SWANSEA MIND

England & Wales · Charity number 1184072

Details

Status	Registered
Legal form	CIO
Registered	2019-06-24
Register	View on the Charity Commission register

Contact

Address	Swansea Mind 66 St Helens Road Swansea Swansea Mind 66 St Helens Road SA1 4BE
Phone	01792642999
Email	emma@swanseamind.org.uk
Website	www.swanseamind.org.uk

Activities

Objects: TO PROMOTE THE PRESERVATION OF MENTAL HEALTH AND TO ASSIST IN RELIEVING AND REHABILITATING PERSONS SUFFERING FROM MENTAL DISORDER OR CONDITIONS OF EMOTIONAL OR MENTAL DISTRESS REQUIRING ADVICE OR TREATMENT, IN ASSOCIATION WITH MIND IN ACCORDANCE WITH THE AIMS AND OBJECTS OF MIND.

Activities: Provide a range of services to people experiencing, or recovering from, mental health issues in Swansea.

Classification

- **How:** Provides Services
- **What:** Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

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Geography

- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£263,720	£246,125	-	-
2024-03-31	£402,634	£284,987	-	-
2023-03-31	£321,687	£190,232	-	-
2022-03-31	£262,066	£202,141	-	-
2021-03-31	£497,558	£191,883	-	-

Trustees

Name	Role	Appointed
Lee Cambule	Chair	2025-06-12
Aasif Iqbal		2025-06-12
Adel Shereef		2025-05-13
Karol Kalna Professor		2020-04-01
Tony Condon		2018-09-18
Umakant Dave		2024-07-18

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SWANSEA MIND

England & Wales - Charity number 1184072

Accounts

ANNUAL REPORT 2024 - 2025

mind Swansea

Email address: admin@swanseamind.org.uk

Website: www.swanseamind.org.uk

Tel: 01792 624999

66 St Helen's Road

Swansea. SA1 4BE

Registered Charity 1184072

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MISSION STATEMENT

We're Swansea Mind, we won't give up until everyone with a mental health problem gets both support and respect. We provide advice and support to empower anyone experiencing a mental health problem; we have been supporting individuals with mental health problems in Swansea since 1963.

Our Mission:

Open

We reach out to anyone that needs us.

Together

We're stronger in partnership.

Responsive

We listen; we act.

Independent

We speak out fearlessly.

Unstoppable

We never give up.

TRUSTEES

Chair - Tony Condon

Treasurer - Rob Lewis Gray

Trustee - Stuart Elphick

Trustee - Karol Kalna

Trustee - Umakant Dave

CEO'S REPORT

As I reflect on the past year, I am filled with immense pride in what we have achieved at Swansea Mind. Despite ongoing challenges in mental health provision and increasing demands on our services, we have continued to grow stronger, more innovative, and more resilient. Our mission to support the mental health and wellbeing of our community has remained at the heart of everything we do.

Achievements and Impact

Over the past year, we have:

Supported individuals through a combination of face-to-face services and digital and telephone support.

Expanded our services to meet rising demand, including launching new peer-support groups tailored for LGBTQ+ communities and those with anxiety and depression.

Deepened partnerships with NHS teams and community organisations, enabling a more integrated approach to mental health care in Swansea.

Continued our wellbeing initiative in local schools, providing workshops and early-intervention support to young people.

Financial Resilience and Growth

Thanks to the dedication of our staff team and the generosity of our supporters, Swansea Mind has ensured that we remain financially robust and can continue expanding our reach. We have also invested in strengthening our digital infrastructure and staff training, ensuring we are equipped for the challenges of the future.

Our People

None of this would be possible without our dedicated staff, volunteers, trustees, and partners. Their compassion, expertise, and commitment have been the driving force behind our success. I want to express my heartfelt thanks to every individual who has contributed to our work this year.

LOOKING AHEAD

As we look to the future, we recognize that the need for mental health support is greater than ever. In 2025, we will focus on:

- Expanding our peer-support networks, with a focus on supporting marginalised communities.
- Advocating for systemic change, ensuring that mental health remains a priority for policymakers and that stigma continues to be challenged.
- Deepening our commitment to equality, diversity, and inclusion in all aspects of our work.

Together, we will continue to work towards a Swansea where everyone experiencing a mental health problem gets the support they need and deserve.

Thank you for your unwavering support of Swansea Mind.

EMMA JAMES

CEO

PUBLIC BENEFIT & CHAIR'S REPORT

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings. We continue to provide services for people with mental health problems and have an open-door policy that means that any member of the public can access our service.

We welcome anyone regardless of personal background, faith or gender.

Signed:

Chair of Trustees

Date: 9th October 2025

CHAIR'S REPORT

During 2024/25 Swansea Mind continued to support the Swansea region's response to mental health issues. The board of trustees continued to provide supportive oversight and governance, meeting on a regular basis to review the finances, strategy and operations of Swansea Mind. Other reports received by the board include safeguarding, equality, diversity & inclusion, the risk matrix and updates of the charity's policies.

The board works closely with the CEO, providing guidance and support. Good progress has been made in key areas of the strategy including financial sustainability through the establishment of designated funds and operational improvement with further investments in the digital infrastructure and staff training.

This year the board was stable during the year. However, after the financial year end in March 2025 the board was strengthened when a trustee recruitment initiative bore fruit with three new trustees joined the board.

In summary, Swansea Mind continues to play a key role in providing support to everyone in the Swansea area experiencing a mental health problem. Our thanks go to the committed and caring staff and volunteers of Swansea Mind who deliver the services that help so many in the Swansea area. Also, to our generous funders and all those who donate to Swansea Mind without whom none of this important work could be done.

Groups

Swansea Mind continued to run Peer Support Groups throughout the week

Anxiety & Depression – emotional support to those who suffer with depression and/or anxiety. The group is a safe space to share personal experiences. It is a place where we can share strategies to cope and deal with anxiety and /or depression.

Walk and Talk - Swansea Mind's walking group. Where people can come and join us for conversation and companionship and reduce isolation and loneliness. Being physically active, connecting with nature, and socialising with others are all things which have been shown to have a positive impact on our mental health and wellbeing.

Gardening Group - Gardening is widely recognised as beneficial for mental wellbeing for several reasons. It boosts your mood and reduces stress, improves focus and gives a sense of achievement.

Trans/Non-binary - A safe and affirming space with a shared understanding. Peer support boosts resilience and self-esteem, and helps participants feel seen, validated, and supported.

Neurodiversity – Peer groups can foster a sense of agency and pride. You're not being "fixed" — you're being supported and celebrated. That can be deeply healing for mental wellbeing.

Supported Self-Help (SSH)

Through our Supported Self-Help programme, we have helped people better understand and manage their emotions.

With a low-level form of support over 6 weeks, people work through a series of materials, workbooks and exercises, with a short call from a Practitioner each week to support them through the process.

We were fortunate to have received funding from Mental Health Services Improvement Fund to continue to run the project.

"Thanks for your help. I have never used something like this before but it has been really helpful. Thank you"

Children & Young People (CYP) Supported Self-Help (SSH)

We have established our CYP Practitioners in four schools in the Swansea area- Bishopston, Dylan Thomas and Gowerton and Olchfa to deliver the Supported Self-Help programme.

This has given young people the skills to understand, protect and improve their mental health.

Through six sessions with a practitioner using evidence-based tools and resources to develop a personalised wellbeing toolkit.

"The practitioner was brilliant at helping me to be more aware of my mental health and how to manage it! Thank you very much!"

Empowering Stroke Survivors Together

We offer professional and compassionate support for stroke survivors. Our self-help resources are designed to empower you on your journey to recovery, fostering strength and resilience every step of the way.

Volunteering

We have three types of volunteers:

Supporter Volunteer – volunteers who help the organisation with administration support, responding to emails and telephone calls and general activities to keep Swansea Mind running.

Befriending Volunteers – volunteers who run our befriending service. This could be a weekly or fortnightly call which offer companionship and help tackle loneliness, isolation and other worries that people may have from a friendly voice.

Student Counsellors – we continue to accept trainee counsellors, who are working towards registration and need to have counselling hours to qualify.

"I have volunteered for around two years at Swansea Mind; however, I have been volunteering for other charities since I was 12 years old. I like volunteering because it helps me, and it helps other people. I wanted to volunteer with Mind specifically after I lost a friend of mine to suicide one Christmas. I wanted to be able to help other people to not have to go through the same thing. I like helping here and people are grateful for it. Volunteering for a charity is different to paid work because you don't do it for the money - you do it because you want to make a difference"

Janet

Case Study

K. is a 35-year-old gentleman that recently moved back in with his partner and children after a period of living with his sister. He wanted to use the sessions to focus on self-esteem as overall wellbeing had declined over the last six months. In this time, K. had been unemployed after walking out of his role in retail.

During the assessment stage, K. scored the following [GAD-7 =14, PHQ-9 =18; SWEMWBS =17] which indicated overall wellbeing was on the lower side, medium level of depression and moderate level of anxiety.

Over the course of the following six weeks, K. recognized the impact of having no routine in place and the importance of creating routine to support his well-being. He also recognised the uncertainty around employment due to his career within graphic design. This is where we introduced resources such as the “accepting uncertainty” booklet. K. recognised that getting full-time employment within this area was difficult and identified pros/cons of seeking employment in alternative areas of event management as he had many years experience of this.

Being unemployed at home, naturally had an impact on K with no routine and having late nights. This is where we introduced the “sleeping better” resource whereby K came to the realisation that he was drinking approx. 6-8 cups of coffee per day, plus energy cans. K was further able to identify further triggers, stressors and goals alongside the practitioner to challenge the struggle around his sleeping pattern.

We then implemented further techniques of relaxation techniques around stress management as this was later identified as a contributing factor to K’s current situation. We further worked together to empower K. with a personalised toolkit to strengthen his well-being through use of the “focusing on priorities” and an exercise on “positive qualities” to address what is most important to him right now and the positive qualities within him identified through various situations at home that week whether that be as a dad, partner or as a potential employee.

K disclosed that whilst not in work he was receiving benefits but “did not want to be that guy”. He was able to reflect on his own values and beliefs, what is important to him and what this means to him. We were able to further explore this through completion of the “how to challenge the inner

critique" resource and identified what emotions this brought up. This led to a significant moment of acceptance for his situation and reduced the levels of guilt he held for not being in work.

By the 6th session, overall wellbeing had improved with higher score of overall wellbeing [SWEMWBS=24] and lower scores of depression and anxiety [GAD-7=6 and PHQ-9=13].

K. had secured a full-time position by our last session and was looking forward to getting back into work.

K described the sessions in the following words: "I think the sessions have been helpful. I find it easier to converse with someone, to actually think about how I'm feeling and puts things into perspective. It also gives me a chance to reflect as I get distracted."

Acknowledgements

Swansea Mind would like to thank the following:

Swansea Bay University Health Board

Stroke Association and Swansea Stroke Survivors Group

Swansea University

The UK Shared Prosperity Fund

All those who have made donations to Swansea Mind

Trustees, Staff and Volunteers at Swansea Mind

Mental Health Providers Forum and SCVS

Mind and Mind Cymru

Charity Commission

Austin Bailey Foundation

Swansea Bay Regional Integrated Fund

Mental Health Services Improvement Fund

Welsh Government

Bevan and Buckland Chartered Accountants

Contact Us:

66 St Helen's Road, Swansea. SA1 4BE

Tel: 01792 642999

Email: admin@swanseamind.org.uk Web: www.swanseamind.org.uk

REGISTERED CHARITY NUMBER: 1184072

UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2025

FOR

SWANSEA MIND

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

SWANSEA MIND

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SWANSEA MIND

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2025

TRUSTEES	T Condon (Chair) S Elphick (resigned 9.10.25) K Kalna J Williams (resigned 10.10.24) R D Lewis-Gray (resigned 13.5.25) U R Dave (appointed 18.7.24) A N Shaikh (appointed 12.6.25) A Shereef (appointed 12.6.25) L J Cambule (appointed 12.6.25)
PRINCIPAL ADDRESS	66 St Helens Road Swansea SA1 4BE
REGISTERED CHARITY NUMBER	1184072
INDEPENDENT EXAMINER	Bevan Buckland LLP Ground Floor Cardigan House Castle Court Swansea Enterprise Park Swansea SA7 9LA

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

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

OBJECTIVES AND ACTIVITIES

Objectives

The objectives of the Swansea Mind are to provide support and services to those with conditions of emotional or mental distress requiring advice or treatment, in association with National Mind and in accordance with the aims and objectives of National Mind.

To this end, the charity provides active monitoring (supported self-help), services for children and young people, information, and self-help groups designed to benefit the public.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

FINANCIAL REVIEW

Financial performance

Swansea Mind reports a surplus of £17,595 (2024: £117,647) largely due to reduced expenditure which offset reductions in income.

Total income in the year was £263,720 (2024: £402,634) with donations received of £28,699 (2024: £54,389), grants of £223,774 (2024: £337,719) and interest income of £11,247 (2024: £10,526).

Total expenditure was £246,125 (2024: £284,987) principally as a result of a reduction in wage costs which were £165,240 (2024: £197,103)

Total reserves increased to £632,277 (2024: £614,682).

FINANCIAL REVIEW
Reserves
Section 1 - Introduction

1.1 Scope
This policy defines how Swansea Mind will use funds generated from any surplus arising from specific sponsored projects, donations received and fundraising events managed by the charity. It ensures that we are as prepared as possible for unexpected financial challenges and to maximise opportunities.

By setting aside these reserves, we affirm our commitment to responsible financial stewardship and the continued sustainability of our organisation.

1.2 Aims
The purpose of the Reserves Policy (amongst other policies) at Swansea Mind is to support the ongoing financial stability and sustainability of the organisation. This policy outlines the rationale and guidelines for maintaining and utilising financial reserves to:
- Protect the continuity of Swansea Mind's work in line with the strategic plan
- Enable the charity to carry on working through a difficult funding period
- Decide how to use reserves to further the aims of the charity
- Fund unexpected costs
- Allow for the well-managed closure of the charity should this be necessary (including any redundancy costs or pension liabilities where appropriate).

1.3 Roles and responsibilities
The Board of Trustees have overall responsibility for ensuring this policy complies with our legal and ethical obligations, and that all those under our control comply with it. The primary and day-to-day responsibility for implementing this policy sits with all managers and the CEO is responsible for monitoring its use and effectiveness and dealing with any queries on its interpretation.

Management at all levels is responsible for ensuring those who report to them are made aware of and understand this policy and are given adequate and regular training on it.

1.4 Reserves
Our reserves policy sets our target reserves level to enable us to manage any excesses or deficits compared to targets and ensure our financial sustainability and resilience. Our aim is to strike the appropriate balance between ensuring sustainable financial position and using our funds in a timely way to fulfil our strategy.

Trustees have agreed a policy to maintain free reserves (unrestricted) within a target range of 6-12 months of operating costs plus any known redundancy or pension liabilities to ensure that the charity would always be able to wind down in a safe and professional way. In addition, the trustees have agreed to designate some funds in the coming financial year to enable the charity to maximise its services, impact and opportunities.

The policy applies to unrestricted reserves, as restricted funds are, by definition, already allocated to a purpose. An explanation of types of reserves are listed in Section 2 of the policy.

Section 2: Types of funds explained

2.1 Restricted funds
Consists of funds received that specify the service, project or function for which they are to be used. Where the funded activity is ongoing but subject to review and renewal at specific times (e.g. funds allocated annually) the funds held (surplus generated after accounting for all outstanding income and expenses relevant to the that period) at that date will be considered as no longer restricted and transferred to the Unrestricted Funds account.

Should the contract specifically state that any surplus funds held at this date are to be returned to the sponsor within their specified timeframe in the contract or other funding agreement, then those funds will be retained in the restricted funds account until such time as they are repaid to the sponsor. After this time, any surplus funds will no longer be considered as restricted and transferred to the unrestricted funds account.

FINANCIAL REVIEW

2.2 Unrestricted funds (sometimes referred to as Free Reserves)

Consist of funds transferred from the restricted funds account, general donations and cash received from external donors with no use specifically identified and any surplus generated from specific fundraising events operated by the charity. The use of these funds will be controlled by the charity at their absolute discretion subject to the appropriate approval by the Board.

2.3 Designated funds

Consist of funds transferred from the unrestricted funds account to fund specific projects and items of expenditure identified by the charity and approved by the main Board of Trustees. Whilst not an exhaustive list some examples are listed below:
- specific charitable projects sponsored by the charity
- additional funding to external sponsored services or projects where there is a shortfall or the charity is of the opinion that they should be run beyond the end date defined by the initial funder/sponsor
- identified specific capital expenditure e.g. replacement office equipment
- funding unexpected increases in expenditure without which the charity may experience difficulties in continuing to operate
- provide funds to enable an orderly winding up the charity in the event of any future financial difficulties it may encounter
- fund any increase in expenditure not foreseen at the initial tender stage of a project or projects e.g. ensuring staff salaries are maintained at an acceptable level in comparison to the market.

Section 3: Responding to reserves outside the desired range

Trustees will keep their reserves policy and the level of reserve under review. The level of reserve has been considered in the charity's risk management.

If free reserves fall below the target range the board will urgently consider whether this poses any serious risk to the charity. The board will also aim to address any shortfall within 2 years.

In line with Charity Commission guidance, if free reserves are above the maximum target, the board will agree how such funds should best be used to further the aims of the charity, as unnecessarily holding onto funds limits the benefits that can be delivered. We will then transfer reserves to designated funds and spend these within 2 years or invest it.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes a charitable incorporated organisation (CIO).

Organisational structure

The Charity is guided and overseen by an Executive Committee (Voluntary Trustees) who meet on a regular basis and managed by a CEO with a small team of staff who run the organisation on a day to day basis.

Approved by order of the board of trustees on 12 JANUARY 2026 and signed on its behalf by:

.....
T Condon - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SWANSEA MIND

Independent examiner's report to the trustees of Swansea Mind
I report to the charity trustees on my examination of the accounts of Swansea Mind (the Trust) for the year ended 31 March 2025.

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').

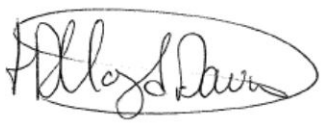
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

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

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Henry Lloyd-Davies
The Institute of Chartered Accountants in England and Wales

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 12 January 2026

SWANSEA MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		28,699	-	28,699	54,389
Charitable activities					
Charitable activities		-	223,774	223,774	337,719
Investment income	2	11,247	-	11,247	10,526
Total		39,946	223,774	263,720	402,634
EXPENDITURE ON					
Charitable activities					
Charitable activities		3,371	242,754	246,125	284,987
NET INCOME/(EXPENDITURE)		36,575	(18,980)	17,595	117,647
Transfers between funds	8	15,463	(15,463)	-	-
Net movement in funds		52,038	(34,443)	17,595	117,647
RECONCILIATION OF FUNDS					
Total funds brought forward		263,703	350,979	614,682	497,035
TOTAL FUNDS CARRIED FORWARD		315,741	316,536	632,277	614,682

The notes form part of these financial statements

SWANSEA MIND

BALANCE SHEET
31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
CURRENT ASSETS					
Debtors	6	229	-	229	36,023
Cash at bank and in hand		319,307	316,536	635,843	581,642
		319,536	316,536	636,072	617,665
CREDITORS					
Amounts falling due within one year	7	(3,795)	-	(3,795)	(2,983)
NET CURRENT ASSETS		315,741	316,536	632,277	614,682
TOTAL ASSETS LESS CURRENT LIABILITIES		315,741	316,536	632,277	614,682
NET ASSETS		315,741	316,536	632,277	614,682
FUNDS	8				
Unrestricted funds				315,741	263,703
Restricted funds				316,536	350,979
TOTAL FUNDS				632,277	614,682

The financial statements were approved by the Board of Trustees and authorised for issue on 12 JANUARY 2026 and were signed on its behalf by:

.....
T Condon - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds,any performance conditions attached to the item(s) of income have been met, it is probable that
the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Donations, are recognised when the Trust has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

Irrecoverable VAT
Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

Financial instruments
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Interest receivable
Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

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

Fund accounting
Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for any other purposes.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes falling in future time periods.

Restricted funds are funds subject to specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

continued...

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	11,247	10,526

3. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

4. STAFF COSTS

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

	2025	2024
Management	2	2
Administration	1	1
Project worker	5	7
	8	10

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

continued...

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	54,389	-	54,389
Charitable activities			
Charitable activities	-	337,719	337,719
Investment income	10,526	-	10,526
Total	64,915	337,719	402,634
EXPENDITURE ON			
Charitable activities			
Charitable activities	26,193	258,794	284,987
NET INCOME	38,722	78,925	117,647
Transfers between funds	76,750	(76,750)	-
Net movement in funds	115,472	2,175	117,647
RECONCILIATION OF FUNDS			
Total funds brought forward	148,231	348,804	497,035
TOTAL FUNDS CARRIED FORWARD	263,703	350,979	614,682

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Prepayments and accrued income	229	36,023

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Other creditors	433	22
Accrued expenses	3,362	2,961
	3,795	2,983

continued...

8. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
General Fund	123,703	36,575	(44,537)	115,741
Contingency Fund	95,000	-	(95,000)	-
Project Continuation Fund	45,000	-	(45,000)	-
Designated Fund	-	-	200,000	200,000
	263,703	36,575	15,463	315,741
Restricted funds				
Mind	30,762	(15,299)	(15,463)	-
Counselling Services	36,254	(4,045)	-	32,209
Core Restricted Fund	267,188	-	-	267,188
B&Q Foundation	3,250	(287)	-	2,963
Shared Prosperity	13,525	(13,525)	-	-
Swansea University	-	14,176	-	14,176
	350,979	(18,980)	(15,463)	316,536
TOTAL FUNDS	614,682	17,595	-	632,277

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	39,946	(3,371)	36,575
Restricted funds			
Swansea Bay University Health Board	88,708	(88,708)	-
Mind	29,277	(44,576)	(15,299)
Austin Bailey Grant	1,833	(1,833)	-
Counselling Services	-	(4,045)	(4,045)
Mental Health Service Improvement Fund	51,489	(51,489)	-
B&Q Foundation	-	(287)	(287)
Shared Prosperity	32,450	(45,975)	(13,525)
Swansea University	20,017	(5,841)	14,176
	223,774	(242,754)	(18,980)
TOTAL FUNDS	263,720	(246,125)	17,595

continued...

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General Fund	8,231	38,722	76,750	123,703
Contingency Fund	95,000	-	-	95,000
Project Continuation Fund	45,000	-	-	45,000
	148,231	38,722	76,750	263,703
Restricted funds				
Swansea Bay University Health Board	-	49,000	(49,000)	-
Mind	64,956	2,456	(36,650)	30,762
Counselling Services	23,410	(4,156)	17,000	36,254
National Lottery CYP	25,000	(25,000)	-	-
Lloyds Foundation	27,250	25,000	(52,250)	-
Core Restricted Fund	208,188	-	59,000	267,188
Mental Health Service Improvement Fund	-	10,000	(10,000)	-
B&Q Foundation	-	3,250	-	3,250
Shared Prosperity	-	18,375	(4,850)	13,525
	348,804	78,925	(76,750)	350,979
TOTAL FUNDS	497,035	117,647	-	614,682

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	64,915	(26,193)	38,722
Restricted funds			
Swansea Bay University Health Board	85,297	(36,297)	49,000
Mind	131,072	(128,616)	2,456
Austin Bailey Grant	2,750	(2,750)	-
Counselling Services	-	(4,156)	(4,156)
National Lottery CYP	-	(25,000)	(25,000)
Lloyds Foundation	25,000	-	25,000
Mental Health Service Improvement Fund	53,650	(43,650)	10,000
B&Q Foundation	7,500	(4,250)	3,250
Shared Prosperity	32,450	(14,075)	18,375
	337,719	(258,794)	78,925
TOTAL FUNDS	402,634	(284,987)	117,647

continued...

8. MOVEMENT IN FUNDS - continued

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

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
General Fund	8,231	75,297	32,213	115,741
Contingency Fund	95,000	-	(95,000)	-
Project Continuation Fund	45,000	-	(45,000)	-
Designated Fund	-	-	200,000	200,000
	148,231	75,297	92,213	315,741
Restricted funds				
Swansea Bay University Health Board	-	49,000	(49,000)	-
Mind	64,956	(12,843)	(52,113)	-
Counselling Services	23,410	(8,201)	17,000	32,209
National Lottery CYP	25,000	(25,000)	-	-
Lloyds Foundation	27,250	25,000	(52,250)	-
Core Restricted Fund	208,188	-	59,000	267,188
Mental Health Service Improvement Fund	-	10,000	(10,000)	-
B&Q Foundation	-	2,963	-	2,963
Shared Prosperity	-	4,850	(4,850)	-
Swansea University	-	14,176	-	14,176
	348,804	59,945	(92,213)	316,536
TOTAL FUNDS	497,035	135,242	-	632,277

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	104,861	(29,564)	75,297
Restricted funds			
Swansea Bay University Health Board	174,005	(125,005)	49,000
Mind	160,349	(173,192)	(12,843)
Austin Bailey Grant	4,583	(4,583)	-
Counselling Services	-	(8,201)	(8,201)
National Lottery CYP	-	(25,000)	(25,000)
Lloyds Foundation	25,000	-	25,000
Mental Health Service Improvement Fund	105,139	(95,139)	10,000
B&Q Foundation	7,500	(4,537)	2,963
Shared Prosperity	64,900	(60,050)	4,850
Swansea University	20,017	(5,841)	14,176
	561,493	(501,548)	59,945
TOTAL FUNDS	666,354	(531,112)	135,242

Purpose of restricted funds
Swansea Bay University Health Board - To be used for the provision of well being and support services

Mind - To be used for sustainability and growth

continued...

8. MOVEMENT IN FUNDS - continued

Austin Bailey Grant - To be used for administration

Counselling Service - To fund the further development of the counselling services

Lloyds Enable - To fund business/stability development work

National Lottery Community Fund - To be used for the young person's project

Designated reserve - Contingency
The charity aims to build this fund up to £95,000 over the next few years. In the event of the charity being wound up this fund would cover six months core operating costs allowing for the proper closure of the charity.

Core Restricted Fund
The trustees previously carried out a review of funds built up by the charity and decided that where funding had been received for core costs this should be treated as restricted until spent.

9. RELATED PARTY DISCLOSURES

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

SWANSEA MIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	28,699	54,389
Investment income		
Deposit account interest	11,247	10,526
Charitable activities		
Grants	223,774	337,719
Total incoming resources	263,720	402,634
EXPENDITURE		
Charitable activities		
Wages	165,240	197,103
Pensions	27,444	24,056
Rates and water	-	289
Insurance	5,978	5,290
Light and heat	4,550	1,903
Telephone	4,051	4,278
Admin, postage & stationery	3,818	6,103
Advertising	-	916
Sundries	-	300
Computer upgrades	7,413	2,787
Centre/drop-in	9,267	9,964
Travel expenses	1,449	1,236
Training and conferences	2,351	10,645
Rent	5,000	6,163
Building maintenance	1,562	7,237
Counselling	1,535	2,321
Grow wild expenditure	853	-
Consultancy	750	700
Affiliation costs	687	-
Subscriptions	145	-
	242,093	281,291
Support costs		
Governance costs		
Accountancy and legal fees	4,032	3,696
Total resources expended	246,125	284,987
Net income	17,595	117,647

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SWANSEA MIND

Independent examiner's report to the trustees of Swansea Mind
I report to the charity trustees on my examination of the accounts of Swansea Mind (the Trust) for the year ended 31 March 2025.

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').

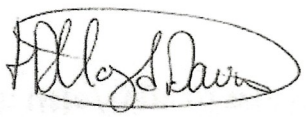
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

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

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Henry Lloyd-Davies
The Institute of Chartered Accountants in England and Wales

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 12 January 2026

SWANSEA MIND

England & Wales - Charity number 1184072

Accounts

mind Swansea Abertawe

Annual Report 2023 - 2024

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MISSION STATEMENT

We're Swansea Mind, we won't give up until everyone with a mental health problem gets both support and respect. We provide advice and support to empower anyone experiencing a mental health problem; we have been supporting individuals with mental health
problems in Swansea since 1963.

Our Mission:

Open
We reach out to anyone that needs us.
Together
We're stronger in partnership.
Responsive
We listen, we act.
Independent
We speak out fearlessly.
Unstoppable
We never give up.

TRUSTEES AND STAFF

Trustees

Chair - Tony Condon
Treasurer - Rob Lewis Gray
Trustee - Stuart Elphick
Trustee - Karol Kalna
Trustee - David Lowson
Trustee - Julian Williams

Staff

Director - Emma James
Services Manager - Michael Power
Senior Mental Health Practitioner - Grazia Troiano
Mental Health Practitioner - Nour Qarmash
Mental Health Practitioner - Adisha Vaishya
CYP Practitioner - Melissa Hughes
CYP Practitioner - Colette Leleu
Volunteer Coordinator - Saara Rasanen/Mark Duggan
Volunteer Link Worker - Dorota Poreba

LETTER FROM THE CEO

2023/24 was a challenging year at Swansea Mind with significant recruitment issues continuing to affect the organisation. Despite this, we have recruited an adaptive and skilful staff team.

We were able to put in place two new projects. Our volunteering project funded by the Levelling Up Fund allowed us to really develop our support for volunteers. We have always had a large and capable volunteer team at Swansea Mind but this past year we have been able to expand this support. The other is a development of our support to children and young people with a grant from Mind to provide Supported Self Help (formally Active Monitoring) for young people in GPs surgeries.

Our adult supported self help project, group support, befriending service, support for young people in schools and counselling service all went from strength to strength this year with a very large number of people in Swansea benefitting. A grant from B+Q has allowed us to completely overhaul our garden area and we now have a committed gardening group using it once a week.

EMMA JAMES
CEO

We continue to navigate an evolving tendering landscape but we are hopeful that this will ultimately lead to even better services for all. This coming year we are continuing to develop our work in the area of Equality, Diversity and Inclusion with partnerships with other organisations in Swansea.

As ever, our thanks go to both the staff and volunteer team as well as all the people who use our services – people are at the heart of everything we do at Swansea Mind and this is where we continue to focus all our resources.

PUBLIC BENEFIT & CHAIR'S REPORT

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings. We continue to provide services for people with mental health problems and have an open-door policy that means that any member of the public can access our service.

We welcome anyone regardless of personal background, faith or gender.

Signed:

Chair of Trustees

Date: 9th December 2024

CHAIR'S REPORT

During 2023/24 Swansea Mind continued to be a key part of the Swansea region's response to mental health issues. The board of trustees provided supportive oversight and governance for the charity, meeting on a regular basis to review the finances, strategy and operations of Swansea Mind. Other reports received by the board include safeguarding, risk matrix and updates of the charity's policies.

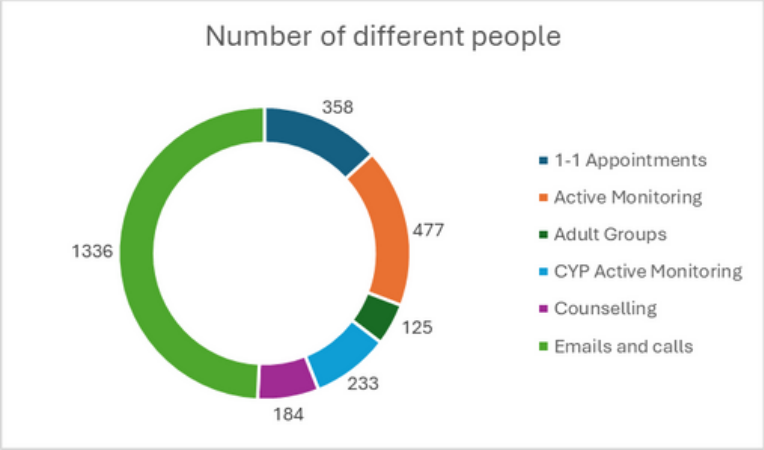
The board continues to work closely with the CEO, providing guidance and support. This year was marked by difficulties in recruiting people with the right experience to key project and staff roles. In response, the board agreed further changes to the reward package, including non-financial benefits, to help attract high quality staff.

In 2023/24 the board was relatively stable with just one joiner and one leaver during the year. This allowed the board to bring a consistent view to the planning for the year and the challenges that arose during the year.

Two reviews of the board took place this year. The first, an independent review of the board's effectiveness by Swansea Volunteer Community Services (SVCS) was carried out during the year. The findings of the review were that the board was operating effectively and understood the areas that need further development. In addition to the SVCS review, the governance of Swansea Mind was included in the Mind Quality Mark (MQM) review that was carried out in early 2024. Development areas identified in this review are being addressed in summer 2024 with the support of National Mind.

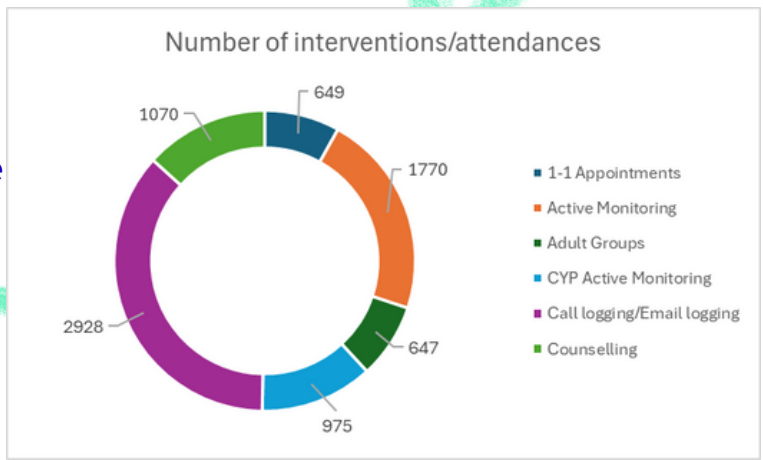
Our thanks go to the committed and caring staff and volunteers of Swansea Mind who deliver the services that help so many in the Swansea area.

ACTIVITY HIGHLIGHTS



- 358 people had one-to-one Wellbeing support
- 477 Adults had support through Supported Self-Help
- 233 Children & Young People had support through Supported Self-Help
- 184 people received counselling

- There were 8018 contacts made through our different services throughout the year
- We responded to 2926 telephone calls and emails asking for information or support
- There were 637 attendances at our groups
- There were 1065 attendances for our counselling service



GROUPS

Swansea Mind continued to run Peer Support Groups throughout the week

Anxiety & Depression – emotional support to those who suffer with depression and/or anxiety. The group is a safe space to share personal experiences. It is a place where we can share strategies to cope and deal with anxiety and /or depression.

Anger Management - The anger management group is all about developing how to better manage and cope with the anger we experience. Together, over a series of eight sessions, we discuss coping mechanisms and strategies to help improve how we handle our anger on a daily basis.

Walk and Talk (Walk and Woof – bring your dog) – Swansea Mind's Mindful Mutts walking group. Where people can come and join us for conversation and companionship and reduce isolation and loneliness. Being physically active, connecting with nature, and socialising with others are all things which have been shown to have a positive impact on our mental health and wellbeing.

Perinatal Wellbeing Group – Working with Swansea Health Visiting Service we have supported new mums over 8 session groups. Topics and speakers have included: Dispelling myths, JIGSO, Trauma Therapy, Women's Aid, Family Information Service and Depression.

Neurodiversity – Peer support for those who identify as neurodivergent. "Your uniqueness is your strength. Embrace it, celebrate it and let's inspire each other"

SUPPORTED SELF-HELP

Through our Supported Self-Help programme, we have helped people better understand and manage their emotions.

With a low-level form of support over 6 weeks, people work through a series of materials, workbooks and exercises, with a short call from a Practitioner each week to support them through the process.

"I was at a crisis point in my life and was immediately offered help and support. Mind offered me a lifeline"

We were fortunate to have received funding from Mind Cymru to continue to run the project up to the end of the financial year.

Adisha - Supported self-help Practitioner

Throughout Wales over the 18 months that the project ran 7,050 people were supported, 402 people here in Swansea.

We also received SIF Funding from Swansea Bay Health Board which funded another Practitioner to provide the programme to local people.

WELLBEING SUPPORT

We have continued to provide wellbeing support, with 358 people receiving support from a Mental Health Practitioner. Sometimes, just having a ear to listen to can help and provide the support without the person needing to see their GP.

CHILDREN & YOUNG PEOPLE (CYP) SUPPORTED SELF-HELP (SSH)

"I feel like it's more worthwhile than counselling because there's more than just the expectation to talk"

We have established our CYP Practitioners in three schools in the Swansea area- Bishopston, Gowerton and Olchfa and three GP Practices- The Kingsway, Strawberry Place and Mountain View to deliver the Supported Self-Help programme.

This has given young people the skills to understand, protect and improve their mental health.

Through six sessions with a practitioner using evidence-based tools and resources to develop a personalised wellbeing toolkit.

Melissa - CYP Practitioner

VOLUNTEERING

In October we were able to expand on our existing Volunteering project with help from the UK Shared Prosperity Fund. We were able to recruit a Volunteer Co-ordinator and a Volunteer Link Worker. They will be working to recruit volunteers and to manage them during their time with Swansea Mind.

Funded by UK Government | Wedi ei ariannu gan Llywodraeth y DU

WEDI'I YRRU GAN POWERED BY FFYNIANT LEVELLING BRO UP

"I have volunteered for around two years at Swansea Mind; however, I have been volunteering for other charities since I was 12 years old. I like volunteering because it helps me, and it helps other people. I wanted to volunteer with Mind specifically after I lost a friend of mine to suicide one Christmas. I wanted to be able to help other people to not have to go through the same thing. I like helping here and people are grateful for it. Volunteering for a charity is different to paid work because you don't do it for the money - you do it because you want to make a difference"
Janet

We have three types of volunteers:

Supporter Volunteer – volunteers who help the organisation with administration support, responding to emails and telephone calls and general activities to keep Swansea Mind running.

Befriending Volunteers – volunteers who run our befriending service. This could be a weekly or fortnightly call which offer companionship and help tackle loneliness, isolation and other worries that people may have from a friendly voice.

Student Counsellors – we continue to accept trainee counsellors, who are working towards registration and need to have counselling hours to qualify.

CASE STUDY

Kayleigh, who has borderline personality disorder, reveals how she was helped by us and why she's so angry at the state of the mental health system.

As a young person trying to learn about the mental health system, it was very confusing. Mental health is not taught in schools. Teachers should be talking about mental health to young children and teenagers in school, so they're not as confused.

"I would say talk to everyone – friends, family, a supportive teacher. Say 'Hey, this is going on and I need some help'. Always, always reach out."

Through this they'd be able to access coping mechanisms and understand mental health before they become adults. This way it doesn't spiral out of control, which is what happened to me. I remember feeling so confused as a teenager. I have borderline personality disorder (BPD) and was finally diagnosed at the age of 19, and that mixed with adolescence and hormones was explosive.

For anyone struggling right now, I would say talk to everyone – friends, family, a supportive teacher. Say 'Hey, this is going on and I need some help.' Always, always reach out.

Without Mind, I think I would be dead. The way my local NHS crisis team handled me was so disappointing. I was manic and psychotic, and when I'm like that, I see and hear things that can be terrifying.

"I spoke to someone at Swansea Mind, and he was absolutely amazing. I felt he understood me as he'd gone through it himself."

I then went in and I spoke to someone at Swansea Mind, and he was absolutely amazing. He said, 'Look at my scars. I've been there, I've done it'". I felt he understood me as he'd gone through It himself.

I was given a contact for a private counsellor that specialises in BPD. Although money is tight for me, It turned out I could get 8 funded sessions with him due to where I live. I've just started having therapy with the NHS after being on the waiting list since 2020. Now I feel like I can get through anything. I can understand my emotions better and how to control them in a healthy way. It's been a huge help.

It makes me angry that there are so many people waiting for mental health services. It's so hard to get help. All I was offered was, 'Oh, we can put you on the list for this'. when I needed urgent crisis care. I needed to be put in a hospital and looked after.

"We want people to have a say on the support they get. People are losing their lives because they're not getting the help they need."

There's a lot of things I'd like to say to the Prime Minister... first of all, there's a mental health crisis. You need to take a step back and see what you're doing when you talk about the "sick note culture" and suggest that people with mental health problems are "over medicalising the every day challenges and worries of life."

Stop giving us tick-box questions. We just want you to be real with us. We want people to have a say on what medication they have and the support they get. Things need to change. People are losing their lives because they're not getting the help they need.

Listen to us. Listen to what we are saying. Listen to what Mind and other mental health charities are saying. The Government needs to listen to us and they're certainly not doing so at the moment.

Thanks to Mind, I now feel I can get through anything

ACKNOWLEDGEMENTS

Swansea Mind would like to thank the following:

Swansea Bay University Health Board
The National Lottery Community Fund
The UK Shared Prosperity Fund
All those who have made donations to Swansea Mind
Scott Otten
Trustees, Staff and Volunteers at Swansea Mind
Mental Health Providers Forum and SCVS
Lloyds Foundation
Mind and Mind Cymru
Charity Commission
Austin Bailey Foundation
Swansea Bay Regional Integrated Fund
Mental Health Services Improvement Fund
Welsh Government
Bevan and Buckland Chartered Accountants

CONTACT US

mind Swansea Abertawe

66 St Helen's Road, Swansea. SA1 4BE

Tel: 01792 642999

Email: admin@swanseamind.org.uk

Web: www.swanseamind.org.uk

REGISTERED CHARITY NUMBER: 1184072

UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2024

FOR

SWANSEA MIND

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

SWANSEA MIND

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FOR THE YEAR ENDED 31 MARCH 2024

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SWANSEA MIND

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2024

TRUSTEES	T Condon (Chair) D Lowson S Elphick K Kalna J Williams R D Lewis-Gray (appointed 27.7.23)
PRINCIPAL ADDRESS	66 St Helens Road Swansea SA1 4BE
REGISTERED CHARITY NUMBER	1184072
INDEPENDENT EXAMINER	Bevan Buckland LLP Ground Floor Cardigan House Castle Court Swansea Enterprise Park Swansea SA7 9LA

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives

The objectives of the Swansea Mind are to provide support and services to those with conditions of emotional or mental distress requiring advice or treatment, in association with National Mind and in accordance with the aims and objectives of National Mind.

To this end, the charity provides active monitoring (supported self-help), services for children and young people, information, and self-help groups designed to benefit the public.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

FINANCIAL REVIEW

Financial performance

Swansea Mind reports a surplus of £117,647 for 2023/24 largely due to generous donations and delays in spending on projects caused by difficulty in recruiting staff in the post pandemic period.

Reserves

Swansea Mind uses unrestricted reserves to support charitable activities while ensuring its own financial sustainability. In respect of charitable activities, an amount of £45,000 has been designated to continue support for a project where funding will come to an end in the next financial year.

In respect of financial stability, the charity has identified the need for a contingency fund and sets aside unrestricted reserves for unexpected events. The contingency fund holds £95,000 representing six months' worth of core operating costs to allow for the orderly closure of the charity if that situation should arise. In the short term the contingency fund also provides cover for costs relating to redundancy, maternity leave, property repairs and planning for a change of property.

The charity reviews the contingency fund annually to determine if changes are required in respect of increased turnover or changes to cost estimates.

Change in Funding

In previous years the charity has planned for a significant change to the way in which it is funded by the local Health Board. The tendering process commenced in 2019 however was delayed by the pandemic and by changes to the process that pushed back the involvement of mental health charities. The current understanding is that the tendering process will impact Swansea Mind in 2026/27.

Prior to the delays Swansea Mind had drawn up a transition plan to enable the charity to adapt to a new funding profile. At the same time a fund to support the change was identified that draws on restricted funding for core costs transferred from projects. The purpose of the fund is to support the transition to a new funding profile for the charity. The expectation is that it will be released back to the general fund over a period of two to three years following the change in funding of core costs from the Health Board. The fund is reviewed annually to identify surplus funds that can be released to support charitable activities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes a charitable incorporated organisation (CIO).

Organisational structure

The Charity is guided and overseen by an Executive Committee (Voluntary Trustees) who meet on a regular basis and managed by a CEO with a small team of staff who run the organisation on a day to day basis.

Approved by order of the board of trustees on 10th October 2024 and signed on its behalf by:

T Condon - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SWANSEA MIND

Independent examiner's report to the trustees of Swansea Mind
I report to the charity trustees on my examination of the accounts of Swansea Mind (the Trust) for the year ended 31 March 2024.

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').

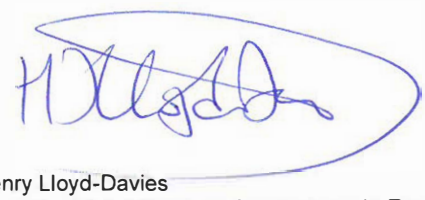
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

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

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Henry Lloyd-Davies
The Institute of Chartered Accountants in England and Wales

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 10/10/2024

SWANSEA MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		54,389	-	54,389	61,939
Charitable activities					
Charitable activities		-	337,719	337,719	255,976
Investment income	2	10,526	-	10,526	3,772
Total		64,915	337,719	402,634	321,687
EXPENDITURE ON					
Charitable activities					
Charitable activities		26,193	258,794	284,987	190,252
NET INCOME		38,722	78,925	117,647	131,435
Transfers between funds	8	76,750	(76,750)	-	-
Net movement in funds		115,472	2,175	117,647	131,435
RECONCILIATION OF FUNDS					
Total funds brought forward		148,231	348,804	497,035	365,600
TOTAL FUNDS CARRIED FORWARD		263,703	350,979	614,682	497,035

The notes form part of these financial statements

SWANSEA MIND

BALANCE SHEET
31 MARCH 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
CURRENT ASSETS					
Debtors	6	36,023	-	36,023	1,313
Cash at bank and in hand		230,663	350,979	581,642	498,546
		266,686	350,979	617,665	499,859
CREDITORS					
Amounts falling due within one year	7	(2,983)	-	(2,983)	(2,824)
NET CURRENT ASSETS		263,703	350,979	614,682	497,035
TOTAL ASSETS LESS CURRENT LIABILITIES		263,703	350,979	614,682	497,035
NET ASSETS		263,703	350,979	614,682	497,035
FUNDS	8				
Unrestricted funds				263,703	148,231
Restricted funds				350,979	348,804
TOTAL FUNDS				614,682	497,035

The financial statements were approved by the Board of Trustees and authorised for issue on 10th October 2024 and were signed on its behalf by:

A. Condon

.....
T Condon - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds,any performance conditions attached to the item(s) of income have been met, it is probable that
the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Donations, are recognised when the Trust has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

Irrecoverable VAT
Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

Financial instruments
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Interest receivable
Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

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

Fund accounting
Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for any other purposes.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes falling in future time periods.

Restricted funds are funds subject to specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

continued...

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	10,526	3,772

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

4. STAFF COSTS

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

	2024	2023
Management	2	2
Administration	1	1
Project worker	7	4
	10	7

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

continued...

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	61,939	-	61,939
Charitable activities			
Charitable activities	-	255,976	255,976
Investment income	3,772	-	3,772
Total	65,711	255,976	321,687
EXPENDITURE ON			
Charitable activities			
Charitable activities	1,559	188,673	190,232
NET INCOME	64,152	67,303	131,455
RECONCILIATION OF FUNDS			
Total funds brought forward	84,099	281,501	365,600
TOTAL FUNDS CARRIED FORWARD	148,251	348,804	497,055

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Prepayments and accrued income	36,023	1,313

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Other creditors	22	-
Accrued expenses	2,961	2,824
	2,983	2,824

continued...

8. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General Fund	8,231	38,722	76,750	123,703
Contingency Fund	95,000	-	-	95,000
Project Continuation Fund	45,000	-	-	45,000
	148,231	38,722	76,750	263,703
Restricted funds				
Swansea Bay University Health Board	-	49,000	(49,000)	-
Mind	64,956	2,456	(36,650)	30,762
Counselling Services	23,410	(4,156)	17,000	36,254
National Lottery CYP	25,000	(25,000)	-	-
Lloyds Foundation	27,250	25,000	(52,250)	-
Core Restricted Fund	208,188	-	59,000	267,188
Mental Health Service Improvement Fund	-	10,000	(10,000)	-
B&Q Foundation	-	3,250	-	3,250
Shared Prosperity	-	18,375	(4,850)	13,525
	348,804	78,925	(76,750)	350,979
TOTAL FUNDS	497,035	117,647	-	614,682

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	64,915	(26,193)	38,722
Restricted funds			
Swansea Bay University Health Board	85,297	(36,297)	49,000
Mind	131,072	(128,616)	2,456
Austin Bailey Grant	2,750	(2,750)	-
Counselling Services	-	(4,156)	(4,156)
National Lottery CYP	-	(25,000)	(25,000)
Lloyds Foundation	25,000	-	25,000
Mental Health Service Improvement Fund	53,650	(43,650)	10,000
B&Q Foundation	7,500	(4,250)	3,250
Shared Prosperity	32,450	(14,075)	18,375
	337,719	(258,794)	78,925
TOTAL FUNDS	402,634	(284,987)	117,647

continued...

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General Fund	39,099	64,132	(95,000)	8,231
Contingency Fund	45,000	-	50,000	95,000
Project Continuation Fund	-	-	45,000	45,000
	84,099	64,132	-	148,231
Restricted funds				
Mind	22,314	42,642	-	64,956
Counselling Services	25,290	(1,880)	-	23,410
Lloyds Enable	7,200	(7,200)	-	-
National Lottery CYP	26,697	(1,697)	-	25,000
Lloyds Foundation	-	27,250	-	27,250
Core Restricted Fund	200,000	8,188	-	208,188
	281,501	67,303	-	348,804
TOTAL FUNDS	365,600	131,435	-	497,035

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	65,711	(1,579)	64,132
Restricted funds			
Swansea Bay University Health Board	82,016	(82,016)	-
Mind	86,728	(44,086)	42,642
Austin Bailey Grant	2,500	(2,500)	-
Counselling Services	-	(1,880)	(1,880)
Lloyds Enable	-	(7,200)	(7,200)
National Lottery CYP	21,243	(22,940)	(1,697)
Lloyds Foundation	27,250	-	27,250
Core Restricted Fund	8,188	-	8,188
Mental Health Service Improvement Fund	28,051	(28,051)	-
	255,976	(188,673)	67,303
TOTAL FUNDS	321,687	(190,252)	131,435

continued...

8. MOVEMENT IN FUNDS - continued

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

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General Fund	39,099	102,854	(18,250)	123,703
Contingency Fund	45,000	-	50,000	95,000
Project Continuation Fund	-	-	45,000	45,000
	84,099	102,854	76,750	263,703
Restricted funds				
Swansea Bay University Health Board	-	49,000	(49,000)	-
Mind	22,314	45,098	(36,650)	30,762
Counselling Services	25,290	(6,036)	17,000	36,254
Lloyds Enable	7,200	(7,200)	-	-
National Lottery CYP	26,697	(26,697)	-	-
Lloyds Foundation	-	52,250	(52,250)	-
Core Restricted Fund	200,000	8,188	59,000	267,188
Mental Health Service Improvement Fund	-	10,000	(10,000)	-
B&Q Foundation	-	3,250	-	3,250
Shared Prosperity	-	18,375	(4,850)	13,525
	281,501	146,228	(76,750)	350,979
TOTAL FUNDS	365,600	249,082	-	614,682

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	130,626	(27,772)	102,854
Restricted funds			
Swansea Bay University Health Board	167,313	(118,313)	49,000
Mind	217,800	(172,702)	45,098
Austin Bailey Grant	5,250	(5,250)	-
Counselling Services	-	(6,036)	(6,036)
Lloyds Enable	-	(7,200)	(7,200)
National Lottery CYP	21,243	(47,940)	(26,697)
Lloyds Foundation	52,250	-	52,250
Core Restricted Fund	8,188	-	8,188
Mental Health Service Improvement Fund	81,701	(71,701)	10,000
B&Q Foundation	7,500	(4,250)	3,250
Shared Prosperity	32,450	(14,075)	18,375
	593,695	(447,467)	146,228
TOTAL FUNDS	724,321	(475,239)	249,082

Purpose of restricted funds
Swansea Bay University Health Board - To be used for the provision of well being and support services

Mind - To be used for sustainability and growth

continued...

8. MOVEMENT IN FUNDS - continued

Austin Bailey Grant - To be used for administration

Counselling Service - To fund the further development of the counselling services

Lloyds Enable - To fund business/stability development work

National Lottery Community Fund - To be used for the young person's project

Designated reserve - Contingency
The charity aims to build this fund up to £95,000 over the next few years. In the event of the charity being wound up this fund would cover six months core operating costs allowing for the proper closure of the charity.

Core Restricted Fund
The trustees previously carried out a review of funds built up by the charity and decided that where funding had been received for core costs this should be treated as restricted until spent.

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

SWANSEA MIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	54,389	61,939
Investment income		
Deposit account interest	10,526	3,772
Charitable activities		
Grants	337,719	255,976
Total incoming resources	402,634	321,687
EXPENDITURE		
Charitable activities		
Wages	197,103	133,826
Pensions	24,056	15,512
Rates and water	289	205
Insurance	5,290	3,789
Light and heat	1,903	1,654
Telephone	4,278	4,343
Admin, postage & stationery	6,103	2,278
Advertising	916	-
Sundries	300	-
Information and educational materials	-	13
Computer upgrades	2,787	1,656
Centre/drop-in	9,964	6,383
Travel expenses	1,236	947
Training and conferences	10,645	2,296
Rent	6,163	6,527
Building maintenance	7,237	3,870
Counselling	2,321	1,100
Consultancy	700	2,100
	281,291	186,499
Support costs		
Governance costs		
Accountancy and legal fees	3,696	3,753
Total resources expended	284,987	190,252
Net income	117,647	131,435

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SWANSEA MIND

Independent examiner's report to the trustees of Swansea Mind
I report to the charity trustees on my examination of the accounts of Swansea Mind (the Trust) for the year ended 31 March 2024.

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').

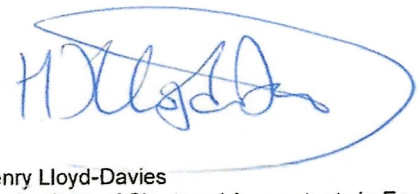
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

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

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Henry Lloyd-Davies
The Institute of Chartered Accountants in England and Wales

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 10/10/2024

SWANSEA MIND

England & Wales - Charity number 1184072

Accounts

mind Swansea Abertawe

Annual Report 2022 - 2023

Swansea Mind Registered Charity Number 1184072
Affiliated to Mind (National Mental Health Charity)
66 St Helens Road, Swansea, SA1 4BE
Tel: 01792 642999

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One to one work with adults

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Acknowledgements

mind Swansea Abertawe

About Swansea Mind

Mission Statement

About us:

We're Swansea Mind, we won't give up until everyone with a mental health problem gets both support and respect. We provide advice and support to empower anyone experiencing a mental health problem; we have been supporting individuals with mental health problems in Swansea since 1963.

Our Mission:

Open	We reach out to anyone that needs us.
Together	We're stronger in partnership.
Responsive	We listen, we act.
Independent	We speak out fearlessly.

mind Swansea Abertawe

Trustees and Staff

Trustees

Chairperson	Tony Condon
Vice Chair	Julian Williams
Treasurer	Stuart Elphick
Executive members	Dave Lowson
	Karol Kalna

Staff

Director	Emma James
Volunteer Coordinator	Saara Rasaanen
Young Person's Worker	Yein Pang
Active Monitoring Practitioners	Grazia Troiano
	Nour Qarmarsh

mind Swansea Abertawe

Public Benefit & Chair's Report

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings. We continue to provide services for people with mental health problems and have an open-door policy that means that any member of the public can access our service.

We welcome anyone regardless of personal background, faith or gender.

A. Condon

Signed:
Chair of Trustees

Date: 13/11/23

mind Swansea Abertawe

Chair's Report

This year all services were back to normal after the changes made during the pandemic. Some services had already been adapted to be a mix of face to face and telephone based where users showed a preference to continue with the arrangements put in place during the pandemic. Active Monitoring continued to be used to good effect to support service users in managing their mental health. It is a tribute to all the staff and volunteers that services were adapted to post pandemic conditions without disruption to the essential work carried out by Swansea Mind.

The Board of Trustees met regularly by Zoom and reviewed the changes made to services and the recommencing of projects that had been put on hold. In respect of the latter, the recruitment of staff was difficult in the post pandemic environment due to fierce competition for high quality experienced staff. The Board agreed changes to reward packages and non-financial benefits to support the Director's recruitment activity. The Board also reviewed governance and policy to ensure that policies were fit for purpose.

The financial position of the charity was kept under review due to the difficulties in recruitment but were not adversely affected as a result of continuing strong support from funders and donors. The anticipated tendering of Swansea Bay University Health Board mental health services did not take place during the year and it remains unclear how this will be taken forward in 2023/24. The composition of the Board did not change during the year.

Looking forward, the aim is to continue to seek good recruits for projects that were held up by the pandemic. During spring and summer of 2023, the recruitment market appeared to ease and there was good progress in bringing in new recruits. There will also be challenges from the anticipated changes in the funding of the charity by SBUHB and the Board will be seeking clarity on how this is to be taken forward. However, the charity is well placed with the experience of its staff and its healthy financial position to face up to these challenges.

Director's Report

2023/2024 was beset with challenges from a post-pandemic world. This hit Swansea Mind most significantly in the area of recruitment and it was extraordinarily difficult to recruit for quite some time. That said, this particular challenge now appears to have abated.

The uncertainty around Swansea Bay University Health Board restructuring continues which has an impact across all our services and particularly around development.

Despite these issues, Swansea Mind has continued to thrive throughout 2023/2024. Active monitoring is still going strong across adult and young people populations. We worked closely with schools to develop our young people's service and going forward will be taking this service into GP surgeries. Counselling has also gone from strength to strength with both paid and trainee volunteer counsellors. We have developed new groups for adults including anger management and neurodiversity both of which have been immensely popular. Our telephone information helpline continues to be manned be a strong and capable group of volunteers to whom we are forever grateful.

The staff team has now solidified after the aforementioned recruitment issues and is an extremely adaptive and skillful team. People are at the forefront of everything we do and we don't ever forget our staff and volunteers are of paramount importance to us being able to support the people of Swansea with their mental health.

Active Monitoring Report

Introduction:

We are pleased to provide an update on the Active Monitoring self-help programme, aimed at individuals with mild to moderate mental health issues. The programme offers practical exercises to help service users better understand and manage their emotions. We receive referrals from various sources, including GPs, third-sector organizations, Probation service, and Social Service, while individuals are also able to self-refer.

Programme Details:

The Active Monitoring programme is delivered by two full-time and one part-time Active Monitoring Practitioners, available Monday to Friday from 9 am to 5 pm. Sessions can be conducted face-to-face or remotely, based on the client's preference. Clients can choose from a selection of seven main pathways, depending on their specific needs. These pathways include Anxiety, Depression, Feeling Alone, Self-Esteem, Loss, Anger Management, and Stress.

Client Assessments:

From April 1st, 2022, until March 31st, 2023, a total of 772 clients were assessed by our practitioners. Out of these, 730 individuals successfully completed the programme, reaching the 5th or 6th session.

Measuring Changes in Wellbeing:

Throughout the programme, our practitioners consistently assess service users for measurable changes in wellbeing to determine the effectiveness of the support provided. We utilize three wellbeing measures: the Warwick-Edinburgh Mental Wellbeing Scale, GAD7, and PHQ9.

Breakdown of Wellbeing Measures:

Short Version Warwick-Edinburgh Mental Wellbeing Scale: This scale generates a score between 7 and 35, with a higher score indicating a better state of wellbeing. Out of 260 service users who completed the scale:

86.7% experienced an improvement in wellbeing (higher scores compared to the last assessment).

1.9% showed no change in their scores.

11.4% experienced a decline in their wellbeing (lower scores).

GAD7 (Generalized Anxiety Disorder 7): This instrument measures the presence and severity of generalized anxiety. The scores range from 0 to 21, with a lower score indicating improved mental wellbeing. Out of 260 service users who completed the scale:

88.4% experienced an improvement in mental wellbeing (lower scores compared to the start of the programme).

3.5% showed no improvement in their scores.

8.1% experienced a decline in their mental wellbeing (higher scores).

PHQ9 (Patient Health Questionnaire-9): The PHQ9 measures the presence and severity of depression. Scores range from 0 to 27, with a lower score indicating improved mental wellbeing. Out of 260 service users who completed the scale:

88.1% experienced an improvement in mental wellbeing (lower scores compared to the last assessment).

8.8% experienced a deterioration in their mental wellbeing (higher scores).

3.1% showed no improvement in their scores.

Positive Feedback from Service Users:

To gather valuable feedback, we implemented a feedback form for service users who completed the programme. Here are some of the positive comments we received:

"My practitioner was really great, really easy to talk to. Felt comfortable talking to him. He was a great help."

"The programme and my practitioner have been extremely helpful in a tricky moment of my life. I have recommended it to my friends and would recommend it to more people if it were available all across the UK."

"My practitioner has been a huge support to me. She helped me realize how much I was achieving despite being incredibly stressed and overwhelmed."

"I cannot thank my practitioner enough for the support over the last few weeks. He's helped me realize so many things about myself."

"This service has helped me overcome my anxiety and manage my day-to-day life better."

Programme Outcomes:

The current results indicate positive changes in wellbeing across all measures. Clients who successfully completed the programme after five or six sessions reported that the structure and regular practitioner calls kept them motivated. Furthermore, these clients developed a heightened awareness of their mental health needs and gained the ability to determine if they require additional structured support or if they can manage their wellbeing independently.

Conclusion:

The Active Monitoring self-help programme continues to make a significant impact on the mental wellbeing of our service users. The positive feedback and measurable improvements demonstrate the effectiveness of the programme in helping individuals better understand and manage their emotions. We remain committed to providing ongoing support and promoting mental health in our community.

Volunteering

We in Swansea Mind value our wide range of volunteers. Wellbeing, befriending and admin volunteers as well as student counsellor teams enhance the charity's service provision by supporting our service users and helping the staff with running of the weekly support services. From April 2022 to March 2023 we have had 34 volunteers and 11 student counsellors volunteering with our charity. Current active volunteer numbers are 17 wellbeing volunteers and 7 student counsellors.

All our volunteers go through a recruitment and induction process before starting their volunteer journey with us. References and DBS checks are also done to make sure that the applicant fits the role they are applying for. We ask for a minimum of 6 months commitment from volunteers and match the roles with every applicant's skills, strengths, interests and development goals. Training opportunities are offered in consideration of the roles and individual needs. The volunteer rota is designed around our weekly services and volunteer availability. Most of our volunteers are on courses or work as well as volunteer. We aim to stay flexible to accommodate any requests with volunteering hours when possible. Some volunteers have taken breaks and have returned to us after their schedules have allowed.

Volunteering roles:

Admin volunteers support the staff team with running of the office by helping with administrative tasks. Main responsibilities are answering service user's enquiries over the phone and by email; telling callers about Swansea Mind services, booking people to weekly groups or making initial appointment reservations, and signposting to other agencies when appropriate. Volunteers use Google Workspace and log all the interactions with service users to Lamplight online database.

Wellbeing volunteers support staff with running of the weekly peer support groups and a walking group, delivering both emotional and practical support for the service users.

Befrienders talk on the phone with service users who have requested to be contacted weekly or fortnightly. Some of the service users have accessed other services, some feel they might benefit from a regular call from a friendly volunteer. The befriending service can also offer support to service users who have difficulties leaving their homes for different reasons.

Many volunteers do a mixture of the roles explained above. Some of our long term volunteers implement other tasks also; initial assessments, more involved group work, mentoring other volunteers by taking on new volunteers for shadowing shifts and helping them settle into their new roles.

Placement opportunities

Our charity offers placement opportunities for student counsellors throughout the year. Working together with local universities has proven to be a great channel for receiving applications but as we advertise the placements on social media and other platforms as well, we do get interest through other counselling courses as well.There are specific requirements for student counsellors. All details are checked carefully after a successful placement interview and references.

To ensure that all student counsellors receive appropriate support whilst on placement, and for good practise, we organise free group or one to one supervision monthly, with a BACP registered clinical supervisor. All student counsellors are also offered monthly catch ups with our own counsellor, in-house training, and ongoing support from the staff team.

Depending on the client's needs we allocate them to our counsellors for in person, online or phone counselling appointments. Counselling cost for the clients are set taking into account individual's income. Lower prices and free counselling is available for clients who couldn't afford the service otherwise.

CYP Resilience Work

Introduction:

Active Monitoring for Young People is an early intervention service designed to support mental wellbeing as soon as it is needed. It involves five short sessions with a trained practitioner, during which the practitioner listens to the young person's needs and collaborates with them to develop a personalized wellbeing toolkit. A wellbeing toolkit consists of a collection of mental health tools that work best to maintain an individual's wellbeing. Active Monitoring for Young People has been developed in consultation with young people and their trusted adults. We receive referrals from the pastoral teams of comprehensive schools.

Programme Details:

Over the past year, two part-time practitioners have delivered the CYP Active Monitoring programme for a limited period of 17 weeks. The sessions have been conducted face-to-face in four comprehensive schools. Clients have the option to choose from a selection of different resources, including topics such as Loss, Anger, Fight, Flight or Freeze, Low Mood, Self-esteem, Anxiety and Stress, Worrying and Unhelpful Thinking, and Five Ways to Wellbeing.

Measuring Changes in Wellbeing:

Throughout the programme, our practitioners consistently assess service users to determine the effectiveness of the support provided and measure changes in wellbeing. We utilize two wellbeing measures: the Warwick-Edinburgh Mental Wellbeing Scale and the Strengths and Difficulties Questionnaire (SDQ).

Programme Outcomes:

The current results indicate positive changes in wellbeing across all measures. Clients who successfully completed the programme after five or six sessions reported that the structure and regular practitioner calls kept them motivated. Furthermore, these clients developed a heightened awareness of their mental health.

Conclusion:

The CYP Active Monitoring self-help programme has a significant impact on the mental wellbeing of our service users. The measurable improvements demonstrate the effectiveness of the programme in helping individuals gain a better understanding of their emotions, develop effective coping strategies, and prevent the development of serious mental health issues.

One to one work

Client and Practitioner One-to-one Resilience Work.

The aim of the 1-2-1 approach is to provide personalised support and interventions that facilitate the development of resilience in individuals facing mental health challenges. By enhancing their ability to adapt, cope, and recover from adversity, the goal is to promote emotional well-being, build rapport between service users and the organisation, and equip individuals with effective strategies to navigate difficulties.

Purpose of 1-2-1 Resilience Work:

The purpose of 1-2-1 resilience work in a mental health organisation is to offer individualised support and interventions to help individuals facing mental health challenges build resilience. This approach aims to empower individuals, enhance their emotional well-being, and provide them with the necessary strategies and services to navigate and overcome adversity - all in the pursuit of client autonomy. By focusing on the unique needs of each individual, the purpose is to foster personal growth, promote mental health recovery, and improve overall well-being.

Intended Outcomes of 1-2-1 Resilience Work:

Enhanced Resilience: The primary intended outcome of 1-2-1 resilience work is to enhance an individual's resilience. By providing personalised support and interventions, individuals are empowered to develop the skills and strategies necessary to adapt and cope with adversity effectively. The goal is to foster resilience, enabling individuals to bounce back from challenges, maintain emotional well-being, and thrive despite difficulties.

Improved Coping Mechanisms: Through the resilience work, individuals are supported, and provided with materials that focus on developing and practising adaptive coping mechanisms. The intended outcome is to equip individuals with a repertoire of effective coping strategies such as stress management techniques, relaxation exercises, mindfulness practices, and problem-solving skills. By enhancing their coping mechanisms, individuals can better manage stress, regulate emotions, and navigate challenging situations.

Increased Emotional Well-being: Another key intended outcome of 1-2-1 resilience work is to improve an individual's emotional well-being. By providing emotional support and creating a safe space for expression, mental health professionals help individuals process their feelings, concerns, and fears. The aim is to foster emotional healing, reduce distress, and promote a sense of well-being and emotional balance.

Personal Growth and Recovery: 1-2-1 resilience work aims to support individuals in their personal growth and mental health recovery journey. The intended outcome is to facilitate positive changes, empower individuals to overcome challenges, and promote their overall well-being. By providing personalised support and interventions, the resilience work contributes to individuals' progress towards a healthier and more fulfilling life.

In conclusion, 1-2-1 resilience work within Swansea Mind serves the purpose of providing individualised support and interventions to help individuals build resilience - whilst providing a safe space to confront uncomfortable emotions or behaviours. By tailoring the interventions to meet the unique needs of each service user, the resilience work plays a crucial role in empowering individuals to take control of their well-being.

Information Report

We continue to offer high levels of support to all our service users both online and over the phone. We provide our information digitally or we also post information to our digitally excluded service users.

Telephone Information

Our Telephone Information Service provides a confidential service for people enquiring about a whole range of mental health issues, problems and services available. Often the caller is in severe distress and seeking support. Although we are not a crisis service, nor are our telephone support staff trained counsellors, we are able to lend a listening ear, value the caller, be non-judgmental, and provide them with the information they need to make informed choices about their own lives. When no staff are available there is an answerphone operating at all times.

We offer a telephone befriending service in which our befriending volunteers call service users on a weekly basis to check-in on them. This provides them with a consistent service when they are experiencing isolation.

mind Swansea Abertawe

Website, Social Media and Email Support

Swansea Mind's website is: swanseamind.org.uk
The website contains information about Swansea Mind, opening times, details on all the current services available, how to make a referral, as weII as where people can access more immediate crisis support.

Our email address is: admin@swanseamind.org.uk
As weII as having a direct email address, we also have a presence across social media platforms such as Twitter, Facebook and Instagram. Some of our service users find emailing an easier way to ask for support, but it has also been crucial in allowing us to provide digital resources to our service users.

mind Swansea Abertawe

Swansea Mind would like to thank the following:

Swansea Bay University Health Board
The National Lottery Community Fund
All those who have made donations to Swansea Mind
James Hook and James HookTestimonial supporters
Trustees, Staff and Volunteers at Swansea Mind
Mental Health Forum and SCVS
Lloyds Foundation
Mind and Mind Cymru
Charity Commission
Austin Bailey Foundation
Swansea Bay Regional Integrated Fund
Welsh Government
Bevan and Buckland Chartered Accountants

mind Swansea Abertawe

REGISTERED CHARITY NUMBER: 1184072

UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2023

FOR

SWANSEA MIND

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

SWANSEA MIND

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FOR THE YEAR ENDED 31 MARCH 2023

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SWANSEA MIND

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2023

TRUSTEES	T Condon (Chair) D Lowson S Elphick K Kalna J Williams
PRINCIPAL ADDRESS	66 St Helens Road Swansea SA1 4BE
REGISTERED CHARITY NUMBER	1184072
INDEPENDENT EXAMINER	Bevan Buckland LLP Ground Floor Cardigan House Castle Court Swansea Enterprise Park Swansea SA7 9LA

SWANSEA MIND

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives

The objectives of the Swansea Mind are to provide support and services to those with conditions of emotional or mental distress requiring advice or treatment, in association with National Mind and in accordance with the aims and objectives of National Mind.

To this end, the charity provides active monitoring (supported self-help), services for children and young people, information, and self-help groups designed to benefit the public.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

FINANCIAL REVIEW

Financial performance

Swansea Mind reports a surplus of £131,455 for 2022/23 largely due to generous donations and delays in spending on projects caused by difficulty in recruiting staff in the post pandemic period.

Reserves

Swansea Mind uses unrestricted reserves to support charitable activities while ensuring its own financial sustainability. In respect of charitable activities, an amount of £45,000 has been designated to continue support for a project where funding will come to an end in the next financial year.

In respect of financial stability, the charity has identified the need for a contingency fund and sets aside unrestricted reserves for unexpected events. The contingency fund holds £95,000 representing six months' worth of core operating costs to allow for the orderly closure of the charity if that situation should arise. In the short term the contingency fund also provides cover for short term costs relating to redundancy, maternity leave, property repairs and planning for a change of property (estimated to be £20,000).

The charity reviews the contingency fund annually to determine if changes are required in respect of increased turnover or changes to cost estimates.

Change in Funding

The charity is aware that there is likely to be a significant change to the way in which it is funded by the local Health Board in 2023/24 and beyond (delayed from 2020/21 due to COVID-19). At the start of the tendering process in 2020/21 a transition plan was drawn up to enable the charity to adapt to a new funding profile. At the same time a fund to support the change was identified comprising restricted funding for core costs received from projects over several years. The purpose of the fund is to support changes to the funding profile of the charity and it is expected that it will be released back to the general fund over a period of two to three years following the change to cover any shortfall in funding of core costs from the Health Board. The fund will be reviewed annually to identify surplus funds that could be released to support charitable activities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes a charitable incorporated organisation (CIO).

Organisational structure

The Charity is guided and overseen by an Executive Committee (Voluntary Trustees) who meet on a regular basis and managed by a CEO with a small team of staff who run the organisation on a day to day basis.

Approved by order of the board of trustees on 13th November 2023 and signed on its behalf by:

Tony Condon

T Condon - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SWANSEA MIND

Independent examiner's report to the trustees of Swansea Mind
I report to the charity trustees on my examination of the accounts of Swansea Mind (the Trust) for the year ended 31 March 2023.

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').

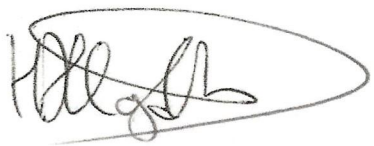
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement
Since your charity's gross income exceeded £250;000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Henry Lloyd-Davies
The Institute of Chartered Accountants in England and Wales

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 13/11/2023

SWANSEA MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		61,939	-	61,939	22,849
Charitable activities					
Charitable activities		-	255,976	255,976	238,917
Investment income	2	3,772	-	3,772	300
Total		65,711	255,976	321,687	262,066
EXPENDITURE ON					
Charitable activities					
Charitable activities		1,559	188,673	190,232	202,141
NET INCOME		64,152	67,303	131,455	59,925
RECONCILIATION OF FUNDS					
Total funds brought forward		84,099	281,501	365,600	305,675
TOTAL FUNDS CARRIED FORWARD		148,251	348,804	497,055	365,600

The notes form part of these financial statements

SWANSEA MIND

BALANCE SHEET
31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
CURRENT ASSETS					
Debtors	6	1,313	-	1,313	1,196
Cash at bank and in hand		149,742	348,804	498,546	366,973
		151,055	348,804	499,859	368,169
CREDITORS					
Amounts falling due within one year	7	(2,824)	-	(2,824)	(2,569)
NET CURRENT ASSETS		148,231	348,804	497,035	365,600
TOTAL ASSETS LESS CURRENT LIABILITIES		148,231	348,804	497,035	365,600
NET ASSETS		148,231	348,804	497,035	365,600
FUNDS	8				
Unrestricted funds				148,231	84,099
Restricted funds				348,804	281,501
TOTAL FUNDS				497,035	365,600

The financial statements were approved by the Board of Trustees and authorised for issue on ..... and were signed on its behalf by:

.....
T Condon - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds,any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Donations, are recognised when the Trust has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

Irrecoverable VAT
Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

Financial instruments
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Interest receivable
Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

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

Fund accounting
Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for any other purposes.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes falling in future time periods.

Restricted funds are funds subject to specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

continued...

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	3,772	300

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

4. STAFF COSTS

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

	2023	2022
Management	2	2
Administration	1	1
Project worker	4	4
	7	7

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

continued...

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	22,849	-	22,849
Charitable activities			
Charitable activities	10,427	228,490	238,917
Investment income	300	-	300
Total	33,576	228,490	262,066
EXPENDITURE ON			
Charitable activities			
Charitable activities	5,507	196,634	202,141
NET INCOME	28,069	31,856	59,925
Transfers between funds	(30,000)	30,000	-
Net movement in funds	(1,931)	61,856	59,925
RECONCILIATION OF FUNDS			
Total funds brought forward	86,030	219,645	305,675
TOTAL FUNDS CARRIED FORWARD	84,099	281,501	365,600

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Prepayments and accrued income	1,313	1,196

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Accrued expenses	2,824	2,569

continued...

8. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General Fund	39,099	64,132	(95,000)	8,231
Contingency Fund	45,000	-	50,000	95,000
Project Continuation Fund	-	-	45,000	45,000
	84,099	64,132	-	148,231
Restricted funds				
Mind	22,314	42,642	-	64,956
Counselling Services	25,290	(1,880)	-	23,410
Lloyds Enable	7,200	(7,200)	-	-
National Lottery CYP	26,697	(1,697)	-	25,000
Lloyds Foundation	-	27,250	-	27,250
Core Restricted Fund	200,000	8,188	-	208,188
	281,501	67,303	-	348,804
TOTAL FUNDS	365,600	131,435	-	497,035

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	65,711	(1,579)	64,132
Restricted funds			
Swansea Bay University Health Board	82,016	(82,016)	-
Mind	86,728	(44,086)	42,642
Austin Bailey Grant	2,500	(2,500)	-
Counselling Services	-	(1,880)	(1,880)
Lloyds Enable	-	(7,200)	(7,200)
National Lottery CYP	21,243	(22,940)	(1,697)
Lloyds Foundation	27,250	-	27,250
Core Restricted Fund	8,188	-	8,188
Transformation Fund	28,051	(28,051)	-
	255,976	(188,673)	67,303
TOTAL FUNDS	321,687	(190,252)	131,435

continued...

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General Fund	41,030	28,069	(30,000)	39,099
Contingency Fund	45,000	-	-	45,000
	86,030	28,069	(30,000)	84,099
Restricted funds				
Mind	14,268	8,046	-	22,314
Counselling Services	25,290	-	-	25,290
Lloyds Enable	7,200	-	-	7,200
National Lottery CYP	9,321	17,376	-	26,697
C4B (CYP)	2,499	(2,499)	-	-
Community Fund in Wales	9,697	(9,697)	-	-
Lloyds Foundation	1,370	(1,370)	-	-
Core Restricted Fund	150,000	20,000	30,000	200,000
	219,645	31,856	30,000	281,501
TOTAL FUNDS	305,675	59,925	-	365,600

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	33,576	(5,507)	28,069
Restricted funds			
Swansea Bay University Health Board	82,016	(82,016)	-
Mind	41,176	(33,130)	8,046
Austin Bailey Grant	2,833	(2,833)	-
National Lottery CYP	27,684	(10,308)	17,376
C4B (CYP)	-	(2,499)	(2,499)
Community Fund in Wales	-	(9,697)	(9,697)
National Lottery Digital	23,855	(23,855)	-
Lloyds Foundation	-	(1,370)	(1,370)
Core Restricted Fund	20,000	-	20,000
Transformation Fund	30,926	(30,926)	-
	228,490	(196,634)	31,856
TOTAL FUNDS	262,066	(202,141)	59,925

continued...

8. MOVEMENT IN FUNDS - continued

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

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General Fund	41,030	92,201	(125,000)	8,231
Contingency Fund	45,000	-	50,000	95,000
Project Continuation Fund	-	-	45,000	45,000
	86,030	92,201	(30,000)	148,231
Restricted funds				
Mind	14,268	50,688	-	64,956
Counselling Services	25,290	(1,880)	-	23,410
Lloyds Enable	7,200	(7,200)	-	-
National Lottery CYP	9,321	15,679	-	25,000
C4B (CYP)	2,499	(2,499)	-	-
Community Fund in Wales	9,697	(9,697)	-	-
Lloyds Foundation	1,370	25,880	-	27,250
Core Restricted Fund	150,000	28,188	30,000	208,188
	219,645	99,159	30,000	348,804
TOTAL FUNDS	305,675	191,360	-	497,035

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	99,287	(7,086)	92,201
Restricted funds			
Swansea Bay University Health Board	164,032	(164,032)	-
Mind	127,904	(77,216)	50,688
Austin Bailey Grant	5,333	(5,333)	-
Counselling Services	-	(1,880)	(1,880)
Lloyds Enable	-	(7,200)	(7,200)
National Lottery CYP	48,927	(33,248)	15,679
C4B (CYP)	-	(2,499)	(2,499)
Community Fund in Wales	-	(9,697)	(9,697)
National Lottery Digital	23,855	(23,855)	-
Lloyds Foundation	27,250	(1,370)	25,880
Core Restricted Fund	28,188	-	28,188
Transformation Fund	58,977	(58,977)	-
	484,466	(385,307)	99,159
TOTAL FUNDS	583,753	(392,393)	191,360

Purpose of restricted funds
Swansea Bay University Health Board - To be used for the provision of well being and support services

Mind - To be used for sustainability and growth

Austin Bailey Grant - To be used for administration

continued...

8. MOVEMENT IN FUNDS - continued

Counselling Service - To fund the further development of the counselling services

Lloyds Enable - To fund business/stability development work

National Lottery Community Fund - To be used for the young person's project

Designated reserve - Contingency
The charity aims to build this fund up to £70,000 over the next few years. In the event of the charity being wound up this fund would cover six months core operating costs allowing for the proper closure of the charity.

Core Restricted Fund
The trustees previously carried out a review of funds built up by the charity and decided that where funding had been received for core costs this should be treated as restricted until spent.

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

SWANSEA MIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	61,939	22,849
Investment income		
Deposit account interest	3,772	300
Charitable activities		
Grants	255,976	238,917
Total incoming resources	321,687	262,066
EXPENDITURE		
Charitable activities		
Wages	133,826	150,123
Pensions	15,512	12,570
Rates and water	205	132
Insurance	3,789	2,231
Light and heat	1,654	1,724
Telephone	4,343	4,200
Admin, postage & stationery	2,278	1,592
Sundries	-	46
Information and educational materials	13	17
Computer upgrades	1,656	1,753
Centre/drop-in	6,383	2,203
Travel expenses	947	282
Training and conferences	2,296	8,272
Rent	6,527	5,000
Building maintenance	3,870	8,177
Counselling	1,100	-
Consultancy	2,100	504
	186,499	198,826
Support costs		
Governance costs		
Accountancy and legal fees	3,753	3,315
Total resources expended	190,252	202,141
Net income	131,435	59,925

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SWANSEA MIND

Independent examiner's report to the trustees of Swansea Mind
I report to the charity trustees on my examination of the accounts of Swansea Mind (the Trust) for the year ended 31 March 2023.

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').

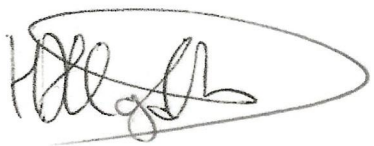
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

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

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Henry Lloyd-Davies
The Institute of Chartered Accountants in England and Wales

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 13/11/2023

SWANSEA MIND

England & Wales - Charity number 1184072

Accounts

REGISTERED CHARITY NUMBER: 1184072

UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2022

FOR

SWANSEA MIND

Bevan Buckland LLP
Ground Floor
Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

SWANSEA MIND

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FOR THE YEAR ENDED 31 MARCH 2022

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SWANSEA MIND

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2022

TRUSTEES	T Condon (Chair) D Lowson S Elphick K Kalna J Williams
PRINCIPAL ADDRESS	66 St Helens Road Swansea SA1 4BE
REGISTERED CHARITY NUMBER	1184072
INDEPENDENT EXAMINER	Bevan Buckland LLP Ground Floor Cardigan House Castle Court Swansea Enterprise Park Swansea SA7 9LA

SWANSEA MIND

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives

The objectives of the Association shall be to promote the preservation of conditions of emotional or mental distress requiring advice or treatment, in association with Mind, in accordance with the aims and objectives of Mind. To this end, the charity provides drop in services, social activities, information, and self help groups designed to benefit the public. The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

FINANCIAL REVIEW

Reserves policy

Swansea Mind is aware that there is likely to be a significant change to the way in which it is funded in 2022/23 (delayed from 2020/21 due to COVID-19) and beyond. A transition plan has been drawn up in which funding received in previous years to cover management costs will be used after 2021/22 to cover the prospective shortfall in funding of core costs. A funded core costs reserve has been designated for this purpose and will be released back to the general fund over a three year period following a change to core funding.

The charity has also identified the need for a contingency fund. In the event of the charity being wound up this fund would cover six months core operating costs allowing for the proper closure of the charity. The charity reviews this fund annually to determine when it needs to be increased.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes a charitable incorporated organisation (CIO).

Organisational structure

The Charity is guided and overseen by an Executive Committee (Voluntary Trustees) who meet on a regular basis and managed by a CEO with a small team of staff who run the organisation on a day to day basis

Approved by order of the board of trustees on 29 November 2022 and signed on its behalf by:

T Condon - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SWANSEA MIND

Independent examiner's report to the trustees of Swansea Mind
I report to the charity trustees on my examination of the accounts of Swansea Mind (the Trust) for the year ended 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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

Henry Lloyd-Davies
Institute of Chartered Accountants in England and Wales
Bevan Buckland LLP
Ground Floor
Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

14 December 2022

SWANSEA MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		22,849	-	22,849	257,805
Charitable activities					
Charitable activities		10,427	228,490	238,917	239,546
Investment income	2	300	-	300	207
Total		33,576	228,490	262,066	497,558
EXPENDITURE ON					
Charitable activities					
Charitable activities		5,507	196,634	202,141	191,883
NET INCOME		28,069	31,856	59,925	305,675
Transfers between funds	8	(30,000)	30,000	-	-
Net movement in funds		(1,931)	61,856	59,925	305,675
RECONCILIATION OF FUNDS					
Total funds brought forward		86,030	219,645	305,675	-
TOTAL FUNDS CARRIED FORWARD		84,099	281,501	365,600	305,675

The notes form part of these financial statements

SWANSEA MIND

BALANCE SHEET
31 MARCH 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
CURRENT ASSETS					
Debtors	6	1,196	-	1,196	23,304
Cash at bank and in hand		85,472	281,501	366,973	285,479
		86,668	281,501	368,169	308,783
CREDITORS					
Amounts falling due within one year	7	(2,569)	-	(2,569)	(3,108)
NET CURRENT ASSETS		84,099	281,501	365,600	305,675
TOTAL ASSETS LESS CURRENT LIABILITIES		84,099	281,501	365,600	305,675
NET ASSETS		84,099	281,501	365,600	305,675
FUNDS	8				
Unrestricted funds				84,099	86,030
Restricted funds				281,501	219,645
TOTAL FUNDS				365,600	305,675

The financial statements were approved by the Board of Trustees and authorised for issue on 29 November 2022 and were signed on its behalf by:

T Condon - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds,any performance conditions attached to the item(s) of income have been met, it is probable that
the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Donations, are recognised when the Trust has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

Irrecoverable VAT
Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

Financial instruments
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Interest receivable
Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

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

Fund accounting
Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for any other purposes.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes falling in future time periods.

Restricted funds are funds subject to specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

continued...

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	300	207

3. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

4. STAFF COSTS

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

	2022	2021
Management	2	1
Administration	1	-
Project worker	4	4
	7	5

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

continued...

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	69,552	188,253	257,805
Charitable activities			
Charitable activities	8,585	230,961	239,546
Investment income	207	-	207
Total	78,344	419,214	497,558
EXPENDITURE ON			
Charitable activities			
Charitable activities	4,198	187,685	191,883
NET INCOME	74,146	231,529	305,675
Transfers between funds	11,884	(11,884)	-
Net movement in funds	86,030	219,645	305,675
TOTAL FUNDS CARRIED FORWARD	86,030	219,645	305,675

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Prepayments and accrued income	1,196	23,304

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Other creditors	-	586
Accrued expenses	2,569	2,522
	2,569	3,108

continued...

8. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General Fund	41,030	28,069	(30,000)	39,099
Contingency Fund	45,000	-	-	45,000
	86,030	28,069	(30,000)	84,099
Restricted funds				
Mind	14,268	8,046	-	22,314
Counselling Services	25,290	-	-	25,290
Lloyds Enable	7,200	-	-	7,200
National Lottery CYP	9,321	17,376	-	26,697
C4B (CYP)	2,499	(2,499)	-	-
Community Fund in Wales	9,697	(9,697)	-	-
Lloyds Foundation	1,370	(1,370)	-	-
Core Restricted Fund	150,000	20,000	30,000	200,000
	219,645	31,856	30,000	281,501
TOTAL FUNDS	305,675	59,925	-	365,600

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	33,576	(5,507)	28,069
Restricted funds			
Swansea Bay University Health Board	82,016	(82,016)	-
Mind	41,176	(33,130)	8,046
Austin Bailey Grant	2,833	(2,833)	-
National Lottery CYP	27,684	(10,308)	17,376
C4B (CYP)	-	(2,499)	(2,499)
Community Fund in Wales	-	(9,697)	(9,697)
National Lottery Digital	23,855	(23,855)	-
Lloyds Foundation	-	(1,370)	(1,370)
Core Restricted Fund	20,000	-	20,000
Transformation Fund	30,926	(30,926)	-
	228,490	(196,634)	31,856
TOTAL FUNDS	262,066	(202,141)	59,925

continued...

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds			
General Fund	29,146	11,884	41,030
Contingency Fund	45,000	-	45,000
	74,146	11,884	86,030
Restricted funds			
Mind	14,268	-	14,268
Counselling Services	25,290	-	25,290
Lloyds Enable	7,200	-	7,200
National Lottery CYP	11,574	(2,253)	9,321
National Lottery Covid Response	(429)	429	-
C4B (CYP)	5,662	(3,163)	2,499
Mind Active Monitoring	4,952	(4,952)	-
Community Fund in Wales	9,697	-	9,697
Tier 0 (NPTCVS)	1,945	(1,945)	-
Lloyds Foundation	1,370	-	1,370
Core Restricted Fund	150,000	-	150,000
	231,529	(11,884)	219,645
TOTAL FUNDS	305,675	-	305,675

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	33,344	(4,198)	29,146
Contingency Fund	45,000	-	45,000
	78,344	(4,198)	74,146
Restricted funds			
Swansea Bay University Health Board	82,016	(82,016)	-
Mind	18,992	(4,724)	14,268
Austin Bailey Grant	6,000	(6,000)	-
Counselling Services	25,435	(145)	25,290
Lloyds Enable	7,200	-	7,200
National Lottery CYP	31,123	(19,549)	11,574
National Lottery Covid Response	4,114	(4,543)	(429)
C4B (CYP)	22,603	(16,941)	5,662
Mind Active Monitoring	33,676	(28,724)	4,952
Community Fund in Wales	14,868	(5,171)	9,697
Tier 0 (NPTCVS)	16,623	(14,678)	1,945
National Lottery Digital	2,064	(2,064)	-
Lloyds Foundation	4,500	(3,130)	1,370
Core Restricted Fund	150,000	-	150,000
	419,214	(187,685)	231,529
TOTAL FUNDS	497,558	(191,883)	305,675

continued...

8. MOVEMENT IN FUNDS - continued

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

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General Fund	-	57,215	(18,116)	39,099
Contingency Fund	-	45,000	-	45,000
	-	102,215	(18,116)	84,099
Restricted funds				
Mind	-	22,314	-	22,314
Counselling Services	-	25,290	-	25,290
Lloyds Enable	-	7,200	-	7,200
National Lottery CYP	-	28,950	(2,253)	26,697
National Lottery Covid Response	-	(429)	429	-
C4B (CYP)	-	3,163	(3,163)	-
Mind Active Monitoring	-	4,952	(4,952)	-
Tier 0 (NPTCVS)	-	1,945	(1,945)	-
Core Restricted Fund	-	170,000	30,000	200,000
	-	263,385	18,116	281,501
TOTAL FUNDS	-	365,600	-	365,600

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	66,920	(9,705)	57,215
Contingency Fund	45,000	-	45,000
	111,920	(9,705)	102,215
Restricted funds			
Swansea Bay University Health Board	164,032	(164,032)	-
Mind	60,168	(37,854)	22,314
Austin Bailey Grant	8,833	(8,833)	-
Counselling Services	25,435	(145)	25,290
Lloyds Enable	7,200	-	7,200
National Lottery CYP	58,807	(29,857)	28,950
National Lottery Covid Response	4,114	(4,543)	(429)
C4B (CYP)	22,603	(19,440)	3,163
Mind Active Monitoring	33,676	(28,724)	4,952
Community Fund in Wales	14,868	(14,868)	-
Tier 0 (NPTCVS)	16,623	(14,678)	1,945
National Lottery Digital	25,919	(25,919)	-
Lloyds Foundation	4,500	(4,500)	-
Core Restricted Fund	170,000	-	170,000
Transformation Fund	30,926	(30,926)	-
	647,704	(384,319)	263,385
TOTAL FUNDS	759,624	(394,024)	365,600

continued...

8. MOVEMENT IN FUNDS - continued

Purpose of restricted funds
Swansea Bay University Health Board - To be used for the provision of well being and support services

Mind - To be used for sustainability and growth

Austin Bailey Grant - To be used for administration

Counselling Service - To fund the further development of the counselling services

C4B CYP - To be used for the provision of support services aimed at children and young people

My Generation - To fund the the project aimed at people over 50

Lloyds Enable - To fund business/stability development work

National Lottery Community Fund - To be used for the young person's project

Designated reserve - Contingency
The charity aims to build this fund up to £70,000 over the next few years. In the event of the charity being wound up this fund would cover six months core operating costs allowing for the proper closure of the charity.

Core Restricted Fund
The trustees previously carried out a review of funds built up by the charity and decided that where funding had been received for core costs this should be treated as restricted until spent.

9. RELATED PARTY DISCLOSURES

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

SWANSEA MIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	22,849	257,805
Investment income		
Deposit account interest	300	207
Charitable activities		
Grants	238,917	239,546
Total incoming resources	262,066	497,558
EXPENDITURE		
Charitable activities		
Wages	150,123	128,632
Pensions	12,570	6,854
Rates and water	132	126
Insurance	2,231	1,745
Light and heat	1,724	1,184
Telephone	4,200	3,173
Admin, postage & stationery	1,592	8,730
Sundries	46	-
Information and educational materials	17	78
Computer upgrades	1,753	1,123
Centre/drop-in	2,203	1,538
Travel expenses	282	42
Training and conferences	8,272	1,572
Rent	5,000	5,000
Building maintenance	8,177	15,672
Counselling	-	145
Consultancy	504	2,265
Project costs	-	11,046
	198,826	188,925
Support costs		
Governance costs		
Accountancy and legal fees	3,315	2,958
Total resources expended	202,141	191,883
Net income	59,925	305,675

SWANSEA MIND

England & Wales - Charity number 1184072

Accounts

Swansea Mind

Annual Report 2021

mind | Swansea
for better mental health

Contents

About Swansea Mind – our Mission

Swansea Mind's Trustees, Staff and Volunteers

Public Benefit

Chair's Report

Director's Report

Active Monitoring Report

Young Person Resilience Worker's Report

Adult Resilience Worker's Report

Information Service

a) Telephone Information Service

b) Website, Social Media and Email

c) Written Information

Acknowledgments

Swansea Mind
Registered Charity No. 1184072
Affiliated to Mind (National Association for Mental Health)
66 St Helen's Road
Swansea SA1 4BE
(01792) 642999

About Swansea Mind

Mission Statement

About us:

We're Swansea Mind, we won't give up until everyone with a mental health problem gets both support and respect. We provide advice and support to empower anyone experiencing a mental health problem; we have been supporting individuals with mental health problems in Swansea since 1963.

Our Mission:

- Open. We reach out to anyone that needs us.
- Together. We're stronger in partnership.
- Responsive. We listen, we act.
- Independent. We speak out fearlessly.

Trustees & Staff

Trustees For The Year

Chairperson	Anthony Snow
Vice Chairperson	Julian Williams
Treasurer	Tony Condon
Executive Members	Stuart Elphick Karol Kalna Dave Lowson

Staff

Director	Emma James
Volunteer Co-ordinator and Manager	Lian Thomas
Young Person's Resilience Worker	Sabrina De Courcy
Active Monitoring Practitioners	Tierney Figg
Mental Health Resilience Worker (Adult)	Kath Carter

(Five more staff join us at the start of 2021)

Volunteers during the year

Volunteers contributed to Swansea Mind in several ways during this year:

- Joining and leading support groups via video calling
- Taking part in the new Telephone Buddy support programme
- Counselling volunteers offered telephone/video calling and face to face counselling when restrictions allowed.
- Volunteers joined and facilitated the Walk and Talk Group
- Facilitating face to face sessions

Volunteers who facilitated wellbeing support groups (in person and online):

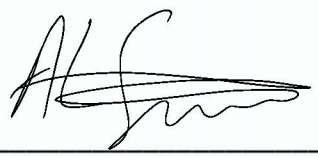
1. Megan Griffiths
2. Megan Brown
3. Katrina Evans
4. Abbie Lodwick
5. Chloe Lovsey
6. Wendy Jenkins
7. Katarzyna Kciuk
8. Hubert Uy
9. Lavinia Cramer
10. Marina Platygeni
11. Shannon Dobbs
12. Fran Griffin
13. Beth Hooker
14. Karen Rees

Volunteers who facilitated the Telephone Buddy Service Include:

1. Steve Hardy
2. Ben Olofson
3. Celyn Thomas
4. Cerys Thomas
5. Caroline Gilbert
6. Helen Owen
7. Kayley Roberts
8. Katarzyna Kciuk
9. Megan Brown
10. Katrina Evans
11. Shannon Dobbs
12. Amina Nazim
13. Lee Ricketts
14. Ellie Samuel
15. Emily Fox
16. Emma Sharp
17. Lucy Edwards
18. Layah Mohindru

THIS 2020 ANNUAL REPORT HAS BEEN APPROVED BY THE TRUSTEES OF SWANSEA MIND.

SIGNED ON THEIR BEHALF BY



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DATE

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Public benefit & Chair's report

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings. We continue to provide services for people with mental health problems and have an open-door policy that means that any member of the public can access our service.

We welcome anyone regardless of personal background, faith or gender.

Chair's Report

During 2020, Swansea Mind and indeed the world, has been thrown a wide range of new challenges. The COVID-19 pandemic touched each corner of the world and the strain it has put on the health service has been immense.

Despite the unprecedented times, what we have achieved at Swansea Mind has been exceptional. We have increased our staffing from 3 up to what will be 10 staff over the next couple of months.

Naturally, we had to adapt the service we provide. Namely, increasing our phone and online group services. Thank you to everyone for being so flexible in their duties.

Furthermore, we allocated funds to the renovating of our offices on St Helen's Road, this includes converting the offices to accommodate a number of individual rooms. For people seeking to use our support service, this will be a welcoming environment to discuss difficult issues with more privacy. It will also enable us to hold more one-to-one sessions. This newly renovated office space will help enhance the service we provide to the community.

I would like to thank the Swansea Bay University Health Board for their continued support throughout this immensely difficult year.

I would like to thank – most of all – our staff and volunteers for their incredible resilience and work throughout the year. Never has the service we provide at Swansea Mind, been so vital to the community.

Anthony Snow
Chair

Director's report

What a year 2020 was! The effects of the Covid-19 pandemic reached far and wide, and closer to home there is no doubt that our beneficiaries (new and old) were effected. We were very fortunate that funders immediately recognised this and a number of pots of emergency funding were made available. This allowed us to go from 3 to 10 staff within a year. The problem being that these pots of funding are temporary and it looks likely that we will see a reduction in this growing staff team quite quickly into the start of 2021. Hopefully, funders will be equally quick to recognise that the effect of the pandemic on people's mental health is going to be largely longer term.

This year we were able to start Active Monitoring (6 week psycho-educational support) by telephone thanks to a Wales-wide project overseen by Mind Cymru. We were able to take the learning from this and expand the service to have 3 Active Monitoring practitioners at the start of 2021. It is largely this service that has helped people work through their experiences of the current crisis. We have also moved our support groups online and managed (for most of the year) to run our Walk and Talk group. We recognise that online provision hasn't been easy to access for very many people for all sorts of reasons and a new Digital Lead starts at the beginning of 2021 to assist people with technical issues.

Our children and young people's project (which is largely schools based) also continued to run (albeit with many adaptations) face to face in schools whilst they were open. I am particularly proud that our one to one face to face service has also managed to continue for most of the year (albeit with a significant period of enforced closure during the first lockdown). As we have a very large room on the ground floor we have been lucky to be one of very few organisations that have been able to safely still meet people in person in these extraordinarily difficult times. This has been recognised by outside organisations as hugely valuable to the community we serve. None of this could have been achieved without the unerring dedication of our staff and volunteers and I thank them all from the bottom of my heart.

The third sector is forever adaptable, and we have used the time that our centre has been less populated than usual to give the whole place a well over-due renovation and we will have much more room for one to one support and counselling. I believe that Covid 19 will leave us with some permanent changes to the services we run but these are without exception for the better in terms of outcomes for our beneficiaries.

Emma James
Director

Active Monitoring report

Due to the challenges faced in 2020 it became necessary for us to expand the services we were offering to include more remote-delivery programmes. In July 2020 we (along with several other Local Minds across Wales) began delivery of the Active Monitoring programme, which is a 6 week, guided self-help intervention. The programme is aimed at people with mild to moderate mental health issues, who wish to learn practical exercises in order to create a toolkit of materials that help them better understand and manage their emotions. People were able to self-refer to the programme, and could choose from a list of 7 main pathways, depending on the needs they presented with. These pathways included:

- Depression
- Anxiety
- Low Self-Esteem
- Feeling Alone
- Loss
- Anger Management
- Stress

Since the summer, demand for the programme has been huge across the entirety of Wales, and so targets have been extremely high. In Swansea, since delivery started 162 people have started the Active Monitoring programme (24 of these either did not complete the programme or decided to finish early), and a list of over 50 more people waiting for the programme has been created.

Changes in wellbeing are measured throughout the programme using 3 wellbeing measures - Warwick Edinburgh, GAD7 and the PHQ9. The current results have been extremely positive across all measures, and clients have reported how the structure and regular calls from a practitioner each week have kept them motivated on the programme.

The wide reach and positive response to Active Monitoring has shown just how necessary a programme like this has been. The programme was created from the need of an 'in-between' step of support between low forms of support (such as listening ear services/groups) and more intense support like counselling. The really positive outcomes have suggested that Active Monitoring has achieved this by creating a programme that helps to prevent people with mild to moderate mental health issues from developing into more severe problems.

As well as funding from WCVA and Welsh Government to run the programme full-time through until April, we have also secured funding for 2 more full-time Active Monitoring positions. We hope to continue to be able to provide this in-demand service for much of 2021.

Tierney Figg
Active Monitoring Practitioner

CYP Resilience worker's report

'Future Minds' Project

The Future Minds Project funded by the National Lottery Community Fund works with children and young people between the ages of 11 and 25. This project provides sessions of emotional literacy, well-being and resilience work to help maintain positive mental health.

2020 started positively with the group programme being delivered in 8 school locations and 1 community venue. It was clear that there is a need for emotional, mental health and wellbeing work in secondary schools and demand was high with more schools wanting to take part. Those that attended the original groups and 1:1 sessions gave excellent feedback and a second round of delivery started. Unfortunately, this coincided with the time that the first Covid 19 lockdown began.

It was clear that the lockdown would result in the need for children and young people as well as their parents, carers and workers to have emotional wellbeing support throughout, but posed many challenges of how to best offer this. With the small team at Swansea Mind coming together to offer flexible remote support utilising online platforms such as zoom as well as social media advertising and telephone support, the CYP project was able to offer support throughout the 2020 crisis.

As the Autumn term cautiously started within schools, the CYP worker was welcomed back to 6 different schools understanding the need for emotional well being support for the pupils being of the utmost importance. Again, firebreak lockdowns and remote learning have provided challenges and interruptions, but through the excellent relationships developed with school contacts over the year, a flexible and supportive approach has allowed the project to continue its essential work and benefit many CYP throughout Swansea.

Sabrina De Courcy
CYP Resilience Worker

Mental Health Resilience worker report

The Covid-19 Pandemic and the subsequent lockdowns have meant that we have had to change our approach to supporting our service users. We have created online support groups, as well as making wellbeing calls, offering walk and talk groups and 1:1 wellbeing appointments in the Mind centre when restrictions have allowed.

Zoom Groups:

As the face-to-face groups could not be held we moved our groups online via video conferencing and have had many people attend the weekly sessions. The group sessions are as follows:

Monday
3pm-4pm: Peer Support

Tuesday
11am-12pm: Anxiety and Depression Group
12:15pm-1:15pm: Workshop (the topic of this changes each week)

Wednesday
11am: Anxiety and Depression Group

Thursday
11am-12pm: Guided Mindfulness session

Feedback from our online group sessions:

"Receiving constant support has meant I've maintained a sense of belonging and feel validated in the group sessions."

"I enjoyed the meditation on Thursday morning thanks very much. Also, I noticed my breathing slowed right down during the meditation. Thanks, see you next Thursday"

1:1 Wellbeing Sessions:

We have had some really positive feedback from these face to face sessions:

"It's only Mind that has helped me recently especially through lockdown."

"It's good to talk to someone that has an understanding of what I'm going through."

"Kath has been amazing and has been a huge help in helping to keep me settled when things have been awful."

"Mind is the only one I have seen recently and it's nice to have someone."

Walk and Talk Group:

We created the Walk and Talk group to encourage service users to enjoy some social interaction as well as spend some time in the outdoors. This walk has been held weekly (when restrictions have allowed) and those who have attended have thoroughly enjoyed the experience. The effects of the walk have not only helped with isolation and loneliness but also supported in physical activity and being able to talk to like minded individuals.

"I just wanted to say thank you for inviting me to come along for today's mindfulness walk. It was such a nice experience, especially after so long (almost 6 months) cooped up. It was after 6pm by the time I got home and I feel the most alive I've felt in ages. Nice walk, nice people, enjoyed the mindfulness circle too - and a great result for me! Exercise and a brain boost. See you next Tuesday."

Kath Carter
Mental Health Resilience Worker

Information report

Due to the struggles associated with lockdown, our ability to provide our information and support service remotely was more important than ever during 2020. We adapted our service offerings to provide more online and over-the-phone support, and have therefore been able to keep providing high levels of support to all of our service users.

Telephone Information

Our Telephone Information Service provides a confidential service for people enquiring about a whole range of mental health issues, problems and services available. Often the caller is in severe distress and seeking support. Although we are not a crisis service, nor are we trained counsellors, we are able to lend a listening ear, value the caller, be non-judgemental, and provide them with the information they need to make informed choices about their own lives. When no staff are available there is an answerphone operating at all times.

During the lockdown, we also implemented a telephone wellbeing service that had our staff and volunteers calling out to all our service users on a regular basis, providing them with a consistent and reliable service during a time when so many people were experiencing extreme isolation. This service often meant providing a higher level of support than that required by people only accessing our information service.

During the period 1st of January 2020 to 31st of December 2020, 2953 telephone calls were made and received across all of the projects, assisting with emotional support, advice and information. Of these, 2666 were made post-lockdown, which demonstrates how necessary and well adapted the new services were.
The majority of the telephone work we do is with people who are in distress and just wish to talk to someone.

An evaluation of this service in numerical terms does not make clear the degree to which people can be helped by someone "just being there". Although the COVID crisis created an incredible challenge globally, the adaption this led to in our services has resulted in far more 1-to-1 support being provided, which has been extremely beneficial to those individuals who don't feel benefitted by group support, but are looking for more personalised help.

Website, Social Media and Email Support

Swansea Mind's website is: **swanseamind.org.uk**
We recently renovated our website to provide a more welcoming introduction to our service for those people we had not had contact with, and to keep people updated with a more accurate picture of the new services within Swansea Mind. The website displays information about Swansea Mind, opening times, details on all the current services available, as well as where people can access more immediate crisis support.

Our E-mail address is: **admin@swanseamind.org.uk**
As well as having a direct email address, we also have a presence across social media platforms like Twitter, Facebook and Instagram. During the period 1st of January 2020 to 31st of December 2020, we supported 2170 individuals via email or social media across all of our projects. Some of our service users find emailing an easier way to ask for support, but it has also been crucial in allowing us to safely provide resources to our service users whilst in lockdown.

Written Information

Although since reopening the centre hardcopies of our diverse range of leaflets have been available for visitors to collect. Throughout lockdown we made sure we were still able to provide these materials remotely. Electronic copies of leaflets covering a wide range of mental health issues have been shared widely with our service users and professionals, as well as practical exercises and support booklets.

Acknowledgements

Swansea Mind would like to thank the following:

- Swansea Bay University Health Board
- The National Lottery Community Fund
- All those who have made donations to Swansea Mind
- Bevan and Buckland Chartered Accountants
- The Executive Committee/Trustees of Swansea Mind
- The Mental Health Forum
- Mind and Mind Cymru
- Welsh Government
- The Staff of Swansea Mind
- SCVS (Swansea Council for Voluntary Services)
- The Volunteers of Swansea Mind
- W.C.V.A
- Austin Bailey Foundation
- The Community Foundation in Wales
- Lloyds Community Fund
- Changing for the Better
- CREATE
- The Oakdale Trust

REGISTERED CHARITY NUMBER: 1184072

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

FOR

SWANSEA MIND

Bevan Buckland LLP
Ground Floor
Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

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SWANSEA MIND

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2021

TRUSTEES	D Lowson Trustee (appointed 1.4.20) T Condon Trustee (appointed 1.4.20) A L Snow Chair (appointed 1.4.20) S Elphick Trustee (appointed 1.4.20) K Kalna Trustee (appointed 1.4.20) J Williams Trustee (appointed 1.4.20)
PRINCIPAL ADDRESS	66 St Helens Road Swansea SA1 4BE
REGISTERED CHARITY NUMBER	1184072
INDEPENDENT EXAMINER	Bevan Buckland LLP Ground Floor Cardigan House Castle Court Swansea Enterprise Park Swansea SA7 9LA

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives

The objectives of the charity shall be to address conditions of emotional or mental distress requiring advice or treatment, in association with Mind and in accordance with the aims and objectives of Mind. To this end, the charity provides drop in services, social activities, information, and self help groups designed to benefit the public. The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

FINANCIAL REVIEW

Reserves policy

Swansea Mind is aware that there is likely to be a significant change to the way in which it is funded after the 2021/22 financial year (this change was delayed from 2020/21 due to COVID-19). A transition plan has been drawn up in which funding of management costs received in previous years will be used to cover a prospective shortfall in funding of future core costs.

A funded core costs reserve has been designated for this purpose and will be released back to the general fund over a three year period following any change to core funding. During the year the trustees carried out a review of funds built up by the charity and decided that where funding had been received to cover management costs this should be treated as restricted until spent. As a result £150,000 of funds that were previously treated as unrestricted are now treated as restricted.

The charity has also identified the need for a contingency fund. In the event of the charity being wound up this fund would cover six months core operating costs allowing for the proper closure of the charity. The charity reviews this fund annually to determine when it needs to be increased.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Swansea Mind, the Charitable Incorporated Association (CIO) (registered number: 1184072) was formed in 2019 and was dormant until March 2020. On 1st April 2020 the charity started trading and took over the operations of an unincorporated charity, also called Swansea Mind (registered number: 226732)

In determining the accounting treatment of the transfer of operations from the former charity to the new CIO the Trustees have taken into consideration that whilst the staff and trustee board transferred unchanged to the CIO there were some differences between the constitutions and the CIO has a closed membership unlike the former charity. As a result of this the CIO has decided to adopt acquisition accounting as the accounting treatment and this has resulted in the reserves of the old charity being recognised as a donation in the accounts of the CIO.

Organisational structure

The Charity is guided and overseen by an Executive Committee (Voluntary Trustees) who meet on a regular basis and managed by a CEO with a small team of staff who run the organisation on a day to day basis

Approved by order of the board of trustees on ....1st December 2021..... and signed on its behalf by:

T. Condon

.....

T Condon - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SWANSEA MIND

Independent examiner's report to the trustees of Swansea Mind
I report to the charity trustees on my examination of the accounts of Swansea Mind (the Trust) for the year ended 31 March 2021.

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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

Henry Lloyd-Davies
Institute of Chartered Accountants in England and Wales
Bevan Buckland LLP
Ground Floor
Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: .....

SWANSEA MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies		69,552	188,253	257,805
Charitable activities				
Charitable activities		8,585	230,961	239,546
Investment income	2	207	-	207
Total		78,344	419,214	497,558
EXPENDITURE ON				
Charitable activities				
Charitable activities		4,198	187,685	191,883
NET INCOME		74,146	231,529	305,675
Transfers between funds	7	11,884	(11,884)	-
Net movement in funds		86,030	219,645	305,675
TOTAL FUNDS CARRIED FORWARD		86,030	219,645	305,675

The notes form part of these financial statements

SWANSEA MIND

BALANCE SHEET
31 MARCH 2021

	Notes	Unrestricted funds £	Restricted funds £	Total funds £
CURRENT ASSETS				
Debtors	5	736	22,568	23,304
Cash at bank		88,402	197,077	285,479
		89,138	219,645	308,783
CREDITORS				
Amounts falling due within one year	6	(3,108)	-	(3,108)
NET CURRENT ASSETS		86,030	219,645	305,675
TOTAL ASSETS LESS CURRENT LIABILITIES		86,030	219,645	305,675
NET ASSETS		86,030	219,645	305,675
FUNDS	7			
Unrestricted funds				86,030
Restricted funds				219,645
TOTAL FUNDS				305,675

The financial statements were approved by the Board of Trustees and authorised for issue on 1st December 2021 and were signed on its behalf by:

T. Condon

.....
T Condon - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds,any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Donations, are recognised when the Trust has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

Irrecoverable VAT
Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

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

Fund accounting
Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for any other purposes.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes falling in future time periods.

Restricted funds are funds subject to specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

1. ACCOUNTING POLICIES - continued

Interest receivable
Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. INVESTMENT INCOME

	£
Deposit account interest	207

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021.

4. STAFF COSTS

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

Administration	1
Information services	1
Active Monitoring	1
Self help group project	1
CYP project	1
	5

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

continued...

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Prepayments and accrued income	23,304

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Other creditors	586
Accrued expenses	2,522
	3,108

7. MOVEMENT IN FUNDS

	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds			
General Fund	29,146	11,884	41,030
Contingency Fund	45,000	-	45,000
	74,146	11,884	86,030
Restricted funds			
Counselling Services	25,290	-	25,290
Lloyds Enable	7,200	-	7,200
National Lottery CYP	11,574	(2,253)	9,321
National Lottery Covid Response	(429)	429	-
C4B (CYP)	5,662	(3,163)	2,499
Mind (sustainability)	14,268	-	14,268
Mind Active Monitoring	4,952	(4,952)	-
Community Fund in Wales	9,697	-	9,697
Tier 0 (NPTCVS)	1,945	(1,945)	-
Lloyds Foundation	1,370	-	1,370
Core Restricted Fund	150,000	-	150,000
	231,529	(11,884)	219,645
TOTAL FUNDS	305,675	-	305,675

continued...

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	33,344	(4,198)	29,146
Contingency Fund	45,000	-	45,000
	78,344	(4,198)	74,146
Restricted funds			
Swansea Bay University Health Board	82,016	(82,016)	-
Mind	1,140	(1,140)	-
Austin Bailey Grant	6,000	(6,000)	-
Counselling Services	25,435	(145)	25,290
Lloyds Enable	7,200	-	7,200
National Lottery CYP	31,123	(19,549)	11,574
National Lottery Covid Response	4,114	(4,543)	(429)
C4B (CYP)	22,603	(16,941)	5,662
Mind (sustainability)	17,852	(3,584)	14,268
Mind Active Monitoring	33,676	(28,724)	4,952
Community Fund in Wales	14,868	(5,171)	9,697
Tier 0 (NPTCVS)	16,623	(14,678)	1,945
National Lottery Digital	2,064	(2,064)	-
Lloyds Foundation	4,500	(3,130)	1,370
Core Restricted Fund	150,000	-	150,000
	419,214	(187,685)	231,529
TOTAL FUNDS	497,558	(191,883)	305,675

Purpose of restricted funds

Swansea Bay University Health Board - To be used for the provision of well being and support services

Mind - To be used for sustainability and growth

Austin Bailey Grant - To be used for administration

Counselling Service - To fund the further development of the counselling services

C4B CYP - To be used for the provision of support services aimed at children and young people

My Generation - To fund the the project aimed at people over 50

Lloyds Enable - To fund business/stability development work

National Lottery Community Fund - To be used for the young person's project

continued...

7. MOVEMENT IN FUNDS - continued

Designated reserve - Contingency
The charity aims to build this fund up to £70,000 over the next few years. In the event of the charity being wound up this fund would cover six months core operating costs allowing for the proper closure of the charity.

Core Restricted Fund
During the year the trustees carried our a review of funds built up by the charity and decided that where funding had been received for core costs this should be treated as restricted until spent. As a result £150,000 of funds which have previously been treated as unrestricted are now being treated as restricted.

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

9. ACQUISITION ACCOUNTING

Swansea Mind, the Charitable Incorporated Association (CIO) (registered number: 1184072) was formed in 2019 and was dormant until March 2020. On 1st April 2020 the charity started trading and took over the operations of Swansea Mind (registered number: 226732)

Swansea Mind also donated its reserves to the new charity. Whilst the staff and trustees all transferred to the new charity there were some differences between the constitution and the new CIO has a closed membership which differs from the former charity. As a result of this the CIO has decided to adopt acquisition accounting as the accounting treatment and this has resulted in the reserves of the old charity being recognised as a donation in the accounts of the CIO.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021

	£
INCOME AND ENDOWMENTS	
Donations and legacies	
Donations	257,805
Investment income	
Deposit account interest	207
Charitable activities	
Grants	239,546
Total incoming resources	497,558
EXPENDITURE	
Charitable activities	
Wages	72,791
Pensions	6,854
Rates and water	126
Insurance	1,745
Light and heat	1,184
Telephone	459
Admin, postage & stationery	8,787
Information and educational materials	78
Computer upgrades	1,123
Centre/drop-in	1,538
Travel expenses	42
Training and conferences	1,572
Rent	5,000
Building maintenance	15,672
Counselling	145
Consultancy	2,265
Project costs	69,544
	188,925
Support costs	
Governance costs	
Accountancy and legal fees	2,958
Total resources expended	191,883
Net income	305,675

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SWANSEA MIND

Independent examiner's report to the trustees of Swansea Mind
I report to the charity trustees on my examination of the accounts of Swansea Mind (the Trust) for the year ended 31 March 2021.

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').

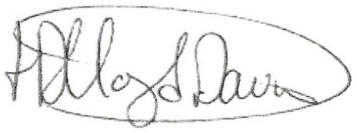
I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Henry Lloyd-Davies
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Date: 1st December 2021