees

	Mar-24	Mar-23
	£	£
Wages and salaries	388,737	337,371
Social Security costs	33,974	28,193
Pension costs	36,286	34,703
	<u>458,997</u>	<u>400,267</u>

The average number of employees, analysed by function was:

	Mar-24	Mar-23
Management and administration of charity	23	23
	<u>23</u>	<u>23</u>

No employee received remuneration of more than £50,000.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2024

6 Fixed assets

	Valued Occupation Equipment	Resource Centre Improvements	Resource Centre Equipment	General Equipment	Total
		£	£		£
Cost					
At 01/04/23	135	16	1,046	2,870	4,067
Additions					0
Disposals					
At 31/03/24	<u>135</u>	<u>16</u>	<u>1,046</u>	<u>2,870</u>	<u>4,067</u>
Depreciation					
At 1/4/23	135	16	911	2,362	3,424
Charge for the year	0	0	65	203	268
Disposals					
At 31/03/24	<u>135</u>	<u>16</u>	<u>976</u>	<u>2,565</u>	<u>3,692</u>
NBV Mar 2024	<u>0</u>	<u>0</u>	<u>70</u>	<u>305</u>	<u>375</u>
NBV Mar 2023	<u>0</u>	<u>0</u>	<u>135</u>	<u>508</u>	<u>643</u>

7 Debtors

	31/3/24
	£
Prepayments	1,167
	<u>1,167</u>

8 Creditors - amounts falling due within one year

	31/3/24
	£
PAYE	16,027
Pension	-
Accruals	1,344
	<u>17,371</u>

Mid and North Powys Mind

Notes to the financial statements for the period 31st March 2024

9 Analysis of net assets between funds

	General Funds	Total Funds
Tangible Fixed Assets	375	375
Current Assets	426,559	426,559
Current Liabilities	(17,371)	(17,371)
Net Assets	<u>409,563</u>	<u>409,563</u>

10 Movement in funds

	At 1 April 2023	Incoming Resources	Outgoing Resources	Transfers	At 31 Mar 2024
Restricted Funds					
Lottery	4,210	12,718	16,928		-
Moondance	17,010	77,126	25,580		68,556
Garfield Weston		25,000	25,000		-
Blended CBT	-	35,400	35,400		-
WG Bereavement		63,572	63,572		-
Mind Cost of Living	17,792		19,768	(1,976)	-
WG IWSS		124,145	147,559	(23,414)	-
Housing Support Grant North	(13,148)	53,000	54,000	(14,148)	-
Housing Support Grant South	-	23,220	23,220		-
SPF			98,156	(98,156)	-
Iloyds	8,333		8,333		-
Youth Activities	2,013				2,013
Active Monitoring		49,658	49,658		-
Community Matters		3,415	3,415		-
COF Subsidy		10,000	1,650		8,350
MM Peer Support	3,965	3,133			7,098
Mindfulness	566		566		-
Counselling	2,280	6,278			8,558
Pride & LGBTQ Donation	1,416			1,416	-
Connected Communities	2,500	2,500	5,000		-
LGMF Mind Youth	(5,999)	12,314	6,315		-
ASCIS	6,709	11,250	19,486	(1,527)	-
Henry Smith	19,693	59,900	59,693		19,900
Postcode Lottery	18,860		18,860		-
					-
Total Restricted Funds	<u>86,200</u>	<u>572,629</u>	<u>682,159</u>	<u>(137,805)</u>	<u>114,475</u>
Unrestricted Funds	90,959	204,129			295,088
Total unrestricted funds	<u>90,959</u>	<u>204,129</u>	<u>79,776</u>	<u>-</u>	<u>295,088</u>
Total funds	<u>177,159</u>	<u>776,758</u>	<u>761,935</u>	<u>(137,805)</u>	<u>409,563</u>

Mid and North Powys Mind

Notes to the financial statements for the period 31st March 2024

Cont.					
10 Movement in funds	At 1 April	Incoming	Outgoing	Transfers	At 31 Mar
Restricted Funds	2022	Resources	Resources		2023
Unrestricted Funds	147,068	92,748	95,575	(821)	143,420
Designated Funds	197,289				197,289
Total unrestricted funds	<u>344,357</u>	<u>92,748</u>	<u>95,575</u>	<u>(821)</u>	<u>340,709</u>
Total funds	<u>464,617</u>	<u>580,284</u>	<u>617,993</u>	<u>-</u>	<u>426,908</u>

Mid & North Powys Mind

England & Wales - Charity number 1167840

Accounts

Mid and North Powys Mind

Financial Statements

For the Period ended 31st March 2023

Registered Charity No. 1167840

Company No. 10158044

Mid and North Powys Mind

Financial Statements

For the Period ended 31st March 2023

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Mid and North Powys Mind

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number	1167840
Registered Company Number	10158044
Registered Office	Crescent Chambers South Crescent Llandrindod Wells Powys LD1 5DH
Trustees	Alistair Reid Jane Jarvis Catherine Nunn Caroline Wilson

Structure, Governance and Management

Mid and North Powys Mind is a registered charity and a company Limited by guarantee, governed by a Memorandum of Association dated 9th July 2019.

Director recruitment and appointment

Directors are responsible for the control and management of the Organisation. The Organisation seeks to ensure that the Board of Directors includes an appropriate range of skills and is also representative of different sections of the community. It also seeks to recruit and retain Directors who reflect and have knowledge of the issues surrounding mental health and the communities and area in which the Organisation operates,

The Associations Articles state:

- All Directors shall be members
- There shall be three categories of Director (Elected, Appointed and Co-opted)
- The total number of Directors shall be no less than four. The Directors may appoint further of their number by annual co-option providing that the co-optees do not exceed two. The total number of Directors is not subject to any maximum.

Process

All New Directors will be appointed through a process of application, short listing and interview by a small panel, followed by recommendation to the Board of Directors. All Directors are subject to satisfactory references. Occasionally existing Directors or staff members may put forward names of people about whom they have knowledge and think may be interested and suitable to be approached by representatives of the Board of Directors.

All Directors are expected to give their time and energy freely to the Organisation.

All potential Directors should be aware that the law disqualifies some individuals from acting as a charity Director.

Mission

Improving mental wellbeing for people in Mid & North Powys

Vision

Mid & North Powys Mind will continue to be known as a place to go for information and support for those with mental health needs, their families and friends. We will promote mental wellbeing in the wider community. We will respond to local, individual and community needs regarding these issues with up to date proven methods, working closely with other voluntary and statutory organisations.

We value individuality and work to raise awareness.

Achievements and Performance

- Mid Powys Mind have run services for 33 years. We provide essential day services to people wishing to improve their wellbeing or who have or are at risk of developing acute, and chronic mental health problems. Our service consists of:
- Recovery 1:1 Support
- Youth Services, including work in schools (16-25)
- Wellbeing Centre
- Counselling
- Mums Matter perinatal support
- Peer Support Groups
- LGBTQ+ group
- Training
- Outreach Community Groups
- Blended online CBT
- Active Monitoring
- Peer support groups - we facilitate a range of groups including: Tai Chi, Art, Craft
- Walk and talk
- Mindfulness coaching
- Bereavement Service (age 4+)
- Get Active

Financial Review

Incoming resources in the period were £580,284 of this £487,536 related to project restricted activities.

Our funding for the year has been received from the following sources – Powys teaching Health Board, Powys County Council, Big Lottery, Lloyds Foundation, National Mind, Henry Smith, Moondance Foundation, Housing Support Grant, WCVA, PAVO, Llandrindod Wells Town Council, Postcode Lottery and ACIS. Along with donations from various individuals.

During the year Mid and North Powys Mind has been able to offer a vast range of activities and opportunities to all our members and the wider community. All service developments are undertaken after financial risk management to ensure the Organisation maintains its level of reserves.

The Directors 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.

Reserves Policy

It is the policy of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately six months unrestricted expenditure (closure costs). Due to uncertainties over consistent future funding for Mid and North Powys Mind together with annual shortfalls of specific funding for projects, additional sums have been retained to enable projects to continue to operate. This provides sufficient funds to cover management, administration and support costs.

Responsibility of Directors

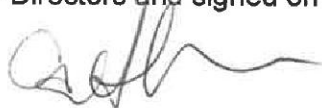
Law applicable to charities in England and Wales requires the Directors to prepare accounts for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the accounts; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Directors and signed on their behalf by:

Chairperson:



Date:

13 July 2023

Independent Examiners Report to the Directors of Mid and North Powys Mind

I report on the accounts of Mid and North Powys Mind for the period ended 31st March 2023 which are set out on pages 9 to 16.

Respective responsibilities of Directors and examiner.

The Directors of Mid and North Powys Mind are responsible for the preparation of the accounts. The Directors consider that an audit is not required for this year under section 144 of The Charities Act 2011 ("the Charities Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a member of MAAT.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b)) of the Charities Act, and
- To state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the general Directions given by the Charity Commissioners.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out on the statement below.

Independent Examiners Statement

In connection with my examination, no material matters has come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I 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.

Mid Wales Accountants Ltd 13th July 2023



Mid and North Powys Mind
Statement of financial activities for the period to 31/03/22
Incorporating the Income and Expenditure Account

	Un- Un-Restricted	Restricted	Total funds	Total Funds	
Note	funds	funds	Mar 2023	Mar-22	
	£	£	£		
Incoming Resources from					
Grants Receivable	2a	75,555	487,536	563,091	603,643
Donation and Gifts	2b	9,369		9,369	7,613
Interest Receivable	2c	839		839	20
Fund Raising		6,985		6,985	19,156
Total income and endowments		<u>92,748</u>	<u>487,536</u>	<u>580,284</u>	<u>630,432</u>
Resources Expended					
Charitable Expenditure	3	95,575	522,418	617,993	518,942
	3				
Total Expenditure	3	<u>95,575</u>	<u>522,418</u>	<u>617,993</u>	<u>518,942</u>
Net income/(expenditure)	4	(2,827)	(34,882)	(37,709)	111,491
Transfers between funds		(821)	821	-	
Net movement in funds		<u>(3,648)</u>	<u>(34,061)</u>	<u>(37,709)</u>	111,491
Brought forward 1st April 2022	10	344,357	120,260	464,617	353,126
Carried forward 31st March 2023	10	<u>340,709</u>	<u>86,199</u>	<u>426,908</u>	<u>464,617</u>

There are no recognised gains or losses in the year, other than those included in the statement of financial activities.

All activities derive from continuing operations.

Mid and North Powys Mind

Balance Sheet as at 31st March 2023


	Note	Un-Restricted Funds	Restricted Funds	Total Mar-23 £	Total Mar-22
Fixed Assets					
Tangible Fixed Assets	6	643	-	643	968
Current Assets					
Debtors and Prepayments	7	1,167		1,167	1,167
Bank		340,849	86,199	427,048	471,452
Cash in Hand		394		394	559
		342,410	86,199	428,609	473,178
Creditors - amounts falling due within one year	8	2,345	-	2,345	9,529
Net Current Assets		340,066	86,199	426,265	463,649
Net assets		340,709	86,199	426,908	464,617

Represented by:

Funds of the Charity

Un-Restricted Funds	136,580		136,580	147,068
Designated Funds	204,129		204,129	197,289
Restricted Funds		86,199	86,199	120,260
	340,709	86,199	426,908	464,617

The financial statements were approved by the Board on 13th July 2023 and signed on their behalf by:-


Chairperson 13/7/23

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2023

1. Accounting policies

a) Accounting basis

The financial statements have been prepared under the historical cost convention and are in accordance with the Companies Act 2006, applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" (Charities SORP (FRS 102)) effective 1 January 2015. The adoption of the revised SORP has resulted in reclassification of some items and the comparatives have been amended accordingly without any effect on net incoming resources.

b) Incoming resources

i) Grants receivable

Grants made to finance the activities of the charity are credited to the income and expenditure account in the period to which they relate.

ii) Bank interest

Bank interest is included in the income and expenditure account on receipt.

iii) Other income

Sales of services are included in the income and expenditure account in the period to which they relate. Other income, including donations, gifts and covenants are included as they were received.

iv) Gifts and Intangible income

In addition to the above, the charity also receives help and support in the form of voluntary assistance in advising the public. This help and support is not included in the financial statements. However, its value to the Charity has been estimated and disclosed in the Directors' report.

v) Deferred income

Grants received in advance of the period in which the funder requires the expenditure to be applied will be reflected in deferred income within the balance sheet.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2023

1. Accounting policies (continued)

c) Resources expended

All expenditure is accounted for on an accrual's basis. All expenditure directly related to the provision of advice services is included within charitable expenditure. Other costs incurred have been allocated between fundraising and publicity and management and administration as appropriate. Where such costs relate to more than one functional cost category they have been split on an estimate of time or floor space basis, as appropriate.

d) Fixed assets and depreciation

Fixed assets are included at cost.

Depreciation is charged on the following basis on the costs of the assets over their estimated useful lives as follows: -

Value occupation equipment	-	25% written down
Resource centre improvements	-	25% written down
Resource centre equipment	-	25% written down
General equipment	-	25% written down

The depreciation policy has been reviewed in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities" (Charities SORP (FRS 102)) effective 1 January 2015 and no change has been made from the previous year.

e) Restricted funds

Income received for the restricted purposes is included in a separate restricted fund against which appropriate expenditure is allocated.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st Mar 2023

2	Unrestricted	Restricted	Mar 2023 Total	Mar 2022 Total
	£	£	£	£
a Local Health Board	66,574		66,574	65289
Powys County Council - Core costs	8,981		8,981	8981
LHB Covid Bonus			-	11082
Awards for All			-	9990
HSG Youth			-	12064
WVG Bereavement		63,440	63,440	52214
Henry Smith		59,200	59,200	118200
Mindfulness			-	3544
Peer Support Hubs			-	8484
Blended CBT		35,781	35,781	35079
Supporting People North		37,500	37,500	50000
Supporting People South		20,892	20,892	24374
Mind Cost of Living		17,792	17,792	
Lottery		50,393	50,393	36717
MSCT		2,430	2,430	
Lloyds Bank		27,250	27,250	25000
Youth Activities			-	340
Active Monitoring		51,876	51,876	39098
Pavo Smal Health			-	1457
Mind Lamplight			-	3750
Town council Pride		1,600	1,600	5473
Oakdale Mindfulness			-	500
MM Peer Support		1,369	1,369	870
Counselling			-	497
Quaker			-	600
Pride & LGBTQ Donation		4,125	4,125	3725
Mind Time to Talk		1,000	1,000	
ACIS Active			-	1000
Connectors				995
Mind Youth		53,996	53,996	
Moondance			-	75805
Llani Mutual			-	3104
PAVO CRF		3,282	3,282	
PCC Youth		20,000	20,000	5000
Connected Communities		5,000	5,000	
ASCIS		11,750	11,750	
Postcode Lottery		18,860	18,860	
Youth Led			-	411
Total Income	<u>75,555</u>	<u>487,536</u>	<u>563,091</u>	<u>603,643</u>
b Donations & Gifts	9,369		9,369	7,613
Self Generated	6,985		6,985	19,156
c Income from investments	839	-	839	20

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2023

3 Total expenditure on

	Direct Charitable activities £	Projects £	Total Mar 2023 £	Total Mar 2022
Staff Salaries	74,715	325,552	400,267	336,222
Activites		104,504	104,504	120,721
Rent and Venue hire	2,281	20,531	22,812	18,546
Utilities		2,647	2,647	1,333
Office costs	1,306	11,762	13,068	4,246
Insurance	279	2,511	2,790	596
Telephone	398	3,591	3,989	5,374
Staff Travel & Expenses		27,177	27,177	9,751
Volenteer Expenses		18,985	18,985	2,560
Examination Fee		4,425	4,425	2,659
Legal and Consultancy		530	530	463
Staff and Training Provision		13,749	13,749	15,835
Sundries And Subscription		2,724	2,724	264
Depreciation		326	326	371
Total	<u><u>78,979</u></u>	<u><u>539,014</u></u>	<u><u>617,993</u></u>	<u><u>518,941</u></u>

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2023

4 Net income/(expenditure)

	Mar-23	Mar-22
	£	£
This is stated after charging:		
Depreciation	326	371
Amortisation		
Auditors' remuneration		
Audit services	900	864
Consultancy work		
	<u>900</u>	<u>864</u>

5 Information regarding Directors and Employees

	Mar-23	Mar-22
	£	£
Wages and salaries	337,371	281,265
Social Security costs	28,193	23,606
Pension costs	34,703	31,351
	<u>400,267</u>	<u>336,222</u>

The average number of employees, analysed by function was:

	Mar-23	Mar-22
Management and administration of charity	23	16
	<u>23</u>	<u>16</u>

No employee received remuneration of more than £50,000.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2023

6 Fixed assets

	Valued Occupation Equipment	Resource Centre Improvements	Resource Centre Equipment	General Equipment	Total
		£	£		£
Cost					
At 01/04/22	135	16	1,046	2,870	4,067
Additions					0
Disposals					
At 31/03/23	<u>135</u>	<u>16</u>	<u>1,046</u>	<u>2,870</u>	<u>4,067</u>
Depreciation					
At 1/4/22	135	16	832	2,115	3,098
Charge for the year	0	0	79	247	326
Disposals					
At 31/03/23	<u>135</u>	<u>16</u>	<u>911</u>	<u>2,362</u>	<u>3,424</u>
NBV Mar 2023	<u>0</u>	<u>0</u>	<u>135</u>	<u>508</u>	<u>643</u>
NBV Mar 2022	<u>0</u>	<u>0</u>	<u>214</u>	<u>755</u>	<u>969</u>

7 Debtors

	31/3/23
	£
Prepayments	1,167
	<u>1,167</u>

8 Creditors - amounts falling due within one year

	31/3/23
	£
PAYE	-
Pension	1,025
Accruals	1,320
	<u>2,345</u>

Mid and North Powys Mind

Notes to the financial statements for the period 31st March 2023

9 Analysis of net assets between funds

	General Funds				Total Funds
Tangible Fixed Assets	643				643
Current Assets	428,609				428,609
Current Liabilities	(2,344)				(2,344)
Net Assets	<u>426,908</u>				<u>426,908</u>
10 Movement in funds	At 1 April	Incoming	Outgoing	Transfers	At 31 Mar
Restricted Funds	2022	Resources	Resources		2023
Awards For All	9,990		9,900	90	-
Lottery	4,920	50,393	51,103		4,210
Blended CBT	-	35,781	35,781		-
WG Bereavement		63,440	63,440		-
Mind Cost of Living		17,792			17,792
Henry Smith	3,198		3,198		-
Supporting People North	-	37,500	50,648		(13,148)
Supporting People South	-	20,892	21,069	(177)	-
My Generation	2,050	-	2,049	2	(0)
lloyds	8,333	27,250	27,250		8,333
Youth Activities	2,126		115		2,011
MSCT		2,430	2,430		-
Active Monitoring		51,875	51,875		-
Growth Fund	1,006	-	1,006		-
Pavo Small Health	1,147		1,147		-
Mind lamplight	1,172		1,172		-
Town Council Pride		1,600	1,600		-
MM Peer Support	4,747	1,369	2,152		3,964
Mindfulness	3,472		2,906		566
Counselling	5569		3289		2,280
Pride & LGBTQ Donation	3,715	4,126	7,072	(649)	1,418
Connected Communitis		5,000	2,500		2,500
Mind IT	2,698	-	2,698		-
PAVO CRF		3,282	3,370	(88)	-
Mind Youth		53,996	59,995		(5,999)
PCC Youth	(10,436)	20,000	9,565	(1)	-
Mind Time to Talk		1,000	1,000		-
ASCIS		11,750	5,041		6,709
Police Money	248	-	246	2	-
Henry Smith		59,200	39,507		19,693
Postcode Lottery		18,860			18,860
Digi Fund	500		500		-
Moondance	75,805		58,794		17,011
Total Restricted Funds	<u>120,260</u>	<u>487,536</u>	<u>522,418</u>	<u>(821)</u>	<u>86,199</u>

Mid and North Powys Mind

Notes to the financial statements for the period 31st March 2023

Cont.

10 Movement in funds	At 1 April 2022	Incoming Resources	Outgoing Resources	Transfers	At 31 Mar 2023
Restricted Funds					
Unrestricted Funds	147,068	92,748	95,575	(821)	143,420
Designated Funds	197,289				197,289
Total unrestricted funds	<u>344,357</u>	<u>92,748</u>	<u>95,575</u>	<u>(821)</u>	<u>340,709</u>
Total funds	<u>464,617</u>	<u>580,284</u>	<u>617,993</u>	<u>-</u>	<u>426,908</u>

Mid & North Powys Mind

England & Wales - Charity number 1167840

Accounts

Mid and North Powys Mind

Financial Statements

For the Period ended 31st March 2022

Registered Charity No. 1167840

Company No. 10158044

Mid and North Powys Mind

Financial Statements

For the Period ended 31st March 2022

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Mid and North Powys Mind

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number	1167840
Registered Company Number	10158044
Registered Office	Crescent Chambers South Crescent Llandrindod Wells Powys LD1 5DH
Trustees	Graham Dawson Jane Jarvis Alistair Reid Melissa Townsend Christine Johnson

Structure, Governance and Management

Mid and North Powys Mind is a registered charity and a company Limited by guarantee, governed by a Memorandum of Association dated 9th July 2019.

Director recruitment and appointment

Directors are responsible for the control and management of the Organisation. The Organisation seeks to ensure that the Board of Directors includes an appropriate range of skills and is also representative of different sections of the community. It also seeks to recruit and retain Directors who reflect and have knowledge of the issues surrounding mental health and the communities and area in which the Organisation operates,

The Associations Articles state:

- All Directors shall be members
- There shall be three categories of Director (Elected, Appointed and Co-opted)
- The total number of Directors shall be no less than four. The Directors may appoint further of their number by annual co-option providing that the co-optees do not exceed two. The total number of Directors is not subject to any maximum.

Process

All New Directors will be appointed through a process of application, short listing and interview by a small panel, followed by recommendation to the Board of Directors. All Directors are subject to satisfactory references. Occasionally existing Directors or staff members may put forward names of people about whom they have knowledge and think may be interested and suitable to be approached by representatives of the Board of Directors.

All Directors are expected to give their time and energy freely to the Organisation.

All potential Directors should be aware that the law disqualifies some individuals from acting as a charity Director.

Mission

Improving mental wellbeing for people in Mid & North Powys

Vision

Mid & North Powys Mind will continue to be known as a place to go for information and support for those with mental health needs, their families and friends. We will promote mental wellbeing in the wider community. We will respond to local, individual and community needs regarding these issues with up to date proven methods, working closely with other voluntary and statutory organisations.

We value individuality and work to raise awareness.

Achievements and Performance

- Mid Powys Mind have run services for 32 years. We provide essential day services to people wishing to improve their wellbeing or who have or are at risk of developing acute, and chronic mental health problems. Our service consists of:
- Recovery 1:1 Support
- Youth Services, including work in schools (16-25)
- Wellbeing Centre
- Counselling
- Mums Matter perinatal support
- Peer Support Groups
- LGBTQ+ group
- Training
- Outreach Community Groups
- Blended online CBT
- Active Monitoring
- Group work - we facilitate a range of groups including: Grief support, Creative Writing, Art, Craft
- Walk and talk
- Mindfulness coaching – delivered in partnership with our local GP practices
- New Bereavement Service (age 4+)

Financial Review

Incoming resources in the period were £630,432 of this £529,373 related to project restricted activities.

Our funding for the year has been received from the following sources – Powys teaching Health Board, Powys County Council, Big Lottery, National Mind, Henry Smith, Moondance Foundation, Housing Support Grant, WCVA, PAVO and ACIS.

During the year Mid and North Powys Mind has been able to offer a vast range of activities and opportunities to all our members and the wider community. All service developments are undertaken after financial risk management to ensure the Organisation maintains its level of reserves.

The Directors 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.

Reserves Policy

It is the policy of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately three months unrestricted expenditure. Due to uncertainties over consistent future funding for Mid and North Powys Mind together with annual shortfalls of specific funding for projects, additional sums have been retained to enable projects to continue to operate. This provides sufficient funds to cover management, administration and support costs.

Responsibility of Directors

Law applicable to charities in England and Wales requires the Directors to prepare accounts for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the accounts; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Directors and signed on their behalf by:

Chairperson:

AP 21/22

Date:

8/11/22

Independent Examiners Report to the Directors of Mid and North Powys Mind

I report on the accounts of Mid and North Powys Mind for the period ended 31st March 2022 which are set out on pages 9 to 16.

Respective responsibilities of Directors and examiner.

The Directors of Mid and North Powys Mind are responsible for the preparation of the accounts. The Directors consider that an audit is not required for this year under section 144 of The Charities Act 2011 ("the Charities Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a member of MAAT.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b)) of the Charities Act, and
- To state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the general Directions given by the Charity Commissioners.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out on the statement below.

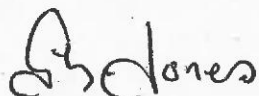
Independent Examiners Statement

In connection with my examination, no material matters has come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I 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.

Mid Wales Accountants Ltd 8th July 2022



Mid and North Powys Mind
Statement of financial activities for the period to 31/03/22
Incorporating the Income and Expenditure Account

	Un- Un-Restricted	Restricted	Total funds	Total Funds	
Note	funds	funds	Mar 2022	Mar-21	
	£	£	£		
Incoming Resources from					
Grants Receivable	2a	74,270	529,373	603,643	541,330
Donation and Gifts	2b	7,613		7,613	9,881
Interest Receivable	2c	20		20	64
Fund Raising		19,156		19,156	6,042
Total income and endowments		<u>101,059</u>	<u>529,373</u>	<u>630,432</u>	<u>557,317</u>
Resources Expended					
Charitable Expenditure	3	22,804	496,137	518,941	381,608
Total Expenditure	3	<u>22,804</u>	<u>496,137</u>	<u>518,941</u>	<u>381,608</u>
Net income/(expenditure)	4	78,255	33,236	111,491	175,709
Transfers between funds		2,665	(2,665)	-	
Net movement in funds		<u>80,920</u>	<u>30,571</u>	<u>111,491</u>	<u>175,709</u>
Brought forward 1st April 2021	10	263,437	89,689	353,126	177,417
Carried forward 31st March 2022	10	<u>344,357</u>	<u>120,260</u>	<u>464,617</u>	<u>353,126</u>

There are no recognised gains or losses in the year, other than those included in the statement of financial activities.

All activities derive from continuing operations.

Mid and North Powys Mind

Balance Sheet as at 31st March 2022

	Note	Un-Restricted Funds	Restricted Funds	Total Mar-22 £	Total Mar-21
Fixed Assets					
Tangible Fixed Assets	6	968	-	968	1,339
Current Assets					
Debtors and Prepayments	7	1,167		1,167	1,167
Bank		351,193	120,260	471,453	368,798
Cash in Hand		558		558	527
		<u>352,918</u>	<u>120,260</u>	<u>473,178</u>	<u>370,492</u>
Creditors - amounts falling due within one year	8	9,529	-	9,529	18,705
Net Current Assets		<u>343,389</u>	<u>120,260</u>	<u>463,649</u>	<u>351,787</u>
Net assets		<u>344,357</u>	<u>120,260</u>	<u>464,617</u>	<u>353,126</u>

Represented by:

Funds of the Charity

Un-Restricted Funds	147,068	147,068	100,624
Designated Funds	197,289	197,289	162,813
Restricted Funds		120,260	89,689
	<u>344,357</u>	<u>120,260</u>	<u>353,126</u>

The financial statements were approved by the Board on 8th July 2022 and signed on their behalf by:-


 Chairperson

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2022

1. Accounting policies

a) Accounting basis

The financial statements have been prepared under the historical cost convention and are in accordance with the Companies Act 2006, applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" (Charities SORP (FRS 102)) effective 1 January 2015. The adoption of the revised SORP has resulted in reclassification of some items and the comparatives have been amended accordingly without any effect on net incoming resources.

b) Incoming resources

i) Grants receivable

Grants made to finance the activities of the charity are credited to the income and expenditure account in the period to which they relate.

ii) Bank interest

Bank interest is included in the income and expenditure account on receipt.

iii) Other income

Sales of services are included in the income and expenditure account in the period to which they relate. Other income, including donations, gifts and covenants are included as they were received.

iv) Gifts and Intangible income

In addition to the above, the charity also receives help and support in the form of voluntary assistance in advising the public. This help and support is not included in the financial statements. However, its value to the Charity has been estimated and disclosed in the Directors' report.

v) Deferred income

Grants received in advance of the period in which the funder requires the expenditure to be applied will be reflected in deferred income within the balance sheet.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2022

1. Accounting policies (continued)

c) Resources expended

All expenditure is accounted for on an accrual's basis. All expenditure directly related to the provision of advice services is included within charitable expenditure. Other costs incurred have been allocated between fundraising and publicity and management and administration as appropriate. Where such costs relate to more than one functional cost category they have been split on an estimate of time or floor space basis, as appropriate.

d) Fixed assets and depreciation

Fixed assets are included at cost.

Depreciation is charged on the following basis on the costs of the assets over their estimated useful lives as follows: -

Value occupation equipment	-	25% written down
Resource centre improvements	-	25% written down
Resource centre equipment	-	25% written down
General equipment	-	25% written down

The depreciation policy has been reviewed in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities" (Charities SORP (FRS 102)) effective 1 January 2015 and no change has been made from the previous year.

e) Restricted funds

Income received for the restricted purposes is included in a separate restricted fund against which appropriate expenditure is allocated.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st Mar 2022

2 Incoming Grants

	Unrestricted	Restricted	Mar 2022 Total	Mar 2021 Total
	£	£	£	£
2				
a Local Health Board	65,289		65,289	79986
Powys County Council - Core costs	8,981		8,981	8981
Powys County Council				10000
LHB Covid Bonus		11,082	11,082	
Awards for All		9,990	9,990	
HSG Youth		12,064	12,064	
WG Bereavement		52,214	52,214	
Henry Smith		118,200	118,200	45200
Mindfulness		3,544	3,544	2313
Peer Support Hubs		8,484	8,484	9744
Blended CBT		35,079	35,079	34391
Supporting People North		50,000	50,000	58333
Supporting People South		24,374	24,374	19151
Supporting People Addition				6049
Lottery		36,717	36,717	77415
Lloyds Bank		25,000	25,000	2070
Youth Activities		340	340	1790
Active Monitoring		39,098	39,098	23593
Growth Fund				9991
Pavo 1 in Group		1,457	1,457	
Mind Lamplight		3,750	3,750	
Pavo Pride		5,473	5,473	
Oakdale Mindfulness		500	500	
MM Peer Support		870	870	3877
Counselling		497	497	6440
Pavo WB Fund & Counselling & Youth				6910
Quaker		600	600	
Pride		3,725	3,725	
Mind IT				5000
Covid Resilience				4840
ACIS Active		1,000	1,000	
Connectors		995	995	
Moondance		75,805	75,805	12262
Llani Mutual		3,104	3,104	
CFW Core and Gazebo				24500
Pavo Youth		5,000	5,000	5000
Police Money				390
Windfarm				6000
Groundworks & Neighbourly Counselling				900
CFW , Phase 2, Moondance, Digi & VSRF				76204
Youth Led		411	411	
Total Income	<u>74,270</u>	<u>529,373</u>	<u>603,643</u>	<u>541,330</u>
b Donations & Gifts	7,613		7,613	9,881
Self Generated	19,156		19,156	6,042
c Income from investments	20	-	20	64

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2022

3 Total expenditure on

	Direct Charitable activities £	Projects £	Total Mar 2022 £	Total Mar 2021
Staff Salaries	78,120	258,102	336,222	246,983
Activites		120,721	120,721	94,762
Rent and Venue hire	1,854	16,692	18,546	7,058
Maintenance		-	-	2,500
Utilities		1,333	1,333	2,712
Office costs	424	3,822	4,246	5,322
Insurance	60	536	596	660
Telephone	516	4,858	5,374	2,131
Staff Travel & Expenses		9,751	9,751	7,892
Volenteer Expenses		2,560	2,560	1,855
Examination Fee		2,659	2,659	1,226
Legal and Consultancy		463	463	0
Staff and Training Provision		15,835	15,835	6,869
Sundries And Subscription		264	264	958
Depreciation		371	371	680
Total	<u><u>80,974</u></u>	<u><u>437,967</u></u>	<u><u>518,941</u></u>	<u><u>381,608</u></u>

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2022

4 Net income/(expenditure)

	Mar-22	Mar-21
	£	£
This is stated after charging:		
Depreciation	371	680
Amortisation		
Auditors' remuneration		
Audit services	864	840
Consultancy work		
	<u> </u>	<u> </u>

5 Information regarding Directors and Employees

	Mar-22	Mar-21
	£	£
Wages and salaries	281,265	213,747
Social Security costs	23,606	17,565
Pension costs	31,351	23,698
	<u>336,222</u>	<u>255,010</u>

The average number of employees, analysed by function was:

	Mar-22	Mar-21
Management and administration of charity	16	16
	<u>16</u>	<u>16</u>

No employee received remuneration of more than £50,000.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2022

6 Fixed assets

	Valued Occupation Equipment	Resource Centre Improvements	Resource Centre Equipment	General Equipment	Total
		£	£		£
Cost					
At 01/04/21	135	16	1,046	2,870	4,067
Additions					0
Disposals					
At 31/03/22	<u>135</u>	<u>16</u>	<u>1,046</u>	<u>2,870</u>	<u>4,067</u>
Depreciation					
At 1/4/21	98	16	756	1,858	2,728
Charge for the year	37	0	76	258	371
Disposals					
At 31/03/22	<u>135</u>	<u>16</u>	<u>832</u>	<u>2,116</u>	<u>3,099</u>
NBV Mar 2022	<u>0</u>	<u>0</u>	<u>214</u>	<u>754</u>	<u>968</u>
NBV Mar 2021	<u>37</u>	<u>0</u>	<u>290</u>	<u>1,012</u>	<u>1,339</u>

7 Debtors

	31/3/22
	£
Prepayments	1,167
	<u>1,167</u>

8 Creditors - amounts falling due within one year

	31/3/22
	£
PAYE	6,255
Pension	2,061
Accruals	1,213
	<u>9,529</u>

Mid and North Powys Mind

Notes to the financial statements for the period 31st March 2022

9 Analysis of net assets between funds

	General Funds	Total Funds
Tangible Fixed Assets	968	968
Current Assets	473,178	473,178
Current Liabilities	(9,529)	(9,529)
Net Assets	464,617	464,617

10 Movement in funds

	At 1 April 2021	Incoming Resources	Outgoing Resources	Transfers	At 31 Mar 2022
Restricted Funds	-	9,990	-		9,990
Awards For All	-	11,082	11,082		-
LHB Covid Bonus	-	36,717	31,797		4,920
Lottery 2	-	8,484	8,484		-
Peer Support Hubs	-	35,079	25,783	9,296	-
Blended-CBT	-	12,064	12,064		-
HSG Youth	-	52,214	52,214		-
WG Bereavement	-	118,200	115,002		3,198
Henry Smith	-	50,000	56,141	(6,141)	-
Supporting People North	-	24,374	24,480	(106)	-
Supporting People South	3,517	-	1,467		2,050
My Generation	-	25,000	16,667		8,333
lloyds	1,790	340	4		2,126
Youth Activities	334	39,098	39,432		-
Active Monitoring	1,600	-	594		1,006
Growth Fund	-	1,457	310		1,147
Pavo 1 In Group	-	3,750	2,578		1,172
Mind lamplight	-	5,473	5,473		-
Pavo Pride	3,877	870			4,747
MM Peer Support	2,702	3,544	2,774		3,472
Mindfulness	-	500	500		-
Oakdale Mindfulness	6440	497	1368		5,569
Counselling	-	600	600		-
Quaker	-	3,725	392	(382)	3,715
Pride & LGBTQ Donation	1,610	-	1,610		-
Pavo WB Fund	2,837	-	139		2,698
Mind IT	-	1,000	1,000		-
ACIS Active	-	995	995		-
Connectors Fund	5,000	-	5,000		-
Pavo Conselling	3,902	-	3,902		-
Pavo youth	1,200	-	1,200		-
Sports Wales MM	390	-	144		246
Police Money	-	-	-		-
Total Restricted Funds	35,199	445,053	423,196	2,667	54,389

Mid and North Powys Mind

Notes to the financial statements for the period 31st March 2022

Cont. 10 Movement in funds	At 1 April 2021	Incoming Resources	Outgoing Resources	Transfers	At 31 Mar 2022
Restricted Funds					
B/fwd	35,199	445,053	423,194	2,667	54,391
Windfarm	6,000	-	6,000		-
Pavo	300	-	300		-
Phase 2	5,976	-	5,976		-
PCC Youth			10,436		(10,436)
Moondance Youth	10,897	-	10,897		-
Digi Fund	500	-			500
Llani Mutual		3,104	3,104		-
VSRF Small Grant	30817	-	30,819	-2	-
Pavo Winter Pressure		5,000	5,000		-
Youth Led		411	411		-
Moondance 1:1		75,805			75,805
Total Restricted Funds	89,689	529,373	496,137	2,665	120,260
Unrestricted Funds	100,624	101,059	22,804	31,811	147,068
Designated Funds	162,813			(34,476)	197,289
Total unrestricted funds	263,437	101,059	22,804	(2,665)	344,357
Total funds	353,126	630,432	518,941	-	464,617

Mid & North Powys Mind

England & Wales - Charity number 1167840

Accounts

Mid and North Powys Mind

Financial Statements

For the Period ended 31st March 2021

Registered Charity No. 1167840

Company No. 10158044

Mid and North Powys Mind

Financial Statements

For the Period ended 31st March 2021

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Mid and North Powys Mind

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number 1167840
Registered Company Number 10158044

Registered Office Crescent Chambers
South Crescent
Llandrindod Wells
Powys
LD1 5DH

Trustees

Graham Dawson
Jane Jarvis
Alistair Reid
Steve Holcroft
Christine Johnson

Structure, Governance and Management

Mid and North Powys Mind is a registered charity and a company Limited by guarantee, governed by a Memorandum of Association dated 31st March 2018.

Director recruitment and appointment

Directors are responsible for the control and management of the Organisation. The Organisation seeks to ensure that the Board of Directors includes an appropriate range of skills and is also representative of different sections of the community. It also seeks to recruit and retain Directors who reflect and have knowledge of the issues surrounding mental health and the communities and area in which the Organisation operates,

The Associations Articles state:

- All Directors shall be members
- There shall be three categories of Director (Elected, Appointed and Co-opted)
- The total number of Directors shall be no less than four. The Directors may appoint further of their number by annual co-option providing that the co-optees do not exceed two. The total number of Directors is not subject to any maximum.

Process

All New Directors will be appointed through a process of application, short listing and interview by a small panel, followed by recommendation to the Board of Directors. All Directors are subject to satisfactory references. Occasionally existing Directors or staff members may put forward names of people about whom they have knowledge and think may be interested and suitable to be approached by representatives of the Board of Directors.

All Directors are expected to give their time and energy freely to the Organisation.

All potential Directors should be aware that the law disqualifies some individuals from acting as a charity Director.

- **Mission**

Improving mental wellbeing for people in Mid & North Powys

- **Vision**

Mid & North Powys Mind will continue to be known as a place to go for information and support for those with mental health needs, their families and friends. We will promote mental wellbeing in the wider community. We will respond to local, individual and community needs regarding these issues with up to date proven methods, working closely with other voluntary and statutory organisations. We value individuality and work to raise awareness.

Achievements and Performance

- Mid Powys Mind have run services for 31 years. We provide essential day services to people aged 16+ wishing to improve their wellbeing or who have or are at risk of developing acute, and chronic mental health problems. Our service consists of:
- Wellbeing Centre- open four days a week offering informal information and social activities in a relaxed and friendly setting
- Counselling - person centred counselling. The service is delivered by volunteer counsellors supporting around 40 people a year
- Youth group (16-25) – the group meet weekly and focus upon the needs of young people with mental health issues
- Side by side Cymru – a project supporting local peer support groups with training and small grants
- LGBTQ+ group - This popular group provides confidential peer support, meeting twice monthly and facilitated by our LGBTQ+ worker
- Recovery Support – A lottery funded project providing 1:1 support to help people on their recovery journey and build resilience of individuals
- Supporting people project – 1:1 support to help people on their recovery journey and avoid homelessness
- Peer Support Groups – We run a number of different peer support groups, based on the demands we receive
- Mums Matter perinatal support - an 8 week programme to support women in the perinatal period, along with a number of ongoing peer support groups
- Training - we offer a broad range of courses that respond to people's needs (average 20 courses per year) including Mental Health Awareness, THRIVE - recovery and self management, Mental Health First Aid, Tai Chi, CBT skills, stress and anxiety management, mindfulness, positivity and assertiveness, building self worth etc.
- Outreach Community Groups - weekly groups in 2 outlying towns
- Blended online CBT – An early intervention service working in GP surgeries
- Active Monitoring – A paper based CBT service led by a practitioner
- Group work - we facilitate a range of groups including: Creative Writing, Art, Crafts, Music and Drama. These are delivered by volunteers and/or external tutors
- Walk and talk – delivered in partnership with our local GP practices
- Mindfulness coaching – delivered in partnership with our local GP practices

Financial Review

Incoming resources in the period were £557,317 of this £442,363 related to project restricted activities.

Our funding for the year has been received from the following sources – Powys teaching Health Board, Powys County Council, Big Lottery, National Mind, Henry Smith, Tampon Tax, Supporting People and Awards for all.

During the year Mid and North Powys Mind has been able to offer a vast range of activities and opportunities to all our members and the wider community. All service developments are undertaken after financial risk management to ensure the Organisation maintains its level of reserves.

The Directors 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.

Reserves Policy

It is the policy of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately Six months unrestricted expenditure. Due to uncertainties over consistent future funding for Mid and North Powys Mind together with annual shortfalls of specific funding for projects, additional sums have been retained to enable projects to continue to operate. This provides sufficient funds to cover management, administration and support costs. This figure and a figure of £72,000 for the purchase of a property have been moved to designated funds.

Responsibility of Directors

Law applicable to charities in England and Wales requires the Directors to prepare accounts for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the accounts; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Directors and signed on their behalf by:

Chairperson: 

Date: 22/09/2021

Independent Examiners Report to the Directors of Mid and North Powys Mind

I report on the accounts of Mid and North Powys Mind for the period ended 31st March 2021 which are set out on pages 9 to 16.

Respective responsibilities of Directors and examiner.

The Directors of Mid and North Powys Mind are responsible for the preparation of the accounts. The Directors consider that an audit is not required for this year under section 144 of The Charities Act 2011 ("the Charities Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ACCA.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b)) of the Charities Act, and
- To state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the general Directions given by the Charity Commissioners.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out on the statement below.

Independent Examiners Statement

In connection with my examination, no material matters has come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I 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.

Six Star Powys Ltd 26th August 2020

Mid and North Powys Mind
Statement of financial activities for the period to 31/03/21
Incorporating the Income and Expenditure Account

	Un- Un-Restricted	Restricted	Total funds	Total Funds	
Note	funds	funds	Mar 2021	Mar-20	
	£	£	£		
Incoming Resources from					
Grants Receivable	2a	98,967	442,363	541,330	327,960
Donation and Gifts	2b	9,881		9,881	14,420
Interest Receivable	2c	64		64	0
Fund Raising		6,042		6,042	14,151
Membership				-	31
Total income and endowments		<u>114,954</u>	<u>442,363</u>	<u>557,317</u>	<u>356,562</u>
Resources Expended					
Charitable Expenditure	3	17,591	364,017	381,608	375,390
Total Expenditure	3	<u>17,591</u>	<u>364,017</u>	<u>381,608</u>	<u>375,390</u>
Net income/(expenditure)	4	97,363	78,346	175,709	(24,614)
Transfers between funds		3,739	(3,739)	-	
Net movement in funds		<u>101,102</u>	<u>74,607</u>	<u>175,709</u>	<u>(24,614)</u>
Brought forward 1st April 2020	10	162,335	15,082	177,417	202,031
Carried forward 31st March 2021	10	<u>263,437</u>	<u>89,689</u>	<u>353,126</u>	<u>177,417</u>

There are no recognised gains or losses in the year, other than those included in the statement of financial activities.

All activities derive from continuing operations.

Mid and North Powys Mind

Balance Sheet as at 31st March 2021

	Note	Un-Restricted Funds	Restricted Funds	Total Mar-21 £	Total Mar-20
Fixed Assets					
Tangible Fixed Assets	6	1,339	-	1,339	2,019
Current Assets					
Debtors and Prepayments	7	1,167		1,167	1,166
Bank		279,109	89,689	368,798	175,695
Cash in Hand		527		527	677
		280,803	89,689	370,492	177,538
Creditors - amounts falling due within one year	8	18,705	-	18,705	2,140
Net Current Assets		262,098	89,689	351,787	175,398
Net assets		263,437	89,689	353,126	177,417

Represented by:

Funds of the Charity

Un-Restricted Funds	100,624		100,624	162,335
Designated Funds	162,813		162,813	
Restricted Funds		89,689	89,689	15,082
	263,437	89,689	353,126	177,417

The financial statements were approved by the Board on 26th August 2021 and signed on their behalf by:-

Alisha Rice
Chairperson

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2021

1. Accounting policies

a) Accounting basis

The financial statements have been prepared under the historical cost convention and are in accordance with the Companies Act 2006, applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" (Charities SORP (FRS 102)) effective 1 January 2015. The adoption of the revised SORP has resulted in reclassification of some items and the comparatives have been amended accordingly without any effect on net incoming resources.

b) Incoming resources

i) Grants receivable

Grants made to finance the activities of the charity are credited to the income and expenditure account in the period to which they relate.

ii) Bank interest

Bank interest is included in the income and expenditure account on receipt.

iii) Other income

Sales of services are included in the income and expenditure account in the period to which they relate. Other income, including donations, gifts and covenants are included as they were received.

iv) Gifts and Intangible income

In addition to the above, the charity also receives help and support in the form of voluntary assistance in advising the public. This help and support is not included in the financial statements. However, its value to the Charity has been estimated and disclosed in the Directors' report.

v) Deferred income

Grants received in advance of the period in which the funder requires the expenditure to be applied will be reflected in deferred income within the balance sheet.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2021

1. Accounting policies (continued)

c) Resources expended

All expenditure is accounted for on an accrual's basis. All expenditure directly related to the provision of advice services is included within charitable expenditure. Other costs incurred have been allocated between fundraising and publicity and management and administration as appropriate. Where such costs relate to more than one functional cost category they have been split on an estimate of time or floor space basis, as appropriate.

d) Fixed assets and depreciation

Fixed assets are included at cost.

Depreciation is charged on the following basis on the costs of the assets over their estimated useful lives as follows: -

Value occupation equipment	-	25% written down
Resource centre improvements	-	25% written down
Resource centre equipment	-	25% written down
General equipment	-	25% written down

The depreciation policy has been reviewed in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities" (Charities SORP (FRS 102)) effective 1 January 2015 and no change has been made from the previous year.

e) Restricted funds

Income received for the restricted purposes is included in a separate restricted fund against which appropriate expenditure is allocated.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st Mar 2021

	Unrestricted	Restricted	Mar 2021 Total	Mar 2020 Total
	£	£	£	£
2				
a				
Local Health Board	79,986		79,986	72970
Powys County Council - Core costs	8,981		8,981	
Powys County Council	10,000		10,000	
Henry Smith		45,200	45,200	22300
Creative Therapies			-	500
Mindfulness		2,313	2,313	2245
Peer Support Hubs		9,744	9,744	36719
Blended CBT		34,391	34,391	33113
Tampax Fund Outreach			-	1158
Supporting People North		58,333	58,333	37500
Supporting People South		19,151	19,151	17416
Supporting People Addition		6,049	6,049	
Lottery		77,415	77,415	77864
My Generation		2,070	2,070	5000
LM Small Counselling			-	4473
Participation			-	3000
Walk and Talk			-	2800
Pride			-	452
Connector Fund			-	8950
Sport Wales MM			-	1500
Youth Activities		1,790	1,790	
Active Monitoring		23,593	23,593	
Growth Fund		9,991	9,991	
MM Peer Support		3,877	3,877	
Counselling		6,440	6,440	
Pavo WB Fund & Counselling & Youth		11,910	11,910	
Mind IT		5,000	5,000	
Covid Resilience		4,840	4,840	
Moondance		12,262	12,262	
CFW Core and Gazebo		24,500	24,500	
Police Money		390	390	
Windfarm		6,000	6,000	
Groundworks & Neighbourly Counselling		900	900	
CFW , Phase 2, Moondance, Digi & VSRF		76,204	76,204	
Total Income	<u>98,967</u>	<u>442,363</u>	<u>541,330</u>	<u>327,960</u>
b Donations & Gifts	9,881		9,881	14,420
c Income from investments	64	-	64	149

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2021

3 Total expenditure on

	Direct Charitable activities £	Projects £	Total Mar 2021 £	Total Mar 2020
Staff Salaries	56,840	190,143	246,983	266,833
Activites		94,762	94,762	49,632
Rent and Venue hire	705	6,353	7,058	17,039
Maintenance		2,500	2,500	4,400
Utilities		2,712	2,712	2,256
Office costs	532	4,790	5,322	3,681
Insurance	66	594	660	1,289
Telephone	213	1,918	2,131	1,686
Staff Travel & Expenses		7,892	7,892	10,877
Volunteer Expenses		1,855	1,855	3,053
Examination Fee		1,226	1,226	3,119
Legal and Consultancy			-	521
Staff and Training Provision		6,869	6,869	9,688
Sundries And Subscription		958	958	628
Depreciation		680	680	688
Total	<u>58,356</u>	<u>323,252</u>	<u>381,608</u>	<u>375,390</u>

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2021

4 Net income/(expenditure)

	Mar-21 £	Mar-20 £
This is stated after charging:		
Depreciation	680	688
Amortisation		
Auditors' remuneration		
Audit services	840	816
Consultancy work		
	<u> </u>	<u> </u>

5 Information regarding Directors and Employees

	Mar-21 £	Mar-20 £
Wages and salaries	213,747	232,904
Social Security costs	17,565	12,790
Pension costs	23,698	21,139
	<u>255,010</u>	<u>266,833</u>

The average number of employees, analysed by function was:

	Mar-21	Mar-20
Management and administration of charity	16	16
	<u>16</u>	<u>16</u>

No employee received remuneration of more than £50,000.

Mid and North Powys Mind

Notes to the financial statements for the period to 31st March 2021

6 Fixed assets

	Valued Occupation Equipment	Resource Centre Improvements	Resource Centre Equipment	General Equipment	Total
		£	£		£
Cost					
At 01/04/19	135	16	1,046	2,870	4,067
Additions					0
Disposals					
At 31/03/20	<u>135</u>	<u>16</u>	<u>1,046</u>	<u>2,870</u>	<u>4,067</u>
Depreciation					
At 1/4/19	77	16	580	1,375	2,048
Charge for the year	21	0	176	483	680
Disposals					
At 31/03/20	<u>98</u>	<u>16</u>	<u>756</u>	<u>1,858</u>	<u>2,728</u>
NBV Mar 2021	<u>37</u>	<u>0</u>	<u>290</u>	<u>1,012</u>	<u>1,339</u>
NBV Mar 2020	<u>58</u>	<u>0</u>	<u>466</u>	<u>1,495</u>	<u>2,019</u>

7 Debtors

	31/3/21
	£
Prepayments	1,167
	<u>1,167</u>

8 Creditors - amounts falling due within one year

	31/3/21
	£
PAYE	15,423
Pension	2,135
Accruals	1,147
	<u>18,705</u>

Mid and North Powys Mind

Notes to the financial statements for the period 31st March 2021

9 Analysis of net assets between funds

	General Funds	Total Funds
Tangible Fixed Assets	1,339	1,339
Current Assets	273,926	273,926
Current Liabilities	<u>(1,147)</u>	<u>(1,147)</u>
Net Assets	<u><u>274,118</u></u>	<u><u>274,118</u></u>

10 Movement in funds	At 1 April 2020	Incoming Resources	Outgoing Resources	Transfers	At 31 Mar 2021
Restricted Funds	2020				2021
Awards For All	1,662		1,662		-
Lottery 2	3,396	77,415	80,811		-
Peer Support Hubs	2,837	9,744	12,581		-
Blended CBT	(1,280)	34,391	34,392	(1,281)	-
Henry Smith		45,200	45,200		-
Supporting People North	(8,334)	58,333	43,857	6,142	-
Supporting People South	(1,735)	19,151	17,310	106	-
Supporting People Addition		6,049	6,049		-
My Generation	1,447	2,070			3,517
Youth Activities		1,790			1,790
Active Monitoring		23,593	23,259		334
Growth Fund		9,991	8,391		1,600
LM Small Counselling	1,988	-	2,485	(497)	-
MM Peer Support		3,877			3,877
Walk and Talk	2,143	-	135		2,008
Mindfulness	2,245	913	2,464		694
Mindful Monday		500	500		-
CAF Mindfulness		900	900		-
Counselling		6,440			6,440
Pride Donation	452			452	-
Pavo WB Fund		1,610			1,610
Mind IT		5,000	2,163		2,837
Covid Resilience		4,840	4,840		-
Moon Dance		1,365	1,365		-
Connectors Fund	8,761		9,944	(1,183)	-
Pavo Conselling		5,000			5,000
Pavo youth		5,000	1,098		3,902
CFW Core		20,000	20,000		-
Sports Wales MM	1,500		300		1,200
Police Money		390			390
Windfarm		6,000			6,000
Pavo		300			300
Groundworks Conselling		500	500		-

Mid and North Powys Mind

Notes to the financial statements for the period 31st March 2021

Cont.					
10 Movement in funds	At 1 April 2020	Incoming Resources	Outgoing Resources	Transfers	At 31 Mar 2021
Restricted Funds					
B/fwd	15,082	350,361	320,206	3,739	41,498
Neighbourly Conselling		400	400		-
CFW Gazebo		4,500	4,500		-
Blakemore		100	100		-
EG Counselling		5,000	5,000		-
CMHRF Youth		10,247	10,247		-
Phase 2		17,052	11,076		5,976
Moon Dance Youth		10,897			10,897
Digi Fund		500			500
VSRF Small Grant		43,306	12,488		30,818
Total Restricted Funds	15,082	442,363	364,017	3,739	89,689
Unrestricted Funds	162,335	114,953	17,591	159,074	100,624
Designated Funds				(162,813)	162,813
Total unrestricted funds	162,335	114,953	17,591	(3,739)	263,437
Total funds	177,417	557,316	381,608	-	353,126