



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1 APRIL 2023 To 31 MARCH 2024

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 Trussell 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 its 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) • Supported self-help - Six-week, guided self-help course with a fully licenced |

| | | |
|--|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | <p>practitioner. Supported self-help Mind Ystradgynlais (minditv.org.uk)</p> <ul style="list-style-type: none"> • In Work Support Service (IWSS) - High quality interventions designed to help reduce the impact of health issues in the workplace. <p>In Work Support Service (IWSS) Mind Ystradgynlais (minditv.org.uk)</p> <ul style="list-style-type: none"> • One to one counselling services - With accredited Psychotherapists (Open ended, dependant on individual need) <p>Counselling service Mind Ystradgynlais (minditv.org.uk)</p> <ul style="list-style-type: none"> • Day services (Mon/Tues/Thurs) - All of which have been revamped in 2024 <p>Day Services Mind Ystradgynlais (minditv.org.uk)</p> <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 which has received lottery funding and will be formally launched in the Spring of 2025</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 £73,935. 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 | |
| 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 |
| | |

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

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)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A


Other optional information

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| |
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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) | Andr w Morgan Jones | |
| Position (eg Secretary, Chair, etc) | Chair of Trustees | |
| Date | 30/12/24 | |



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
MIND YSTRADGYNLAIS

No (if any)
1175273

CC16a

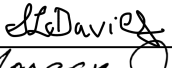
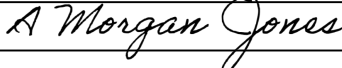
Receipts and payments accounts

| | | | |
|------------------------|--------------------------------|----|------------------------------|
| For the period from | Period start date 01-Apr-23 | To | Period end date 31-Mar-24 |
|------------------------|--------------------------------|----|------------------------------|

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 | 145,882 | - | - | 145,882 | 99,709 |
| Service Level Agreements | 23,573 | - | - | 23,573 | 56,136 |
| Donations | 6,331 | - | - | 6,331 | 730 |
| Room Hire | - | - | - | - | 3,075 |
| Mirus | - | - | - | - | 4,420 |
| Sundry Income | - | - | - | - | - |
| Sub total (Gross income for AR) | 175,786 | - | - | 175,786 | 164,070 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 175,786 | - | - | 175,786 | 164,070 |
| A3 Payments | | | | | |
| Direct Costs | 5,340 | - | - | 5,340 | 6,524 |
| Cleaning | 1,270 | - | - | 1,270 | 815 |
| Utilities | 12,234 | - | - | 12,234 | 9,114 |
| Insurances and Affiliations | 6,380 | - | - | 6,380 | 6,333 |
| Repairs and Maintenance | 4,058 | - | - | 4,058 | 14,890 |
| Rent and Rates | 5,220 | - | - | 5,220 | 5,205 |
| Staff Costs | 150,795 | - | - | 150,795 | 203,409 |
| Postage, Printing and Stationery | 2,102 | - | - | 2,102 | 316 |
| Subscriptions | 1,363 | - | - | 1,363 | - |
| Website costs | 4,940 | - | - | 4,940 | - |
| Sundry | 1,106 | - | - | 1,106 | - |
| Prof fees | 1,783 | - | - | 1,783 | - |
| Travel | 420 | - | - | 420 | - |
| Accountancy Fees | 2,000 | - | - | 2,000 | 2,076 |
| Sub total | 199,011 | - | - | 199,011 | 248,682 |
| A4 Asset and investment purchases. (see table) | | | | | |
| Computer equipment | 3,151 | - | - | 3,151 | - |
| | - | - | - | - | - |
| Sub total | 3,151 | - | - | 3,151 | - |
| Total payments | 202,162 | - | - | 202,162 | 248,682 |
| Net of receipts/(payments) | - 26,376 | - | - | - 26,376 | - 84,612 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | 100,311 | - | - | 100,311 | 184,923 |
| Cash funds this year end | 73,935 | - | - | 73,935 | 100,311 |

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 | 73,935 | - | - |
| | | - | - | - |
| | Total cash funds | 73,935 | - | - |
| | (agree balances with receipts and payments account(s)) | OK | OK | OK |
| B2 Other monetary assets | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
| | Debtors | 1,417 | - | - |
| | Prepayments | 180 | - | - |
| | Other debtors | 180 | - | - |
| B3 Investment assets | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
| | | | - | - |
| B4 Assets retained for the charity's own use | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
| | Computer equipment | | 3,151 | - |
| | | | - | - |
| B5 Liabilities | Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
| | Trade Creditors | 1940 | - | |
| | Pension contributions | 1094 | - | |
| | PAYE | 2481 | - | |
| Signed by one or two trustees on behalf of all the trustees | Signature | Print Name | Date of approval | |
| |  | Sarah Davies | 16/09/2024 | |
| |  | Andrew Morgan Jones | 16/09/24 | |



Section A

Independent Examiner's Report

Report to the trustees

Charity Name

MIND YSTRADGYNLAIS

On accounts for the year
ended

31 MARCH 2024

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 year ended DD / MM / YYYY.

Responsibilities and
basis of report

As the charity's trustees, 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 all 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 in connection with the examination (other than that disclosed below *) 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 no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

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

Signed:

Date:

16.09.24

Name:

SALINA LOUM

Relevant professional

AAT

qualification(s) or body
(if any):

| |
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| |
|--|

Address:

5 COMMERCIAL STREET, YSTRADGYNLAIS, SWANSEA, SA9 1HD

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Section B

Disclosure

Only complete if the examiner needs to highlight material 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.

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