



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1 APRIL 2022 To 31 MARCH 2023

Charity name: MIND YSTRADGYNLAIS

Charity registration number: 1175273

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The charity provides advice and support to empower anyone experiencing a mental health problem in Ystradgynlais and the surrounding areas. Mind Ystradgynlais is affiliated with Mind National Association for Mental Health and its purpose and activities are in accordance with the aims and objectives of Mind.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The charity works to create a better life for anyone experiencing mental distress by delivering community mental health services at its Wellbeing Centre and in the wider community. Counselling services including CBT and Active Monitoring are provided. The Centre acts as an emergency food bank distribution point for the Tussell Trust and a distribution point for food bank vouchers for CATCH (Community Action to Combat Hardship). The charity delivers training such as Dementia Awareness, ASIST (Applied Suicide Intervention), the Freedom Programme and Mental Health First Aid Training.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	

Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>We have many achievements that are noteworthy of mention, but more broadly our key overarching purpose within our service offer is that we support the local community with all manner of mental health and general wellbeing needs. We have achieved this outcome in many forms, be that via our one-to-one counselling offer, group work, newly created wellbeing workshops or recreational offers such as yoga. All of which constantly evolving to meet the needs of the local people, and free to the community at point of entry, therefore removing any financial boundaries people may face.</p> <p>As a charity organisation we serve the whole of Ystradgynlais in addition to a few surrounding villages, i.e., Ystalyfera, Aber-Craf, Cwmllynfell and Cwmtwrch. We benefit the community of Ystradgynlais and the small villages surrounding us in Powys in ways this application alone cannot fully encapsulate. However, by means of explanation please see below services currently available to all within this area:</p> <ul style="list-style-type: none"> • Yoga wellbeing sessions (Fri) – Trauma informed practitioner Yoga Wellbeing Session Mind Ystradgynlais (minditv.org.uk) • Bereaved by Suicide Peer Support Group Bereaved by Suicide Peer Support Group Mind Ystradgynlais (minditv.org.uk)

		<ul style="list-style-type: none"> • Supported self-help – Six-week, guided self-help course with a fully licenced practitioner. Supported self-help Mind Ystradgynlais (minditv.org.uk) • In Work Support Service (IWSS) – High quality interventions designed to help reduce the impact of health issues in the workplace. In Work Support Service (IWSS) Mind Ystradgynlais (minditv.org.uk) • One to one counselling services – With accredited Psychotherapists (Open ended, dependant on individual need) Counselling service Mind Ystradgynlais (minditv.org.uk) • Day services (Mon/Tues/Thurs) – All of which are all being revamped for 2024! Day Services Mind Ystradgynlais (minditv.org.uk) <p>Mind Club Hubs – Spin off project to create wellbeing hubs within the community in an outreach capacity as well as at our wellbeing hub *In development – Summer 2024 – Pending successful Lottery funding – People and places grant.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the period end, the charity has funds of £100,311. The charity is in a stable financial position and can currently meet its obligations when they fall due.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Any reserves held (restricted funds) are held to enable specific financial commitments to be met on time.
Amount of reserves held	Para 1.22	£0
Reasons for holding zero reserves	Para 1.22	Restricted funds were spent in full at the period end.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	CIO – Foundation
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	The charity is a CIO.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>The charity has undertaken a skills audit to identify skills still needed on Trustee Board. Any Trustee identified and who is interested in joining has a Welcome meeting with Chair, where an induction pack is shared and training needs are discussed (including safeguarding, governance, data protection and health and safety).</p> <p>Complete trustee checks (including DBS where appropriate) and complete eligibility form.</p> <p>Complete online trustee induction training and induction to the Mind network.</p> <p>Ability to appoint Trustee is via the Board via election by majority of existing Board</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	See above
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Mind Ystradgynlais
Other name the charity uses	N/A
Registered charity number	1175273
Charity's principal address	THE HEALTHY LIVING CENTRE 61-66 PENYBRYN YSTRADGYNLAIS SWANSEA SA9 1JB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Susan Maria Oates			
2	Karen Andrea Flanagan		From 02.02.23	
3	Andrew David Morgan Jones		From 02.02.23	
4				
5				
6				
7				
8				
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13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Donna James (CEO)

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A


Other optional information

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Declarations

The trustees declare that they have approved the trustees’ report above.

Signed on behalf of the charity’s trustees

Signature(s)		
Full name(s)	Andrew Morgan Jones	
Position (eg Secretary, Chair, etc)	Chair	
Date	30/01/24	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
MIND YSTRADGYNLAIS

No (if any)
1175273

Receipts and payments accounts

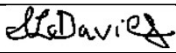
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For the period from	Period start date 01-Apr-22	To	Period end date 31-Mar-23
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants Received	99,709	-	-	99,709	111,330
Service Level Agreements	56,136	-	-	56,136	72,105
Donations	730	-	-	730	4,353
Room Hire	3,075	-	-	3,075	-
Mirus	4,420	-	-	4,420	10,880
Sundry Income	-	-	-	-	1,044
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	164,070	-	-	164,070	199,712
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	164,070	-	-	164,070	199,712
A3 Payments					
Direct Costs	6,524	-	-	6,524	3,085
Cleaning	815	-	-	815	862
Utilities	9,114	-	-	9,114	10,828
Insurances and Affiliations	6,333	-	-	6,333	3,266
Repairs and Maintenance	14,890	-	-	14,890	6,251
Rent and Rates	5,205	-	-	5,205	5,214
Staff Costs	203,409	-	-	203,409	198,838
Postage, Printing and Stationery	316	-	-	316	495
Accountancy Fees	2,076	-	-	2,076	1,580
Sub total	248,682	-	-	248,682	230,419
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	248,682	-	-	248,682	230,419
Net of receipts/(payments)	- 84,612	-	-	- 84,612	- 30,707
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	184,923	-	-	184,923	215,630
Cash funds this year end	100,311	-	-	100,311	184,923

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Co-Operative Bank	100,311	-	-
		-	-	-
		-	-	-
	Total cash funds	100,311	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Debtors	250	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
	Trade Creditors	2834	-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			SARAH DAVIES	31.01.2024
		A D M O R G A N J O N E S	Andrew Morgan Jones	31.01.24



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
MIND YSTRADGYNLAIS

On accounts for the
period ended

31 MARCH 2023

Charity no
(if any)

1175273

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period from 6 October 2020 to 31 March 2022.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

01/02/2024

Name:

DAVID JEREMY LEWIS

Relevant professional
qualification(s) or body
(if any):

INSTITUTE OF AMERICAN ACCOUNTANTS
IN ENGLAND AND WALES

Address:

23 ADEL ELLWES
YSTRADGYNLAIS
SA9 1EY

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.